

**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>Lunch from 10:30 am to 1:00 pm</p> <p>Children 18 & under – FREE Adult - \$5.65</p>
		<p>1 Chicken Strips Brown Rice Pears Peas Milk</p>	<p>2 Spaghetti Bake (Whole Grain Noodles) Fruit Cocktail Green Beans Garlic Breadstick Milk</p>	<p>3</p> <p style="text-align: center;">CLOSED FOR JULY 4th HOLIDAY</p>
<p>6 Chicken Alfredo (Whole Grain Noodles) Pineapple Chunks Corn Dinner Roll Milk</p>	<p>7 Riblet Smiles Peaches Carrots Milk</p>	<p>8 Pulled Pork Tater Tots Peas Tropical Fruit Milk</p>	<p>9 Hotdogs Whole Grain Bun Mixed Berries Green Beans Milk</p>	<p>10 Pizza Crunchers w/Marinara Apple Sauce Cups Mixed Veggies Milk</p>
<p>13 French Bread Pizza w/Marinara Peaches Corn Milk</p>	<p>14 Chicken Fillet Sandwich/Bun Tropical Fruit Carrots Milk</p>	<p>15 Hamburgers/Hamburger Bun Potato Wedges Strawberries Peas Milk</p>	<p>16 Chicken Nuggets Mac N Cheese Apple Slices Green Beans Milk</p>	<p>17 Cold Sandwich Banana Mixed Veggies Chips Milk</p>
<p>20 Sloppy Joes/Bun Mandarin Orange Corn Potato Chips Milk</p>	<p>21 Meatballs Dinner Roll Grapes Mashed Potatoes Carrots Milk</p>	<p>22 Chicken Strips Brown Rice Pears Peas Milk</p>	<p>23 Spaghetti Bake (Whole Grain Noodles) Fruit Cocktail Green Beans Garlic Breadstick Milk</p>	<p>24 Hoagies (Bun) (Lunch Meat & Cheese) Banana Mixed Veggies Milk</p>
<p>27 Chicken Alfredo (Whole Grain Noodles) Pineapple Chunks Corn Dinner Roll Milk</p>	<p>28 Riblet Smiles Peaches Carrots Milk</p>	<p>29 Pulled Pork Tater Tots Peas Tropical Fruit Milk</p>	<p>30 Hotdogs Whole Grain Bun Mixed Berries Green Beans Milk</p>	<p>31 Pizza Crunchers w/Marinara Apple Sauce Cups Mixed Veggies Milk</p>

This institution is an equal opportunity provider.

Milk is served at all meals.

Menu subject to change.

**Zion Lutheran Breakfast Menu
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		<p>1 Pancake on a stick Fresh Melon Orange Juice Milk</p>	<p>2 UBR Yogurt Cup Apricots Fruit Punch Milk</p>	<p>3 CLOSED FOR JULY 4th HOLIDAY</p>
<p>6 Frudel Peach Cups Apple Juice Milk</p>	<p>7 Scone Cheese Sticks Tropical Fruit Grape Juice Milk</p>	<p>8 Danish Sausage Links Mixed Melon Orange Juice Milk</p>	<p>9 Breakfast Sandwich Yogurt Cup Apple Slices Fruit Punch Juice Milk</p>	<p>10 Whole Grain Long Johns Strawberries Cranberry Juice Milk</p>
<p>13 English Muffin Mandarin Oranges Apple Juice Milk</p>	<p>14 Poptart Pears Grape Juice Milk</p>	<p>15 Mini Donuts Sausage Links Grapes Orange Juice Milk</p>	<p>16 Benefit Bar Yogurt Cup Fruit Cocktail Fruit Punch Milk</p>	<p>17 Burrito Cheese Stick Banana Cranberry Juice Milk</p>
<p>20 Cake Donut Cheese Stick Pineapple Chunks Apple Juice Milk</p>	<p>21 Chocolate Chip Muffin Ham Slice Cranberries Grape Juice Milk</p>	<p>22 Pancake on a stick Fresh Melon Orange Juice Milk</p>	<p>23 UBR Yogurt Cup Apricots Fruit Punch Milk</p>	<p>24 Cinnamon Roll Mixed Berries Cranberry Juice Milk</p>
<p>27 Frudel Peach Cups Apple Juice Milk</p>	<p>28 Scone Cheese Sticks Tropical Fruit Grape Juice Milk</p>	<p>29 Danish Sausage Links Mixed Melon Orange Juice Milk</p>	<p>30 Breakfast Sandwich Yogurt Cup Apple Slices Fruit Punch Juice Milk</p>	<p>31 Whole Grain Long Johns Strawberries Cranberry Juice Milk</p>