

**Zion Lutheran Lunch Menu  
At Zion Lutheran Church  
300 Lake Street – Alexandria, MN**



Mon	Tue	Wed	Thu	Fri
<p>In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). This institution is an equal opportunity provider and employer.</p>				<p><b>Lunch from 10:30 am to 1:00 pm</b></p> <p><b>Children 18 &amp; under – FREE Adult - \$5.50</b></p>
				<p>1 Pizza Tossed Salads Apple Slices Milk</p>
<p>4 Chicken Nuggets Potato Smiles Broccoli Melon Milk</p>	<p>5 Hot Dogs w/bun Berries Peas Milk</p>	<p>6 Chicken Alfredo Bake Veggie Blend Green Beans Fruit Cocktail Milk</p>	<p>7 Meatballs Mashed Potatoes Carrots Pears Dinner Rolls Milk</p>	<p>8 Lunchmeat Sandwiches Veggie Cups Oranges Chips Milk</p>
<p>11 Chicken Fillet Sandwich Broccoli Tropical Fruit Milk</p>	<p>12 Italian Dunkers w/Marinara Peas &amp; Carrots Apricots Milk</p>	<p>13 Hamburgers Corn Mandarin Oranges Chips Milk</p>	<p>14 Pulled Pork Cali Blend Tator Tots Milk</p>	<p>15 Hoagies Apple Sauce Carrots Potato Chips Milk</p>
<p>18 Chicken Strips Mac &amp; Cheese Carrots Peaches Milk</p>	<p>19 Assorted Pizza's Carrot Sticks Apples Milk</p>	<p>20 Corn Dogs Green Beans Fruit Cups Milk</p>	<p>21 <b>LAST DAY OF LUNCH</b> Ham &amp; Cheese Sandwich Potato Chips Corn Assorted Fruit Milk</p>	<p>22</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

**This institution is an equal opportunity provider.**

**Milk is served at all meals.**

**LAST DAY OF LUNCH IS THURSDAY, AUGUST 21 – THANK YOU FOR COMING!!**

**Zion Lutheran Breakfast Menu  
At Zion Lutheran Church  
300 Lake Street – Alexandria, MN**



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				<p>1 Donut Cranberries Grape Juice Milk</p>
<p>4 Egg Sandwich Melon Orange Juice Milk</p>	<p>5 Fruit Granola Bar Tropical Fruit Grape Juice Milk</p>	<p>6 Muffins Melon Orange Juice Milk</p>	<p>7 Pancakes Apples Fruit Punch Milk</p>	<p>8 Danish Strawberries Cranberry Juice Milk</p>
<p>11 Poptarts Oranges Apple Juice Milk</p>	<p>12 Frudel Pears Grape Juice Milk</p>	<p>13 Benefit Bar Grapes Orange Juice Milk</p>	<p>14 UBR Fruit Cocktail Fruit Punch Milk</p>	<p>15 Omelets Mandarin Oranges Cheese Stick Cranberry Juice Milk</p>
<p>18 Waffles Fruit Cup Apple Juice Milk</p>	<p>19 Breakfast Pizza Berries Grape Juice Milk</p>	<p>20 Banana Bread Peaches Orange Juice Milk</p>	<p>21 <b>LAST DAY OF BREAKFAST</b> Bagel Fruit Cup Fruit Punch Milk</p>	<p>22</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

**LAST DAY OF BREAKFAST IS THURSDAY, AUGUST 21 – THANK YOU FOR COMING!**