



CENTRAL LYON MENU ~ SEPTEMBER 2025

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 Entrée \$2.50
 Extra Milk: \$0.40

BREAKFAST SERVING
 TIME IS 7:45-8:05 am

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 NO SCHOOL LABOR DAY	2 Pancakes w/ Syrup	3 Cereal Toast	4 Scrambled Eggs Toast	5 Muffin Yogurt
LUNCH		Salisbury Steak Mashed Potatoes Green beans Dinner Roll Mixed Fruit	Corn Dog Corn Broccoli w/ ranch Pineapple Sandwich 7-12	Popcorn Chicken w/ mashed potatoes TK-6 Orange Chicken w/ rice 7 th -12 th Broccoli Applesauce Sandwich 7-12	Cheese Quesadilla Mixed veggies Romaine lettuce w/ dressing Juice cup
BREAKFAST	8 Breakfast Bagel Yogurt	9 Waffles & Syrup Yogurt	10 Cereal Toast	11 Egg Bites Hash Brown patty Toast	12 Mini Cinni Yogurt
LUNCH	Beef Tacos w/ lettuce & cheese Corn Pineapple Salsa 5 th -12 th	Meatball Sub w/ Mozzarella cheese Green beans Applesauce	Grilled Cheese Sandwich Broccoli Baby carrots w/ ranch Grapes	Chili & Chips Mixed veggies Celery w/ranch Pears Sandwich 7 th -12 th	Hot Dog on a bun Baked beans Romaine lettuce w/ dressing Apple slices
BREAKFAST	15 Breakfast Pizza Yogurt	16 Pancake & Sausage on a Stick w/ syrup	17 Cereal Toast	18 Breakfast Taco Yogurt	19 Cereal & Muffin Yogurt
LUNCH	Spaghetti w/ meat sauce Garlic Toast Romaine lettuce w/ dressing Green beans 7 th -12 th Pears	Chicken Drumstick Mashed Potatoes Gravy Corn Peaches Dinner roll	Pancakes & Syrup Sausage patties Peas Baby carrots w/ ranch Strawberry cup	Beef & Bean Nachos Green beans Baby carrots w/ ranch Orange wedges Sandwich 7 th -12 th	Pizza Romaine lettuce w/ dressing Mixed veggies Grapes HOMECOMING

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



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

LUNCH

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LUNCH

22	23	24	25	26
Breakfast Bagel Yogurt	French Toast Sticks & syrup Yogurt	Cereal Toast	Cheese Omelet w/ Hash brown Toast	Dutch Waffle Yogurt
Italian Dunkers w/ meat sauce Broccoli Romaine lettuce /w dressing 7 th -12 th Mixed Fruit	Fish Sticks w/ mashed potatoes & sandwich TK-6 Fish Sandwich w/ Fries 7 th -12 th Peas Apple slices	Chicken Fajitas w/ Lettuce and cheese Corn Baby carrots w/ ranch Pineapple	Breaded Pork Patty Mashed potatoes Gravy or butter Carrots Applesauce Sandwich 7-12	SHot Ham and Cheese Sandwich Baked beans Baby carrots w/ ranch Peaches
29	30			
Breakfast Pizza Yogurt	Pancakes & Syrup Yogurt			
Goulash Garlic Toast Romaine lettuce w/ dressing Green beans Pears	Taco In a Bag w/ lettuce and cheese Corn Grapes Salsa 5 th -12 th Sandwich 7 th -12 th			

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