

# Zion Lutheran School Lunch Menu

## JANUARY 2026

Mon	Tue	Wed	Thu	Fri
			1 <b>NO SCHOOL</b>	2 <b>NO SCHOOL</b>
5 Bone-In-Chicken Drummies Potato Wedges Corn Pineapple Rings  *PB & J	6 Beef Stroganoff Mashed Potatoes Green Beans Tropical Fruit  *PB & J	7 Popcorn Chicken Bowl Mashed Potatoes Corn Melon  *Tuna Salad	8 Broccoli Cheese Soup Dinner Rolls Cheese Sticks Berries  *PB & J	9 Grilled Ham & Cheese Peas & Carrots Fruit Cocktail  *PB & J
12 Chicken Sandwich Sweet Potato Fries Broccoli Apple Sauce  *PB & J	13 <b>Parents to Lunch (Gr. 3)</b> Tacos Corn Refried Beans Apricots  *PB & J	14 Pulled Pork w/Bun Potato Rings Glazed Carrots Tropical Fruit  *Ham & Cheese on Croissant	15 Spaghetti Bake Garlic Bread Green Beans  *PB & J	16 Pancakes Sausage Links Orange Wedges  *PB & J
19  <b>NO SCHOOL</b>	20 Chicken Wild Rice Soup Dinner Rolls Strawberries  *PB & J	21 Chili Corn Bread Pears  *Turkey & Swiss Bun	22 Chicken Nuggets Mac & Cheese Peas Oranges  *PB & J	23 Pizza Crunchers Green Beans Apple Sauce  *PB & J
26 Tator Tot Scrambled Peas & Carrots Mixed Berries  *PB & J	27  MYSTERY MEAL!!!  *PB & J	28 Pizza Burger Potato Wedges Green Beans Canned Fruit  *Egg Salad on wheat	29 Lasagna 5 Way Veggie Garlic Toast Fruit Cocktail  *PB & J	30 Loaded Baked Potato Cheesy Broccoli Grapes  *PB & J

**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.**

**This institution is an equal opportunity provider. Milk (1%) (no flavored milk) is served at all meals.**

**Menu is subject to change.**

# Zion Lutheran School Breakfast and Snack Menu

# JANUARY



Mon	Tue	Wed	Thu	Fri
			1  <b>NO SCHOOL</b>	2  <b>NO SCHOOL</b>
5 Donuts or Cereal  <b>SNACK</b> Cheese Sticks	6 Breakfast Burrito or Cereal  <b>SNACK</b> Popcorn	7 Omelets or Cereal  <b>SNACK</b> Pretzel Goldfish	8 Breakfast Sandwich on English Muffin or Cereal  <b>SNACK</b> Cinnamon Crisp with Frosting	9 Breakfast Pizza or Cereal  <b>SNACK</b> Nutty Buddies
12 Apple Turnovers or Cereal  <b>SNACK</b> Yogurts	13 Scones or Cereal  <b>SNACK</b> Cinnamon Biscuit	14 Lemon Crescents or Cereal  <b>SNACK</b> Cheez-it	15 Ham, Egg & Cheese Cup or Cereal  <b>SNACK</b> Oyster Crackers	16 Breakfast Nuggets or Cereal  <b>SNACK</b> Gardetto's
19  <b>NO SCHOOL</b>	20 Omelets or Cereal  <b>SNACK</b> Puff Corn	21 Cinnamon Rolls or Cereal  <b>SNACK</b> Cereal Bar	22 Homemade Muffins or Cereal  <b>SNACK</b> Giant Cinnamon Goldfish	23 Egg Sandwich or Cereal  <b>SNACK</b> Mini Cheddar Rice Cakes
26 Bagels or Cereal  <b>SNACK</b> Kettle Corn	27 Waffles or Cereal  <b>SNACK</b> Benefit Bar	28 English Muffins or Cereal  <b>SNACK</b> Trail Mix	29 Pancake Muffins or Cereal  <b>SNACK</b> Nutty Buddies	30 Long Johns or Cereal  <b>SNACK</b> Meat/Cheese Crackers

**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**