

**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 - \$5.00</p>
3	4	5	6	7
<p>SUMMER LUNCH & BREAKFAST – STARTING JUNE 10</p>				
<p>10 Sloppy Joes/Bun Mandarin Orange Corn Milk</p>	<p>11 Chicken Strips Brown Rice Pears Veggie Cup (Cucumbers/Cherry Tomatoes) Milk</p>	<p>12 Meatballs Dinner Roll Grapes Mashed Potatoes California Blend Vegetables Milk</p>	<p>13 Spaghetti w/Meat Sauce (Whole Grain Noodles) Fruit Cocktail Lettuce Salad w/Veggies Milk</p>	<p>14 Hoagies (Bun) (Lunch Meat & Cheese) Banana Carrots & Celery Milk</p>
<p>17 Chicken Alfredo (Whole Grain Noodles) Pineapple Chunks Pacific Blend Vegetables Milk</p>	<p>18 Hard Shell Tacos Clementine Black Beans Tossed Salad Milk</p>	<p>19 Pulled Pork Tater Tots Fresh Veggies Tropical Fruit Milk</p>	<p>20 Hotdogs Whole Grain Bun Mixed Berries Peas Milk</p>	<p>21 Italian Dunkers w/Marinara Breadstick Apricots Carrots Milk</p>
<p>24 French Bread Pizza w/Marinara Peaches Corn Milk</p>	<p>25 Chicken Fillet Sandwich/Bun Tropical Fruit Broccoli Milk</p>	<p>26 Hamburgers/Hamburger Bun Strawberries Carrot Sticks Milk</p>	<p>27 Chicken Nuggets Mac N Cheese Apple Slices Peas & Carrots Milk</p>	<p>28 Corn Dogs Melon Green Beans Milk</p>

This institution is an equal opportunity provider.

Milk is served at all meals.

**Zion Lutheran Breakfast Menu
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3	4	5	6	7
<p>SUMMER LUNCH & BREAKFAST – STARTING JUNE 10</p>				
<p>10 Scones Cheese Stick Pineapple Chunks Apple Juice Milk</p>	<p>11 Cinnamon Rolls Ham Slice Cranberries Clementine Grape Juice Milk</p>	<p>12 UBR Fresh Melon Orange Juice Milk</p>	<p>13 English Muffins Yogurt Cup Apricots Fruit Punch Milk</p>	<p>14 Danish Mixed Berries Cranberry Juice Milk</p>
<p>17 Egg Sandwich Peach Cups Apple Juice Milk</p>	<p>18 Fruit Granola Bar Cheese Sticks Tropical Fruit Grape Juice Milk</p>	<p>19 Muffins Sausage Links Mixed Melon Orange Juice Milk</p>	<p>20 Breakfast Burritos Yogurt Cup Apple Slices/Raisins Fruit Punch Juice Milk</p>	<p>21 Whole Grain Long Johns Strawberries Cranberry Juice Milk</p>
<p>24 Poptart Mandarin Oranges Apple Juice Milk</p>	<p>25 Fruit Frudel Pears Grape Juice Milk</p>	<p>26 Whole Grain Donuts Sausage Links Grapes Orange Juice Milk</p>	<p>27 Benefit Bar Yogurt Cup Fruit Cocktail Fruit Punch Milk</p>	<p>28 Super Slice Cheese Stick Banana Cranberry Juice Milk</p>