

Central Lyon Menu October 2020



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1 Breakfast Cereal & Muffin TK-6 Breakfast Pizza 7-12 Lunch Chicken Nuggets TK-6 Chicken Drumstick 7-12 Mashed Potatoes Gravy or butter Carrots Pineapple Sandwich 7-12	2 Breakfast Breakfast Boat Yogurt Lunch Pizza Romaine Lettuce w/ dressing Mixed veggies Grapes HOMECOMING
5 Breakfast Cereal Bar & Yogurt TK-6 Breakfast Pizza 7-12 Lunch Ham Patty Cheesy Hash Browns Green beans Dinner roll Peaches	6 Breakfast Scrambled Eggs w/ Bacon and Cheese Tri Tater Lunch Breaded Chicken Patty On a bun Corn Apple slices TK-6 Apple 7-12 Sandwich 7-12	7 Breakfast Pancake on a stick w/ syrup Lunch Spaghetti w/ Meat Sauce Breadstick Romaine lettuce w/ dress- ing Pears	9 Breakfast Cereal w/ Toast TK-6 Breakfast Pizza 7-12 Lunch Chili & Crackers String Cheese Cinnamon Roll Carrots & Celery Applesauce	10 Breakfast Breakfast Pizza K-12 Yogurt Lunch BBQ Pulled Pork on a bun Sweet Potato Fries Baked beans Pineapple
12 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY	13 Breakfast Breakfast Wrap Tri Tater Lunch Taco Burger Tater Tots Green beans Mixed Fruit Sandwich 7-12	14 Breakfast French Toast Sticks And Syrup Lunch Fish Sticks TK-6 Fish Sandwich 7-12 Mashed potatoes w/ butter Peas Mandarin Oranges	15 Breakfast Cereal & Toast TK-6 Breakfast Pizza 7-12 Lunch Pancakes & Syrup Little Smokies Corn Strawberry cup	16 Breakfast Sausage and Egg Biscuit Yogurt Lunch Hot Dog Baked beans Chips Peaches Sandwich 7-12

BREAKFAST PRICES:

Student:	\$1.50
Adult:	\$1.70
Second Juice:	\$.35

LUNCH PRICES:

Grades TK-6	\$2.25
Grades 7-12:	\$2.35
Adult:	\$3.85
Second Entrée:	\$2.00
Extra Milk	\$.35

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 MILK, JUICE AND FRUIT.
ALL LUNCHES SERVED WITH 1% WHITE OR FAT FREE CHOCOLATE MILK
FRUIT AND VEGETABLE BAR AVAILABLE DAILY FOR GRADES 7-12



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<p>19 Breakfast Cereal & Muffin TK-6 Breakfast Pizza 7-12</p> <p>Lunch Chicken Strips Mashed potatoes Gravy or butter Corn Applesauce Sandwich 7-12</p>	<p>20 Breakfast Breakfast Sliders Tri tater</p> <p>Lunch Hot Ham and Cheese On a Bun Sunchips Carrots Pineapple</p>	<p>21 Breakfast: Pancakes w/ syrup Yogurt</p> <p>Lunch Beef Tacos Lettuce and Cheese Green beans Pears</p>	<p>22 Breakfast Cereal Bar & Yogurt TK-6 Breakfast Pizza 7-12</p> <p>Lunch Chicken Noodle Soup Crackers String Cheese Peas Peaches Sandwich 7-12</p>	<p>23 Breakfast Donut Yogurt</p> <p>Lunch Sloppy Joe Pickles Potato wedges Broccoli w/ ranch Orange wedges</p>
<p>26 Breakfast Cereal & Toast TK-6 Breakfast Pizza 7-12</p> <p>Lunch Mr Rib on a bun Mac & Cheese Baked beans Applesauce</p>	<p>27 Breakfast Omelet w/ cheese Tri Tater</p> <p>Lunch Weiner Winks Corn Broccoli Mandarin Oranges Sandwich 7-12</p>	<p>28 Breakfast Waffles & Syrup Sausage links</p> <p>Lunch Hamburger on a bun Green Beans Tri Tater Mixed Fruit</p>	<p>29 Breakfast Cereal & Muffin TK-6 Breakfast Pizza 7-12</p> <p>Lunch Scalloped Potatoes And Ham Mixed vegetables Sandwich Pineapple</p>	<p>30 Breakfast Cinnamon Roll Yogurt</p> <p>Lunch Chili Crispito w/ Cheese sauce Baby carrots w/ ranch Sidekick Sandwich 7-12</p>

All Breakfasts served with Milk, Juice and Fruit.

All Lunches served with 1% White or Fat Free Chocolate Milk.

Fruit and Vegetable Bar available daily for grades 7-12.