

Zion Lutheran School Lunch Menu

Mon	Tue	Wed	Thu	Fri
			<p>1 Orange Chicken Rice Egg Roll Veggies Peaches/Pears</p> <p>*PB & J</p>	<p>2 Nachos – Ground Beef Green Beans Mandarin Oranges</p> <p>*PB & J</p>
<p>5 Pizza Crunchers Corn Bananas</p> <p>*PB & J</p>	<p>6 Chicken Fillets on Bun Potato Wedges Green Beans Berries</p> <p>*PB & J</p>	<p>7 Burgers Chips Mixed Veggies Apples</p> <p>* PB & J</p>	<p>8 Hot Dogs w/Buns Potato Salad Peas Melon</p> <p>*PB & J</p>	<p>9 Perham Track Meet Bagged Lunches Variety Lunchmeat & Cheese on Hamburger Bun Grain Chips - Pea Pods Go-gurt – Watermelon - Juice Ranch, Mayo, Mustard</p> <p>*PB & J</p>
<p>12 Chicken Nuggets Mac N Cheese Grapes Peas</p> <p>*PB & J</p>	<p>13 Tacos (Ground Beef–Hard Shell) Black Beans Strawberries</p> <p>*PB & J</p>	<p>14 BBQ Rib Pattys Apple Sauce Green Beans</p> <p>* PB & J</p>	<p>15 Corn Dogs Smiles Broccoli Orange Wedges</p> <p>*PB & J</p>	<p>16 Ham & Cheese on Croissants (mayo, ranch) Melon Chips Carrots/Celery</p> <p>*PB & J</p>
<p>19 Chicken Drummys Mashed Potatoes & Gravy Corn Banana</p> <p>*PB & J</p>	<p>20 Sloppy Joes w/Bun Potato Wedges Peas Apples</p> <p>*PB & J</p>	<p>21 Hoagies (mayo, mustard, ranch) Chips - Grapes Cuke Slices - Juice Cheese Stick</p> <p>* PB & J</p>	<p>22 Pancakes Sausage Fruit Cups</p> <p>*PB & J</p>	<p>23 Assorted Pizzas Tropical Fruit Glazed Carrots</p> <p>*PB & J</p>
<p>26 OFFICE CLOSED NO SCHOOL </p>	<p>27 Pulled Pork w/Bun Coleslaw Mixed Fruit</p> <p>*PB & J</p>	<p>28 Chicken Strips Tator Tots Corn Fruit Cup</p> <p>*PB & J</p>	<p>29 Cooks Choice</p> <p>*PB & J</p>	<p>30 Sack Lunch Sandwich - Carrots Yogurt - Fruit Cup - Chips</p> <div style="border: 1px solid black; padding: 5px; display: inline-block; text-align: center;"> <p>LAST DAY OF SCHOOL</p> </div> <p>*PB & J</p>

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

<p>Lunch: All meals are served with assorted fruits and fresh veggies.</p> <p>This institution is an equal opportunity provider. Milk is served at all meals. Menu is subject to change.</p>
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Zion Lutheran School Breakfast and Snack Menu



Mon	Tue	Wed	Thu	Fri
			1 Sausage & Cheese Bread or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Puff Corn</div>	2 Lemon Fruit Bread or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK UBR</div>
5 Danish or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Trail Mix</div>	6 Carmel Rolls or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cheese Stick</div>	7 Egg Sandwich (Biscuit) or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Pretzel Goldfish</div>	8 Scones or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Strawberry Chex Mix</div>	9 Cake Donuts & Tator Kegn or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Ritz Bitz</div>
12 Breakfast Nuggets or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Pretzel Bites</div>	13 Sausage Gravy w/Biscuit or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Go-gurt</div>	14 Egg Bake or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cheez-it</div>	15 Muffins or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Puff Corn</div>	16 Breakfast Pizza or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cereal Bar</div>
19 Pancakes or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Rice Cakes</div>	20 Breakfast Corn Dogs or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Nutty Buddies</div>	21 Cinnamon Rolls or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Wheat Thins</div>	22 Lemon Poppy Seed Muffins or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Fruit Rollup</div>	23 Long Johns or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Scooby Snacks</div>
26 NO SCHOOL	27 Waffles or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Chocolate Chex Mix</div>	28 UBR Cookie or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Giant Goldfish</div>	29 Benefit Bars or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Fruit Snack</div>	30 Granola Bars or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cooks Choice</div>

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