



**This institution is an equal opportunity provider. Milk is served at all meals.**

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**Zion Lutheran Breakfast 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>Cereal - Fruit – Milk – Juice are served with all Breakfasts.</b></p> <p><b>Breakfast from 8:00 am to 9:30 am</b></p> <p><b>Children 18 &amp; under – FREE</b>  <b>Adult - \$3.25</b></p>
	<p>1 Cinnamon Rolls Ham Slice Cranberries Clementine Grape Juice Milk</p>	<p>2 UBR Fresh Melon Orange Juice Milk</p>	<p>3 Biscuits w/Sausage Gravy Yogurt Cup Apricots Fruit Punch Milk</p>	<p>4  <b>CLOSED</b></p>
<p>7 Egg Sandwich Peach Cups Apple Juice Milk</p>	<p>8 Fruit Granola Bar Cheese Sticks Tropical Fruit Grape Juice Milk</p>	<p>9 Muffins Sausage Links Mixed Melon Orange Juice Milk</p>	<p>10 Breakfast Burritos Yogurt Cup Apple Slices/Raisins Fruit Punch Juice Milk</p>	<p>11 Whole Grain Long Johns Strawberries Cranberry Juice Milk</p>
<p>14 Poptart Mandarin Orange Apple Juice Milk</p>	<p>15 Fruit Frudel Pears Grape Juice Milk</p>	<p>16 Whole Grain Donuts Sausage Links Grapes Orange Juice Milk</p>	<p>17 Benefit Bar Yogurt Cup Fruit Cocktail Fruit Punch Milk</p>	<p>18 Banana Bread Cheese Stick Banana Cranberry Juice Milk</p>
<p>21 Scones Cheese Stick Pineapple Chunks Apple Juice Milk</p>	<p>22 Cinnamon Rolls Ham Slice Cranberries Clementine Grape Juice Milk</p>	<p>23 UBR Fresh Melon Orange Juice Milk</p>	<p>24 Biscuits w/Sausage Gravy Yogurt Cup Apricots Fruit Punch Milk</p>	<p>25 Danish Mixed Berries Cranberry Juice Milk</p>
<p>28 Egg Sandwich Peach Cups Apple Juice Milk</p>	<p>29 Fruit Granola Bar Cheese Sticks Tropical Fruit Grape Juice</p>	<p>30 Muffins Sausage Links Mixed Melon Orange Juice</p>	<p>31 Omelets Fruit Juice Milk</p>	