

Zion Lutheran School Lunch Menu

# JANUARY



Mon	Tue	Wed	Thu	Fri
		1 <b>NO SCHOOL</b>	2 <b>NO SCHOOL</b>	3 <b>NO SCHOOL</b>
6 Corn Dog Potato Smiles Green Beans Fruit Cocktail  *PB & J	7 Tomato Soup Grilled Cheese Sandwiches Strawberries  *PB & J	8 Chicken Alfredo Broccoli Dinner Rolls Peaches  *Tuna Salad	9 Texas Toast Sloppy Joes Corn Roasted Potatoes Mandarin Oranges  *PB & J	10 Ham & Cheese Croissant Peas & Carrots Apples Chips  *PB & J
13 Chicken Tetrazini Broccoli Apple Sauce  *PB & J	14 <b>Parents to Lunch (Gr. 3)</b> Tacos Corn Refried Beans Apricots  PB & J	15 Pulled Pork w/Bun Potato Rings Glazed Carrots Tropical Fruit  *Ham & Cheese on Croissant	16 Spaghetti Garlic Bread Green Beans  *PB & J	17 Pancakes Sausage Links Orange Wedges  *PB & J
20  <b>NO SCHOOL</b>	21 Chicken Noodle Soup Dinner Rolls Strawberries  *PB & J	22 Chili Corn Bread Pears  *Turkey & Swiss Bun	23 Chicken Nuggets Mac & Cheese Peas Oranges  *PB & J	24 Pizza Crunchers Green Beans Apple Sauce  *PB & J
27 Tator Tot Scrambled Peas & Carrots Mixed Berries  *PB & J	28  MYSTERY MEAL!!!  *PB & J	29 Pizza Burger Potato Wedges Green Beans Canned Fruit  *Egg Salad on wheat	30 Lasagna 5 Way Veggie Garlic Toast Fruit Cocktail  *PB & J	31 Loaded Baked Potato Cheesy Broccoli Grapes  *PB & J

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

**Lunch: All meals are served with assorted fruits and fresh veggies.aa**

**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 <b>NO SCHOOL</b>	2 <b>NO SCHOOL</b>	3 <b>NO SCHOOL</b>
6 Cake Donuts or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cheese Sticks</div>	7 Carmel Roll or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Goldfish (Pretzel)</div>	8 Homemade Danish or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Chex Mix</div>	9 Monkey Muffins or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Pretzels</div>	10 Banana Bread or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Ritz Bits</div>
13 Apple Turnovers or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Yogurts</div>	14 Scones or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cinnamon Biscuit</div>	15 Lemon Cresents or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cheez-it</div>	16 Ham, Egg & Cheese Cup or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Oyster Crackers</div>	17 Breakfast Pizza or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Gardetto's</div>
20  <b>NO SCHOOL</b>	21 Omelets or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Puff Corn</div>	22 Cinnamon Rolls or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cereal Bar</div>	23 Homemade Muffins or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Giant Cinnamon Goldfish</div>	24 Egg Sandwich or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Mini Cheddar Rice Cakes</div>
27 Bagels or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Kettle Corn</div>	28 Waffles or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Benefit Bar</div>	29 English Muffins or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Trail Mix</div>	30 Pancake Muffins or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Nutty Buddies</div>	31 Long Johns or Cereal  <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Meat/Cheese Crackers</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**