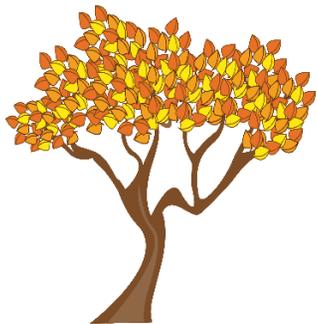


Central Lyon Lunch Menu – October



BREAKFAST PRICES

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

LUNCH PRICES:

Grades TK-6: \$2.40
 Grades 7-12: \$2.50
 Adult: \$4.85
 Second Full Meal: \$3.00
 Second Entrée: \$2.00
 Extra Milk: \$.40

**BREAKFAST SERVING TIME IS
 7:45-8:10am**

**Menu items are subject to
 change without notice. If you
 have any questions or concerns,
 please contact Darsha Tuenge,
 Food Service Director, at (712)
 472-2664.**

**This institution is an equal
 opportunity employer.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 Breakfast Cereal & Toast TK-6 Breakfast Bagel 7-12 Lunch Salisbury Steak Mashed Potatoes Green beans Pears Dinner Roll	3 Breakfast Sausage, Egg and Cheese Uncrustable w/ yogurt Lunch Chicken Noodle soup String cheese Carrots Celery w/ ranch Orange wedges	4 Breakfast French Toast Sticks w/ syrup Lunch Sloppy Joe on a bun Pickles Baked beans Baby carrots Grapes	5 Breakfast Cereal or Muffin TK-6 Breakfast Pizza 7-12 Lunch Mr Rib on a bun Corn Broccoli w/ ranch Mixed Fruit	6 Breakfast Breakfast Bagel Yogurt Lunch Chili Crisпитos Lettuce w/ dressing Peas Peaches Jelly Sandwich K-2
9 <h1 style="text-align: center;">Columbus Day</h1> <h1 style="text-align: center;">No School</h1>	10 Breakfast Cereal & Toast K-6 Cream Cheese Bagel w/ Yogurt 7-12 Lunch Hot Ham and Cheese on a bun Carrots w/ ranch Broccoli Pineapple	11 Breakfast Pancakes & Syrup Sausage patty 7-12 Lunch Popcorn Chicken w/ Mashed potatoes TK-6 Orange Chicken and Rice 7-12 California Medley Applesauce Sandwich 7-12	12 Breakfast Scrambled Eggs w/ bacon & Cheese Hash brown patty Toast Lunch Hot Dog on a bun Corn Broccoli w/ ranch Pears	13 Breakfast Donut Yogurt Lunch Cheese Quesadilla Black beans Romaine lettuce w/ Dressing Juice cup Sandwich 9-12
16 Breakfast Cereal & Toast TK-6 Breakfast Pizza 7-12 Lunch Chili & Chips Corn Baby carrots Pears Sandwich 7-12	17 Breakfast Egg & Cheese Omelet Toast Lunch Grilled Cheese Sandwich Peas Carrots & Celery Peaches	18 Breakfast Waffles w/Syrup Sausage patty Lunch Breaded Chicken Patty w/ mashed potatoes Gravy or butter Baked beans Orange wedges Sandwich	19 Breakfast Cereal or Muffin Yogurt Lunch Pancakes & Syrup Sausage patties Green beans Baby carrots w/ ranch Apple slices	20 Breakfast Cream Cheese Bagel or Pop tart Yogurt Lunch Tacos w/ lettuce & cheese Mixed veggies Mandarin Oranges Salsa 5-12



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 Adult: \$4.85
 Second Full Meal: \$3.00
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 Extra Milk: \$0.40

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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
23 Breakfast Cereal & Toast TK-6 Breakfast Pizza 7-12 Lunch Meatball Sub Mozzarella cheese Baby carrots w/ ranch Green beans Pears	24 Breakfast Breakfast Bagel Yogurt Lunch Chicken Strips w/ mashed potatoes Gravy or butter Corn Orange wedges	25 Breakfast Sausage & Pancake Wrap Syrup Lunch Hamburger on a bun Tater Tots Baked beans Grapes	26 Breakfast Pop tart or Cereal bar Yogurt Lunch Spaghetti w/ meat sauce Lettuce & dressing Garlic Toast Applesauce	27 Breakfast Breakfast Pizza Yogurt Lunch Taco in a bag w/ lettuce & cheese Corn Carrots & ranch Pineapple Salsa 4-12
Hot Lunch Week/ Book Fair				
30 Breakfast Cereal & Toast Lunch Haystacks w/ Cheese sauce Peas Baby Carrots Apple Slices Sandwich 7-12	31 Breakfast Egg & Cheese Biscuit Yogurt Lunch Pizza Lettuce & dressing Green beans Juice Cup Cookie Halloween			

All breakfasts are served with milk, juice, and fruit.
 All lunches are served with 1% white or fat free chocolate milk.