

Zion Lutheran School Lunch Menu

Mon	Tue	Wed	Thu	Fri
2 Hot Dogs French Fries Corn Pears *PB & J	3 Nachos Tossed Salad Salsa, Sour Cream Banana *PB & J	4 Cream of Broccoli Soup Dinner Rolls Mandarin Oranges *Roast Beef & Swiss on wheat	5 Turkey w/Dressing Mixed Veggies Grapes Dinner Roll *PB & J	6 Sack Lunches – SKI DAY *PB & J
9 Cheeseburgers Waffle Fries Green Beans Fruit Cocktail *PB & J	10 Parents to Lunch (Gr. 1) Tacos – soft shell Corn Refried Beans Pineapple *PB & J	11 Chicken Noodle Soup Breadsticks Strawberries Carrots *Ham Salad on bun	12 Stuffed Pepper Hotdish w/Rice Mixed Veggies Apples *PB & J	13 Pizza Crunchers Meat Slices Winter Blend Veggies Melon *PB & J
16 Pulled Pork w/Bun Potato Wedges Peas & Carrots Mixed Fruit Cup *PB & J	17 Tator Tot Scramble Mixed Veggies Orange Wedges Pull apart Bread *PB & J	18 Grilled Cheese Tomato Soup Carrots Grapes *Lunchmeat & Cheese on Hoagie bun	19 Lasagna Bread Toast Green Beans Pears *PB & J	20 Corn Dogs Potato Smiles Broccoli Tropical Fruit *PB & J
23 Orange Chicken Rice Egg Roll Peaches & Pears *PB & J	24 Meatballs Mashed Potatoes w/gravy Peas & Carrots Mixed Melon *PB & J	25 Cheesy Broccoli Loaded Baked Potato Pineapple *Turkey & Cheese on bun	26 Texas Toast Sloppy Joes Peas Strawberries *PB & J	27 Chicken Nuggets Mac & Cheese Cali Blend Veggies Tropical Fruit *PB & J
30 Burritos Fried Rice Refried Beans Grapes *PB & J	31 Pizza Burgers Corn Tator Tots Apples *PB & J	April 1 Sweet and Sour Chicken White Rice Green Beans Pineapple *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

Mon	Tue	Wed	Thu	Fri
				
2 Bagels or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Zee Zee Smore Bar </div>	3 Omelets w/Sausage or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Cheese Sticks </div>	4 Oatmeal w/fixings or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Pretzel Goldfish </div>	5 Danish or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Cheddar Chex Mix </div>	6 Pumpkin Muffins or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Ritz Bitz </div>
9 Chocolate Super Slice or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Pretzels </div>	10 Egg Bake or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Go-Gurts </div>	11 Cinnamon Raisin Toast or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Cinnamon Biscuits </div>	12 Cake Donut or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Cheez-it </div>	13 Poptarts or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Oyster Crackers </div>
16 Lemon Super Slice or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Leprechaun Bait </div>	17 Scones or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Puff Corn </div>	18 Egg Sandwich on English Muffin or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Cereal Bars </div>	19 Pancake on a stick or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Mini Rice Cakes </div>	20 Long Johns or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Benefit Bars </div>
23 UBR Cookie or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Nutty Buddies </div>	24 Breakfast Nuggets or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Meat/Cheese & Crackers </div>	25 Homemade French Toast w/Sausage or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Wheat Thins </div>	26 Breakfast Burrito or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Fruit Snack </div>	27 English Muffins or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Kettle Corn Poppers </div>
30 Ham, Egg & Cheese Cup or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Pudding Cups </div>	31 Carmel Rolls or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Chocolate Chex Mix </div>	April 1 Banana Bread or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> SNACK Trail Mix </div>		

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