

**Lyon and Westbrook School's 2022-23 Menu Cycle Lunch Price \$ 3.00**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A</b>	Chicago Style Eisenberg All Beef, All Natural Hot Dog on a <b>WG</b> Bun Oven Fries Fresh Whole Apple	Mega Minis Chicken Bites with Dipping Sauce <b>WG</b> Bread/Roll Fresh Baby Carrot Diced Peach Cup	<b>WG RF</b> Deep Dish Cheese Pizza Tossed Romaine Salad Fresh Grapes	<b>RF</b> Beef Taco Nachos w/ <b>WG</b> Tortilla Chips Refried Beans Orange Smiles	<b>Special To Be Announced</b> Fresh Broccoli Buds Fresh Apple Slices
<b>B</b>	<b>RF</b> All Beef, All Natural Hamburger/Cheeseburger on a <b>WG</b> Bun Oven Fries Applesauce Cup	Chicken Tenders with Dipping Sauce <b>WG</b> Bread/Roll Fresh Baby Carrots Diced Pear Cup	<b>WG RF</b> French Bread Cheese Pizza Steamed Broccoli Apple Slices	<b>RF WG</b> Wild Mikes Cheesy Bites with Marinara Sauce Tossed Romaine Salad Fresh Banana	<b>Specials To Be Announced</b> Red Pepper and Celery Sticks with Ranch Dip Fresh Grapes
<b>C</b>	Breakfast For Lunch Pancakes and Sausage^ with Syrup Hash Browned Potato 100% Juice	Chicken Tater Bowl (Mashed Potatoes, Corn, Popcorn Chicken with gravy and shredded cheddar Cheese) <b>WG</b> Bread Roll Applesauce Cup	<b>WG RF</b> Wild Mike's Ultimate Cheese Pizza Slice Steamed Green Beans Fresh Grapes	<b>WG</b> Pasta w/ Italian <b>RF</b> Meat Sauce, Garlic Bread Tossed Romaine Salad Fresh Orange	<b>Specials To Be Announced</b> Fresh Cucumber Coins with Grape Tomatoes Fresh Cubed Melon

To see which weeks "A," "B," or "C" foods are served; please refer to the "Cycle Calendar".

**RF**— Reduced Fat Item    **WG**—Whole Grain Item    ^ Chicken Product

**Milk and a variety of fresh fruits and vegetables served daily with all meals.**

Cold Meal Items Served Daily

PBJ Uncrustable Sandwich

Turkey and Cheese Sandwich

Yogurt/ Cheese Stick and Muffin Lunch

**HEALTHY FOODS and**

**GOOD NUTRITION**

*are always on our menu!*

*We serve freshly prepared foods and ...*

- ❖ RF (reduced-fat) baked entrées
- ❖ zero trans fat products
- ❖ low-fat cheese pizzas with WG (whole grain) crusts
- ❖ WG (whole grain) pasta, breads, rolls and buns
- ❖ whole white meat chicken products