



## Zion Lutheran School Lunch Menu

Mon	Tue	Wed	Thu	Fri
<b>1</b> Burgers Potato Rings Watermelon Peas  *PB & J	<b>2</b> Loaded Baked Potato Cheesy Broccoli Apple Sauce Cups  *PB & J	<b>3</b> Chicken Dumpling Soup w/Dinner Roll Peaches  *Hoagies	<b>4</b> Monte Cristo Sliders Corn Tropical Fruit  *PB & J	<b>5 Olson-Walker Birthday</b> Meal Homemade Pizza Broccoli Mandarin Oranges  *PB & J
<b>8</b> Riblet Sandwich Carrots Apricots  *PB & J	<b>9</b> Parents to Lunch – Gr. 4/5 Walking Tacos Mandarin Oranges 5- Way Veggies Brownies  *PB & J	<b>10</b> Mandarin Orange Chicken Green Beans Grapes  *Egg Salad	<b>11</b> Baked Potato Soup w/Dinner Roll Apples  *PB & J	<b>12</b> Corn Dogs Potato Wedges Peas & Carrots Fruit Cocktail  *PB & J
<b>15</b> Meatballs Mashed Potatoes Cali Blend Peaches  *PB & J	<b>16</b> Hot Dogs Baked Beans Carrots Orange Wedges  *PB & J	<b>17</b> Chicken Enchiladas Rice Corn Melon  *Roast Beef & Swiss	<b>18</b> Nachos Tossed Salad Pears  *PB & J	<b>19</b> Chili Cornbread Apples  *PB & J
<b>22</b>   <b>NO SCHOOL</b>	<b>23</b>   <b>NO SCHOOL</b>	<b>24</b>   <b>NO SCHOOL</b>	<b>25</b>   <b>NO SCHOOL</b>	<b>26</b>   <b>NO SCHOOL</b>
<b>29</b>   <b>NO SCHOOL</b>  <b>January 5</b> – Bone-In Chicken Drummies – Potato Wedges – Corn – Pineapple Rings	<b>30</b>   <b>NO SCHOOL</b>  <b>January 6</b> – Beef Stroganoff – Mashed Potatoes – Green Beans – Tropical Fruit	<b>31</b>   <b>NO SCHOOL</b>	<b>January 1</b>   <b>NO SCHOOL</b>	<b>January 2</b> –   <b>NO SCHOOL</b>

**Lunch Entrée: Vegetable: Rainbow Fresh Veggie Bar    Fruit: Variety Fresh or Canned Fruit**

**Lunch: All meals are served with assorted fruits and fresh veggies.**  
**This institution is an equal opportunity provider.                      Milk is served at all meals.**  
**Menu is subject to change.**



# Zion Lutheran School Breakfast and Snack Menu



Mon	Tue	Wed	Thu	Fri
1 Pancakes & Sausage or Cereal  SNACK Wheat Thins	2 Egg & Bacon English Muffins or Cereal  SNACK Lorna Dunes	3 Quiche or Cereal  SNACK Yoqurt cups	4 Carmel Rolls or Cereal  SNACK Carrots w/Ranch	5 Homemade Danish or Cereal  SNACK Cinnamon Graham crackers
8 Cake Donuts or Cereal  SNACK Apples w/PB	9 Lemon Cresents or Cereal  SNACK Cinnamon Goldfish	10 Monkey Muffins or Cereal  SNACK Chocolate Chex Mix	11 Banana Bread (Homemade) or Cereal  SNACK Pop Tarts	12 Oatmeal or Cereal  SNACK Cheese Sticks
15 Long Johns w/frosting or Cereal  SNACK Fruit Snacks	16 Scones or Cereal  SNACK Cheez-its	17 Ham & Egg & Cheese Cups or Cereal  SNACK Oyster Crackers	18 Breakfast Pizza or Cereal  SNACK Rice Crisps	19 Cook's Choice or Cereal  SNACK Pudding Cups
22  NO SCHOOL	23  NO SCHOOL	24  NO SCHOOL	25  NO SCHOOL	26  NO SCHOOL
29  NO SCHOOL	30  NO SCHOOL	31  NO SCHOOL	January 1  NO SCHOOL	January 2  NO SCHOOL January.5 Donuts/Cereal SNACK Cheese Sticks

**Breakfast – Students must select 3 components, 1 of those must be ½ cup fruit or juice. A whole grain food item is offered each day. We serve 1% milk. All cereal offered will be whole grain.**

**Each meal will also have: Cereal/Variety, Juice or Fruit and Milk**