

LYONS SCHOOL DISTRICT 103

Monday	Tuesday	Wednesday	Thursday	Friday
June 3, 2019	June 4, 2019	June 5, 2019	June 6, 2019	June 7, 2019
MEATLOAF PANINI ^ French Fries Mixed Fruit Cup Ketchup Choice of Milk	CHICKEN RANCH FLATBREAD ^ Whole Kernel Corn Orange Juice Choice of Milk	TURKEY BURGER WITH POTATO WEDGES Hamburger Bun ^ Maple Baked Beans Diced Peaches Mustard Ketchup Choice of Milk	BREADED CHICKEN DIPPERS W/ TOMATO PARMESAN SAUCE Green Beans Sliced Apples Choice of Milk	FRENCH BREAD CHEESE PIZZA^ Broccoli Light Ranch Dressing Fresh Pear Choice of Milk
June 10, 2019	June 11, 2019	June 12, 2019	June 13, 2019	June 14, 2019
HALF DAY NO LUNCH	HALF DAY NO LUNCH			
June 17, 2019	June 18, 2019	June 19, 2019	June 20, 2019	June 21, 2019
June 24, 2019	June 25, 2019	June 26, 2019	June 27, 2019	June 28, 2019

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Nutritional Information: LYONS SCHOOL DISTRICT 103

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
06-03-2019	MEATLOAF PANINI ^	320	14	6	0	46	752	30	3	3	18	35	0	154	3	
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-04-2019	CHICKEN RANCH FLATBREAD ^	323	12	5	0	42	544	32	2	3	20	88	2	417	3	MMA:2.25oz G/B:2sv WG
	Whole Kernel Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-05-2019	TURKEY BURGER WITH POTATO WEDGES	178	8	2	0	38	155	11	1	0	15	5	2	34	2	MMA:2oz V:1/4c S
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-06-2019	BREADED CHICKEN DIPPERS W/ TOMATO PARMESAN SAUCE	316	17	3	0	46	805	22	1	0	20	68	0	9	0	MMA:2.25oz G/B:1sv WG V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-07-2019	FRENCH BREAD CHEESE PIZZA^	302	11	5	0	23	679	34	3	4	17	69	2	356	2	
	Broccoli	9	0	0	0	0	8	2	0	0	1	47	29	15	0	V:1/2c DG

	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
0																
	HALF DAY NO LUNCH	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1																
	HALF DAY NO LUNCH	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

