

LYONS SCHOOL DISTRICT 103

Monday	Tuesday	Wednesday	Thursday	Friday
April 29, 2019	April 30, 2019	May 1, 2019	May 2, 2019	May 3, 2019
		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
May 6, 2019	May 7, 2019	May 8, 2019	May 9, 2019	May 10, 2019
BAGEL DOG French Fries Diced Peas Mustard Ketchup Choice of Milk	PEPPERONI PIZZA ^ Green Beans Orange Juice Choice of Milk	SLOPPY JOE Hamburger Bun ^ Romaine Lettuce Light Ranch Dressing Fresh Banana Choice of Milk	CHICKEN NUGGETS WITH POTATO ROUNDS ^ Maple Baked Beans Mixed Fruit Cup Ketchup (2) BBQ Sauce Choice of Milk	GRILLED CHEESE Mixed Vegetables Diced Peaches Choice of Milk
May 13, 2019	May 14, 2019	May 15, 2019	May 16, 2019	May 17, 2019
PANCAKES & SAUSAGE Syrup Golden Potato Rounds Applesauce Cup Ketchup Choice of Milk	POPCORN CHICKEN ^ Country Blend Vegetables Mixed Fruit Cup BBQ Sauce Choice of Milk	PIZZA DIPPERS Marinara Dipping Sauce Whole Kernel Corn Fresh Banana Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Apple-Cranberry Juice Mustard Ketchup Choice of Milk	CHEESE PIZZA^ Romaine Lettuce Light Ranch Dressing Orange Juice Choice of Milk
May 20, 2019	May 21, 2019	May 22, 2019	May 23, 2019	May 24, 2019
CHICKEN TENDERS WITH POTATO WEDGES ^ Diced Carrots Mixed Fruit Cup BBQ Sauce Ketchup Choice of Milk	CHEESEBURGER Hamburger Bun ^ Green Beans Fresh Celery Sticks Light Ranch Dressing Diced Peas Mustard Ketchup Choice of Milk	BAKED CHICKEN NUGGETS Corn Muffin ^ Romaine Lettuce Fresh Baby Carrots Light Ranch Dressing Diced Peaches BBQ Sauce Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Maple Baked Beans Sliced Apples Choice of Milk	HALF DAY NO LUNCH
May 27, 2019	May 28, 2019	May 29, 2019	May 30, 2019	May 31, 2019
NO SCHOOL	CORN DOG ON A STICK^ Mixed Vegetables Applesauce Cup Choice of Milk Ketchup Mustard	CORN DOG ON A STICK^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Grape Juice Mustard Ketchup Choice of Milk	CHICKEN TACO Tortilla Chips ^ Romaine Lettuce Light Ranch Dressing Fresh Banana Choice of Milk	CHEESE PIZZA^ Green Beans Mixed Fruit Cup Choice of Milk

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.

	PEPPERONI PIZZA ^	317	12	5	0	26	850	34	2	3	16	53	0	344	2	MMA:1.5oz G/B:2sv WG V:1/4c RO	
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O	
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
05-08-2019																	
	SLOPPY JOE	215	10	4	0	42	576	16	0	8	14	33	6	36	1	MMA:2oz G/B:2sv V:5/8c RO	
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG	
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG	
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0		
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
05-09-2019																	
	CHICKEN NUGGETS WITH POTATO ROUNDS ^	294	16	3	0	44	612	21	2	0	17	38	0	0	0	MMA:2oz G/B:1sv WG V:1/4c S	
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c	
	Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
05-10-2019																	
	GRILLED CHEESE	339	18	10	0	50	867	29	2	5	15	120	0	339	1	MMA:2oz G/B:2sv WG	
	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
05-13-2019																	
	PANCAKES & SAUSAGE	309	13	4	0	50	526	30	4	7	18	3	0	133	3	MMA:2.25oz G/B:2sv WG	
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0		
	Golden Potato Rounds	206	10	1	0	0	413	26	2	0	3	0	0	0	0	V:3/4c S	
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	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			
05-14-2019																	
	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG	
Country Blend Vegetables	72	1	0	0	0	33	16	3	4	2	396	8	33	0	V:1/4c S V:1/2c O		

	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-15-2019																
	PIZZA DIPPERS	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Whole Kernel Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-16-2019																
	HOT DOG W/ POTATO ROUNDS	178	12	4	0	25	498	11	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	G/B:1.5sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	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		
05-17-2019																
	CHEESE PIZZA^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
05-20-2019																
	CHICKEN TENDERS WITH POTATO WEDGES ^	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	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		
05-21-2019																
	CHEESEBURGER	160	12	5	0	42	305	2	0	1	12	32	0	94	1	MMA:2oz G/B:2sv
Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG	

	CORN DOG ON A STICK^	280	13	4	0	40	660	31	2	9	9	30	9	60	2	MMA:2oz 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
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	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	
05-30-2019																
	CHICKEN TACO	124	5	2	0	45	416	7	0	1	14	146	2	71	1	MMA:2oz V:1/4c RO
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
05-31-2019																
	CHEESE PIZZA^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	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

05-21-2019	Choice of Milk	X								
	CHEESEBURGER	X						X		
	Hamburger Bun ^							X	X	
	Green Beans									
	Fresh Celery Sticks									
	Light Ranch Dressing	X	X					X		
	Diced Pears									
	Mustard									
	Ketchup									
	Choice of Milk	X								
05-22-2019	BAKED CHICKEN NUGGETS							X	X	
	Corn Muffin ^								X	
	Romaine Lettuce									
	Fresh Baby Carrots									
	Light Ranch Dressing	X	X					X		
	Diced Peaches									
	BBQ Sauce							X		
	Choice of Milk	X								
05-23-2019	BBQ CHICKEN							X		
	Hamburger Bun ^							X	X	
	Maple Baked Beans									
	Sliced Apples									
	Choice of Milk	X								
4	HALF DAY NO LUNCH									
	NO SCHOOL									
7										
05-28-2	CORN DOG ON A STICK^	X	X					X	X	

	Mixed Vegetables									
	Applesauce Cup									
	Choice of Milk	X								
	Ketchup									
	Mustard									
05-29-2019										
	CORN DOG ON A STICK^	X	X					X	X	
	Maple Baked Beans									
	Fresh Baby Carrots									
	Light Ranch Dressing	X	X					X		
	Grape Juice									
	Mustard									
	Ketchup									
	Choice of Milk	X								
05-30-2019										
	CHICKEN TACO	X								
	Tortilla Chips ^									
	Romaine Lettuce									
	Light Ranch Dressing	X	X					X		
	Fresh Banana									
Choice of Milk	X									
05-31-2019										
	CHEESE PIZZA^	X						X	X	
	Green Beans									
	Mixed Fruit Cup									
Choice of Milk	X									