

Central Lyon Lunch Menu - September



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.**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Breakfast Bagel Yogurt Lunch Chili Crisпитos Romaine lettuce w/ dressing Green beans Peaches Jelly Sandwich K-3
4 Labor Day No School	5 Breakfast Cereal & Toast Lunch Hot Ham and Cheese on a bun Carrots w/ ranch Broccoli Mixed fruit	6 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	7 Breakfast Scrambled Eggs w/ bacon & Cheese Toast Lunch Creamed Chicken on Biscuits Peas Broccoli w/ ranch Pineapple	8 Breakfast Donut Yogurt Lunch Cheese Quesadilla Refried beans Romaine lettuce w/ Dressing Juice cup Sandwich 9-12
11 Breakfast Cereal & Toast TK-6 Breakfast Pizza 7-12 Lunch Meatball Sub w/ Mozzarella Cheese Green beans Pears	12 Breakfast Egg & Cheese Breakfast Biscuit Lunch Beef and Bean Nachos w/ cheese sauce Corn Baby carrots Peaches Sandwich 7-12	13 Breakfast French Toast Sticks w/ Syrup Lunch Grilled Chicken Patty On a bun French fries Baked beans Orange wedges	14 Breakfast Cereal or Muffin Yogurt Lunch Waffles & Syrup Sausage patties Peas Baby carrots w/ ranch Apple slices	15 Breakfast Cream Cheese Bagel or Mini Cinni Yogurt Lunch Pizza Broccoli w/ ranch Mixed veggies Grapes Sandwich 7-12



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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
18 Breakfast Cereal & Toast TK-6 Breakfast Pizza 7-12 Lunch Breaded Pork Patty Mashed Potatoes Butter Green beans Applesauce Sandwich 7-12	19 Breakfast Waffles & Syrup Sausage patty 7-12 Lunch Italian Dunkers w/ meat sauce Romaine lettuce w/ dressing Pears	20 Breakfast Egg & Cheese Omelet Hashbrown patty Toast Lunch Sub Sandwich w/ lettuce & cheese Broccoli w/ ranch Black beans Orange wedges	21 Breakfast Grape crescent or Pop Tart Yogurt Lunch Fish shapes TK-3 Fish sandwich 4-12 Potato wedges Peas Juice cup	22 Breakfast Breakfast Pizza Yogurt Lunch Chicken Fajitas w/ lettuce & cheese Corn Carrots & ranch Pineapple
25 Breakfast Cereal & Toast Lunch Breaded chicken patty On a bun Corn Baby Carrots Applesauce	26 Breakfast Breakfast Pizza Yogurt Lunch Goulash Garlic Toast Romaine lettuce w/ dressing Green beans Mixed Fruit	27 Breakfast Sausage & Pancake Wraps w/ syrup Lunch Chicken Nuggets Baked beans Hash brown patty Grapes Sandwich 7-12	28 Breakfast Cereal or Cereal Bar K-6 Breakfast pizza 7-12 Yogurt Lunch Taco in a bag w/ lettuce & cheese Carrots Peaches Sandwich 9-12 Salsa 7-12	29 Breakfast Cinnamon Roll Yogurt Lunch Pretzel Dog Broccoli w/ ranch Mixed veggies Apple slices

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