

# Central Lyon Menu September 2020



## 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.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<b>1 Breakfast</b> Omelet w/ Cheese Tri Tater  <b>Lunch</b> Mr. Rib on a Bun Baked Beans Baby Carrots w/ ranch Orange wedges	<b>2 Breakfast</b> French Toast Sticks & Syrup Yogurt <b>Lunch</b> Chicken Fajitas Lettuce & Cheese Green beans Pears Sandwich 7-12	<b>3 Breakfast</b> Cereal & Muffin TK-6 Breakfast Pizza 7-12  <b>Lunch</b> Goulash Garlic toast Corn Pineapple	<b>4 Breakfast</b> Cinnamon Roll Yogurt  <b>Lunch</b> Cheese Quesadilla w/ Cheese sauce Broccoli Baby carrots Peaches Sandwich 7-12
7 <b>LABOR DAY</b>  <b>NO SCHOOL</b>	<b>8 Breakfast</b> Breakfast Taco Tri Tater  <b>Lunch</b> Popcorn Chicken Mashed Potatoes Gravy or butter Corn Pears Dinner Roll 7-12	<b>9 Breakfast</b> Pancake on a stick w/ syrup  <b>Lunch</b> Meatball Sub w/ Mozzarella Cheese Green beans Applesauce	<b>10 Breakfast</b> Cereal w/ Toast TK-6 Breakfast Pizza 7-12  <b>Lunch</b> Chili and Chips Mixed Veggies Tater tots Sidekick Sandwich 7-12	<b>11 Breakfast</b> Breakfast Pizza K-12 Yogurt  <b>Lunch</b> Grilled Chicken Patty on a bun Baby Carrots w/ Ranch Strawberry cup Sandwich 9-12 
<b>14 Breakfast</b> Cereal w/ Toast TK-6 Breakfast Pizza 7-12  <b>Lunch</b> Breaded Pork patty Mashed potatoes Gravy or butter Glazed carrots Mandarin oranges Sandwich 7-12	<b>15 Breakfast</b> Scrambled Eggs w/ Bacon and Cheese Toast  <b>Lunch</b> Grilled Cheese Sandwich Baby Carrots & Ranch Broccoli Mixed Fruit	<b>16 Breakfast</b> Pancake s & Syrup Sausage patty  <b>Lunch</b> Italian Dunkers w/ meat sauce Green Beans Romaine lettuce w/ dressing Peaches	<b>17 Breakfast</b> Cereal & Muffin TK-6 Breakfast Pizza 7-12  <b>Lunch</b> Taco in a bag w/ Lettuce, Cheese Fiesta Black Beans Applesauce Salsa 7-12 Sour cream 7-12	<b>18 Breakfast</b> Dutch waffle Yogurt  <b>Lunch</b> Corn Dog Peas Baby Carrots w/ Ranch Grapes Sandwich 7-12

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

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Second Juice:	\$ .35
<b><u>LUNCH PRICES:</u></b>	
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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><b>21</b> <b>Breakfast</b> Cereal &amp; Toast TK-6 Breakfast Pizza 7-12</p> <p><b>Lunch</b> Creamed Chicken on Biscuits Corn Peas Apple Slices TK-6 Apple 7-12</p> <div style="text-align: center;"></div>	<p><b>22</b> <b>Breakfast</b> Breakfast Sliders Yogurt</p> <p><b>Lunch</b> Hamburger Cheesy Hash Browns Green beans Pineapple</p>	<p><b>23</b> <b>Breakfast:</b> French Toast Sticks w/ Syrup</p> <p><b>Lunch</b> Haystacks w/ Cheese sauce Broccoli Baby Carrots w/ Ranch Pears Sandwich 9-12</p>	<p><b>24</b> <b>Breakfast</b> Cereal &amp; Muffin TK-6 Breakfast Pizza 7-12</p> <p><b>Lunch</b> Chili Crispito w/ cheese sauce Fiesta black beans Mixed veggies Peaches Sandwich 9-12</p> <div style="text-align: center;"></div>	<p><b>25</b> <b>Breakfast</b> Sausage &amp; Egg Biscuit Yogurt</p> <p><b>Lunch</b> Sub Sandwich w/ Lettuce and cheese Green beans Sunchips Mixed Berry Fruit cup</p>
<p><b>28</b> <b>Breakfast</b> Cereal &amp; Toast TK-6 Breakfast Pizza 7-12</p> <p><b>Lunch</b> Salisbury Steak Mashed Potatoes Gravy or butter Corn Applesauce Dinner Roll</p>	<p><b>29</b> <b>Breakfast</b> Omelet w/ cheese Tri Tater</p> <p><b>Lunch</b> Sloppy Joe on a bun Pickles Peas Broccoli Mandarin Oranges</p>	<p><b>30</b> <b>Breakfast</b> Waffles &amp; Syrup Sausage links</p> <p><b>Lunch</b> Beef and Bean Nachos Green Beans Tri Tater Mixed Fruit</p>	<div style="text-align: center;"></div>	<div style="text-align: center;"></div>

**All Breakfasts** served with 1% Milk, Juice and Fruit.

**All Lunches** served with 1% White or Chocolate Milk.

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