



# Lyman School District 42-1

## Dedicated to Excellence

### October Lunch



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> <b>Breakfast:</b> Pop-Tart, Cheese Stick <b>Lunch:</b> Beef Burrito w/Nacho Cheese, Chips	<b>3</b> <b>Breakfast:</b> Eggstravaganza Sausage <b>Lunch:</b> Goulash, Green Beans, WG Dinner Roll	<b>4</b> <b>Breakfast:</b> Mini Bytes w/Syrup <b>Lunch:</b> Chicken Nuggets, Veggies, WG Dinner Roll	<b>5</b> <b>Breakfast:</b> Breakfast Sandwich <b>Lunch:</b> Hot Dog w/WG Bun, Baked Beans	<b>6</b>  <b>NO SCHOOL!</b>	<b>7</b>
<b>8</b>	<b>9</b>  <b>NO SCHOOL!</b>	<b>10</b> <b>Breakfast:</b> Waffles w/Syrup <b>Lunch:</b> Chicken Wrap on Flat Bread, Romaine Lettuce	<b>11</b> <b>Breakfast:</b> Cereal, Yogurt <b>Lunch:</b> Hamburger on/WG Bun	<b>12</b> <b>Breakfast:</b> Benefit Bars, Cheese <b>Lunch:</b> Salisbury Steak, Mashed Potatoes w/Gravy, WG Dinner Roll	<b>13</b> <b>Breakfast:</b> Scrambled Eggs, Toast <b>Lunch:</b> Tater-Tot Hotdish, Green Beans, WG Dinner Roll	<b>14</b>
<b>15</b>	<b>16</b> <b>Breakfast:</b> French Toast Sticks w/ Syrup <b>Lunch:</b> Pizza, Romaine Lettuce	<b>17</b> <b>Breakfast:</b> Breakfast Pizza <b>Lunch:</b> Chili, Crackers, Cinnamon Roll	<b>18</b> <b>Breakfast:</b> Cinnamon Rolls, Cheese Sticks <b>Lunch:</b> Filled Baked Potato w/Taco Meat, Breadstick	<b>19</b> <b>Breakfast:</b> Biscuits & Gravy <b>Lunch:</b> Chicken Patty on WG Bun, Mashed Potatoes	<b>20</b> <b>Breakfast:</b> Bagel w/Cream Cheese <b>Lunch:</b> Tacos on WG Tortilla Shell, Romaine Lettuce	<b>21</b>
<b>22</b>	<b>23</b> <b>Breakfast:</b> Cheese Omelet, WG Toast, Sausage Links <b>Lunch:</b> Hamburger on WG Bun w/Cheese, Veggies	<b>24</b> <b>Breakfast:</b> Pancake w/Syrup <b>Lunch:</b> Mini Corn Dogs, Mac & Cheese	<b>25</b> <b>Breakfast:</b> Long Johns, Cheese Sticks <b>Lunch:</b> Super Nachos, Romaine Lettuce	<b>26</b> <b>Breakfast:</b> Cereal, Yogurt <b>Lunch:</b> Chicken Alfredo, Breadstick, Broccoli	<b>27</b> <b>Breakfast:</b> Egg Bake Bites <b>Lunch:</b> Spaghetti w/Meat Sauce, Garlic Bread, Veggies	<b>28</b>
<b>29</b>	<b>30</b> <b>Breakfast:</b> Breakfast Burrito <b>Lunch:</b> Chicken Strips, Mashed Potatoes, WG Dinner Roll	<b>31</b> <b>Breakfast:</b> Blueberry Muffins, Cheese Sticks <b>Lunch:</b> French Bread Pizza, Veggies				

**\*\*All meals include 1 cup choice of regular or unflavored 1% milk.**

**\*\*Breakfast includes fruit & fruit juice. Lunch includes Fruit.**

**\*\*MS/HS Lunch now offering Deli Sandwiches on Tuesdays & Thursdays as a 2nd Lunch option\*\***



# Lyman School District 42-1

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### October Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> MS/JV Football @Platte-Geddes @4:00 PM  MS/JV/Varsity Volleyball @Home - MS @4:00 PM; JV @6:30 PM; Var. @7:45 PM vs. Stanley Co.	<b>3</b> JV/Varsity Volleyball @Lyman @6:30 PM vs. Kadoka Area  PARENT'S NIGHT - CHEER & VOLLEYBALL  Cross Country @Wall @12:00pm MT/1:00pm CT	<b>4</b>  Cross Country @Gettysburg @1:00 PM	<b>5</b> Early Dismissal Parent/Teacher Conf.  MS Volleyball @St. Joe's @TBD  Comp Cheer @Mitchell @5:00 AM	<b>6</b> MS Football @Sully Buttes @5:00 PM  Varsity Football @Sully Buttes @7:00 PM  <b>NO SCHOOL</b>	<b>7</b>  Cross Country @Philip @10:00am MT/11:00am CT  Varsity Volleyball @Gettysburg
<b>8</b>	<b>9</b> Comp Cheer @Faulkton @11:00 AM  <b>NO SCHOOL</b> for Native American Day School Board Meeting @6:00 PM	<b>10</b>  DIG PINK Night MS/JV/Varsity Volleyball @Home - MS @4:00 PM; JV @6:30 PM; Var. @7:45 PM vs. Jones Co.	<b>11</b>  Cross Country @Gettysburg @1:00 PM Region 4B	<b>12</b>  JV/Varsity Volleyball @Philip @6:30 PM	<b>13</b>  Varsity Football @Lemmon @6:00pm MT / 7:00pm	<b>14</b>  Comp Cheer @Platte-Geddes @11:00 AM
<b>15</b>	<b>16</b>	<b>17</b> LifeTouch Picture Day  JV/Varsity Volleyball @Highmore-Harold @6:30 PM	<b>18</b>  Lyman Elementary Fall Music Festival @2:00 PM @Kennebec	<b>19</b>  Varsity Football Round 1	<b>20</b>  Comp Cheer @Sioux Falls - State	<b>21</b>  Cross Country @Sioux Falls
<b>22</b>	<b>23</b>  JV/Varsity Volleyball @Chamberlain @6:30 PM	<b>24</b>	<b>25</b>	<b>26</b>  Varsity Football Round 2	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>  Varsity Volleyball Regions	<b>31</b>  Varsity Volleyball Regions				

**\*\*Watch the Lyman School District  
Facebook Page for any and all  
schedule changes and updates!!**