

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

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

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 (2.6oz served with cheese stick & grain)

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