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



Mon	Tue	Wed	Thu	Fri
from discriminating on the basis of discrimination, write USDA Washington, D.C. 20250-9410 impaired or have speech disabi	w and U.S. Department of Agriculture positions of race, color, national origin, sex, age, point of Director, Office of Adjudication, 140 or call toll free (866) 632-9992 (Voice lities may contact USDA through the Fedish). This institution is an equal opportunity		Lunch from 10:30 am to 1:00 pm Children 18 & under – FREE Adult - \$5.50	
	1 Spaghetti Bake Fruit Cocktail Tossed Salad Garlic Bread Milk	2 Hoagies (Bun) (Lunch Meat & Cheese) Banana Carrots Milk	3 Chicken Strips Brown Rice Pears Peas Milk	4 CLOSED
7 Chicken Alfredo Bake Pacific Blend Vegetables Melon Green Beans Milk	8 Riblet Sandwich Potato Smiles Peaches Green Beans Milk	9 Soft Shell Tacos w/Chicken Clementine Black Beans Tossed Salad Milk	10 Turkey Croissant Fruit Cocktail Mixed Veggies SunChips Milk	11 Hotdogs Whole Grain Bun Mixed Berries Peas Milk
14 Italian Dunkers w/Marinara Breadstick Apricots Carrots Milk	15 French Bread Pizza 5 Way Blend Oranges Milk	16 Chicken Fillet Sandwich/Bun Tropical Fruit Broccoli Milk	17 Sloppy Joes/Bun Mandarin Orange Corn Milk	18 Chicken Nuggets Mac N Cheese Apple Slices Peas & Carrots Milk
21 Spaghetti Bake Fruit Cocktail Cali Blend Garlic Bread Milk	22 Corn Dogs Melon Green Beans Milk	23 Chicken Strips Brown Rice Pears Peas Milk	24 Pulled Pork Sandwich California Blend Vegetables Tator Tots Milk	25 Hoagies (Bun) (Lunch Meat & Cheese) Banana Carrots Potato Chips Milk
28 Sloppy Joes/Bun Mandarin Orange Corn Milk	29 Riblet Sandwich Potato Smiles Peaches Green Beans Milk	30 Soft Shell Tacos w/Ground Beef Clementine Black Beans Tossed Salad Milk	31 Turkey Croissant Fruit Cocktail Mixed Veggies SunChips Milk	

This institution is an equal opportunity provider.

Milk is served at all meals.

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



Mon	Tue	Wed	Thu	Fri
from discriminating on the basis of discrimination, write USDA Washington, D.C. 20250-9410 impaired or have speech disab	w and U.S. Department of Agriculture ps of race, color, national origin, sex, age, A, Director, Office of Adjudication, 140 or call toll free (866) 632-9992 (Voice iilities may contact USDA through the Feish). This institution is an equal opportu		Cereal - Fruit – Milk – Juice are served with all Breakfasts. Breakfast from 8:00 am to 9:30 am Children 18 & under – FREE	
	1 Cinnamon Rolls Ham Slice Cranberries Clementine Grape Juice Milk	2 UBR Fresh Melon Orange Juice Milk	3 Biscuits w/Sausage Gravy Yogurt Cup Apricots Fruit Punch Milk	Adult - \$3.25 4 CLOSED
7 Egg Sandwich Peach Cups Apple Juice Milk	8 Fruit Granola Bar Cheese Sticks Tropical Fruit Grape Juice Milk	9 Muffins Sausage Links Mixed Melon Orange Juice Milk	10 Breakfast Burritos Yogurt Cup Apple Slices/Raisins Fruit Punch Juice Milk	11 Whole Grain Long Johns Strawberries Cranberry Juice Milk
14 Poptart Mandarin Orange Apple Juice Milk	15 Fruit Frudel Pears Grape Juice Milk	16 Whole Grain Donuts Sausage Links Grapes Orange Juice Milk	17 Benefit Bar Yogurt Cup Fruit Cocktail Fruit Punch Milk	18 Banana Bread Cheese Stick Banana Cranberry Juice Milk
21 Scones Cheese Stick Pineapple Chunks Apple Juice Milk	22 Cinnamon Rolls Ham Slice Cranberries Clementine Grape Juice Milk	23 UBR Fresh Melon Orange Juice Milk	24 Biscuits w/Sausage Gravy Yogurt Cup Apricots Fruit Punch Milk	25 Danish Mixed Berries Cranberry Juice Milk
28 Egg Sandwich Peach Cups Apple Juice Milk	29 Fruit Granola Bar Cheese Sticks Tropical Fruit Grape Juice	30 Muffins Sausage Links Mixed Melon Orange Juice	31 Omelets Fruit Juice Milk	