Zion Lutheran School Lunch Menu

DECEMBER 2026

Mon	Tue	Wed	Thu	Fri
	1 Sloppy Joes w/buns Potato Wedges Carrots Mandarin Oranges *PB & J	2 Mac & Cheese Chicken Nuggets Peas Peaches *Ham & Cheese Croissant	3 Monte Cristo Sandwich Tator Tots Green Beans Banana *PB & J	4 French Bread Pizza Mixed Veggie Fruit Cocktail *PB & J
7 Grilled Ham & Cheese Sandwich Corn Apple Slices *PB & J	8 (Parents to Lunch Gr. 5-4) Taco Tuesday (Soft Shell) Refried Beans Clementines *PB & J	9 Cream of Potato Soup & ½ Turkey & Cheddar Sandwich Salad Bar Pears *Roast Beef & Swiss on Onion Bun	10 Orange Chicken White Rice Green Beans Grapes *PB & J	11 Chili Corn Bread Pineapple Salad Bar *PB & J
14 Pulled Pork w/Bun Potato Wedges Corn Apples *PB & J	15 Chicken & Wild Rice Soup & 1/2 Cheese Sandwich Orange Wedges Salad Bar *PB & J	16 Meat Balls Mashed Potatoes w/Gravy Peas Peaches & Pears Dinner Roll *Turkey & Cheddar on Hamburger Bun	17 Chicken Legs Mashed Potatoes Green Beans Garlic Bread Stick Banana *PB & J	18 Beef & Bean Burrito Mixed Veggies Tropical Fruit *PB & J
21 **NO SCHOOL**	22 **NO SCHOOL**	23 **NO SCHOOL**	24 **NO SCHOOL**	25 **NO SCHOOL**
28 **NO SCHOOL**	29 **NO SCHOOL**	30 **NO SCHOOL**	31 **NO SCHOOL**	JAN 1 **NO SCHOOL**

***Peanut Butter and Jelly Meal** is always Grape Peanut Butter & Jelly Uncrustable, Trix Yogurt Cup, PreBagged Carrots, Kellog Bug Bite Grahams, Apple Sauce Cups

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

Lunch: All meals are served with assorted fruits and fresh veggies. Only 1 serving of juice per day (100%) Whole grain items served daily. Milk (1%) (no flavored milk) is served at all meals. This institution is an equal opportunity provider. Menu is subject to change.

Zion Lutheran School Breakfast and Snack Menu



Mon	Tue	Wed	Thu	Fri
	1 French Toast Sticks or Cereal Fruit Yogurt Grape Juice Milk SNACK Pretzels	2 Scones or Cereal Fruit Yogurt Orange Juice Milk SNACK Ritz Bitz	3 Cinnamon Roll or Cereal Fruit Yogurt Fruit Punch Juice Milk SNACK Trail Mix	4 Oatmeal w/Toppings or Cereal Fruit Yogurt Cranberry Juice Milk SNACK Go-gurt
7 Ham, Egg & Cheese Cup or Cereal Fruit Yogurt Apple Juice Milk SNACK Cheese Stick	8 Waffles or Cereal Fruit Yogurt Grape Juice Milk SNACK Carrots w/Ranch	9 Breakfast Nuggets or Cereal Fruit Yogurt Orange Juice Milk SNACK UBR	10 Apple Strudel Sticks or Cereal Fruit Yogurt Fruit Punch Juice Milk SNACK Apple Sauce Cups	11 Breakfast Pizza or Cereal Fruit Yogurt Cranberry Juice Milk SNACK Cheez-its
14 English Muffin or Cereal Fruit Yogurt Apple Juice Milk SNACK Granola Fruit Bar	15 Pancake on a stick or Cereal Fruit Yogurt Grape Juice Milk SNACK Mandarin Orange Cup	16 Omelet w/Ham Slice or Cereal Fruit Yogurt Orange Juice Milk SNACK Oyster Crackers	17 Carmel Roll or Cereal Fruit Yogurt Fruit Punch Juice Milk SNACK Popcorn	18 Egg Sandwich on Croissant or Cereal Fruit Yogurt Cranberry Juice Milk SNACK Lorna Dunes
21 **NO SCHOOL**	22 **NO SCHOOL**	23 **NO SCHOOL**	24 **NO SCHOOL**	25 **NO SCHOOL**
28 **NO SCHOOL**	29 **NO SCHOOL**	30 **NO SCHOOL**	31 **NO SCHOOL**	1 **NO SCHOOL**

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 (no flavored milk). All cereal offered will be whole grain.
Each meal will also have: Cereal/Variety, 100% Juice (1 serving per day only) or Fruit and Milk.