



# Lyman School District 42-1

## Dedicated to Excellence

### September Lunch



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>	<b>2</b>
					<b>Breakfast:</b> Waffles w/Syrup <b>Lunch:</b> Beef Burrito, Chips, Cheese and Salsa	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	<b>NO SCHOOL!</b>	<b>Breakfast:</b> Cheese Omelete, <b>Lunch:</b> Sausage & Toast Strips, Chicken Strips, Mashed Potatoes, & WG Dinner Roll	<b>Breakfast:</b> Cinnamon Rolls <b>Lunch:</b> Super Nacho w/Nacho Cheese, & Lettuce	<b>Breakfast:</b> Scrambled Eggs & Toast <b>Lunch:</b> Cheeseburger on WG Bun, & Fries	<b>Breakfast:</b> Breakfast Burrito w/ Salsa <b>Lunch:</b> French Bread Pizza, Marinara Sauce, & Romain Lettuce	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	<b>Breakfast:</b> Cereal & Yogurt <b>Lunch:</b> Taco Burger w/WG Bun, & Garden Salad	<b>Breakfast:</b> Breakfast Pizza <b>Lunch:</b> Hamburger Gravy over Mashed Potatoes w/WG Dinner Roll	<b>Breakfast:</b> French Toast Sticks w/ Syrup <b>Lunch:</b> Hot Ham & Cheese on WG Bun, & Fries	<b>Breakfast:</b> Breakfast Sandwich <b>Lunch:</b> Chicken Fried Steak, Mashed Potatoes, Gravy, WG Dinner Roll	<b>Breakfast:</b> Benefit Bars & Cheese Sticks <b>Lunch:</b> Sloppy Joe on WG Bun, & Tri-Taters	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	<b>Breakfast:</b> Mini Bites w/Syrup <b>Lunch:</b> Chicken Patty on WG Bun & Smile Fries	<b>Breakfast:</b> Biscuits & Gravy <b>Lunch:</b> BBQ Pulled Pork on WG Bun, & Sweet Potato Fries	<b>Breakfast:</b> Muffins & Cheesesticks <b>Lunch:</b> Chicken Tangerine, Rice, & WG Dinner Roll	<b>Breakfast:</b> Cheese Omelete, <b>Lunch:</b> Sausage & Toast <b>Lunch:</b> Spaghetti w/Meat Sauce, Garlic Bread & Veggies	<b>Breakfast:</b> Egg Bake Bites w/ Salsa <b>Lunch:</b> Scalloped Potatoes w/Ham, WG Dinner Roll & Veggies	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	<b>Breakfast:</b> Banana Bread & Cheese Stick <b>Lunch:</b> Chef's Salad w/Toppings	<b>Breakfast:</b> Pancake w/Syrup <b>Lunch:</b> Chicken Fajita on Tortilla w/ Peppers/Onions	<b>Breakfast:</b> Cereal & Yogurt <b>Lunch:</b> Pizza & Romain Lettuce	<b>Breakfast:</b> Scramble Eggs & Toast <b>Lunch:</b> Chicken Bowl w/Potatoes, Gravy, Corn & WG Dinner Roll	<b>Breakfast:</b> Bagel w/Cream Cheese <b>Lunch:</b> Chicken Noodle Soup, Crackers & Carrots	

**\*\*All meals include 1 cup choice of regular or unflavored 1% milk.**  
**\*\*Breakfast includes fruit & fruit juice. Lunch includes Fruit.**