

Central Lyon Menu September 2022




BREAKFAST PRICES:

Student: \$1.60
 Adult: \$1.90
 Second Juice: \$.40

LUNCH PRICES:

Grades TK-6 \$2.40
 Grades 7-12: \$2.50
 Adult: \$4.15
 Second Meal: \$4.15
 Extra Milk \$.40

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast Cereal & Toast TK-6 Breakfast Pizza 7-12 Lunch Hamburger on a bun Green beans Potato wedges Mandarin Oranges	2 Breakfast Mini Cinni's or Poptart Yogurt Lunch Cheese Quesadilla Black beans Romaine dressing w/ Dressing Apple Slices Sandwich 7-12
5 LABOR DAY  NO SCHOOL	6 Breakfast Scrambled Eggs Toast Lunch Softshell Tacos w/ Lettuce and cheese Corn Applesauce Salsa 4-12 Sandwich 7-12	7 Breakfast Pancake on a stick w/ syrup Lunch Meatball Sub w/ Mozzarella Cheese Green Beans Baby carrots Pineapple	8 Breakfast Cereal or Muffin TK-6 Breakfast Pizza 7-12 Lunch Grilled Cheese Sandwich Broccoli w/ ranch Mixed veggies Grapes	9 Breakfast Dutch Waffle Yogurt Lunch Hot Dog on a bun Tater Tots Baked beans Mixed Fruit
12 Breakfast Cereal w/ Toast TK-6 Breakfast Bage17-12 Lunch Beef & Bean Nachos Corn Baby carrots w Ranch Pears Sandwich 7-12	13 Breakfast Breakfast Pizza Yogurt Lunch Grilled Chicken Patty on a bun Sweet potato Fries Broccoli Apple Slices	14 Breakfast Waffles & Syrup Yogurt Lunch Spaghetti w/ meat sauce Breadstick Romaine lettuce w/ dressing Applesauce	15 Breakfast Cereal or Muffin TK-6 Breakfast Pizza 7-12 Lunch French Toast Sticks Sausage patty Syrup Peas Carrots w/ ranch Banana	16 Breakfast French Toast Sticks w/syrup Yogurt Lunch Pizza Green Beans Romaine lettuce w/ dressing Strawberry cup Sandwich 7-12 BEEF BOWL

BREAKFAST SERVING TIME
 IS 7:45 -8:10 A.M.

Menu Items Subject to Change Without Notice. If you have any questions or concerns, please contact Darsha Tuenge, Food Service Director, (712) 472-2664
This institution is an equal opportunity provider.

All Breakfasts served with 1% White Milk or Chocolate Milk, Juice and Fruit.
 All Lunches served with 1% White or Fat Free Chocolate Milk
 All Bread and Buns are 100% Whole Grain Rich

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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>19 Breakfast Cereal & Toast TK-6 Breakfast Pizza 7-12</p> <p>Lunch Breaded pork patty Mashed potatoes w/ Butter Mixed veggies Pears Sandwich 7-12</p> 	<p>20 Breakfast Omelet w/ Toast Hash brown patty</p> <p>Lunch Chicken Fajitas w/ lettuce & Cheese Black beans Baby carrots w/ ranch Pineapple</p>	<p>21 Breakfast: Pancakes w/ Syrup</p> <p>Lunch Fish Sticks w/ smiles And sandwich TK-3 Fish Patty w/ cheese on a bun Hash brown 4-12 Peas Apple Slices</p>	<p>22 Breakfast Cereal or Muffin TK-6 Breakfast Bagel 7-12</p> <p>Lunch Italian Dunkers w/ Meat Sauce Romaine Lettuce w/ dressing Corn Banana</p> 	<p>23 Breakfast Egg & Cheese Breakfast biscuit Yogurt</p> <p>Lunch Sub Sandwich w/ lettuce & cheese Green beans Broccoli w/ ranch Peaches Sandwich 7-12</p> 
<p>26 Breakfast Cereal & Toast TK-6 Breakfast Pizza 7-12</p> <p>Lunch Goulash Peas Romaine lettuce w/ dressing Sandwich Orange wedges</p>	<p>27 Breakfast Egg & Sausage bites Toast</p> <p>Lunch Taco in a bag w/ lettuce & cheese Corn Grapes Salsa 4-12 Sour Cream 9-12</p>	<p>28 Breakfast French toast sticks & Syrup</p> <p>Lunch Breaded Chicken Patty on a bun Baked beans Tater Tots Applesauce</p>	<p>29 Breakfast Pop Tart or Cereal Bar Cereal and Toast 7-12</p> <p>Lunch Chicken Noodle Soup w/ crackers String cheese Carrots Celery w/ ranch Pears Sandwich 7-12</p>	<p>30 Breakfast Pancake on a stick w/ syrup Yogurt</p> <p>Lunch Corn Dog Green beans Baby carrots w/ ranch Mixed Fruit Sandwich 7-12</p>

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