




Zion Lutheran School Lunch Menu

Mon	Tue	Wed	Thu	Fri
		1 Sweet and Sour Chicken White Rice Green Beans Pineapple *Tuna Salad on Wheat	2 NO School	3 NO School
6 No School	7 K Parents to Lunch Soft Shell Taco Fried Rice Corn Refried Beans *PB & J	8 Chicken Fillets w/Bun Potato Wedges Strawberries Green Beans *Bologna & American Cheese on White	9 Chili & Cornbread 5 Way Blend Veggies Fruit Cocktail *PB & J	10 Homemade Pizza Diced Carrots Melon *PB & J
13 Corn Dogs Baked Beans Corn Berries *PB & J	14 Spaghetti Bake Green Beans Tropical Fruit Breadstick *PB & J	15 Quesadillas White Rice Apples Broccoli *Egg Salad Sandwich on Croissant	16 Monte Cristos Cauliflower/Broccoli Grapes *PB & J	17 Ham & Cheese Croissant Peas & Carrots Orange Slices *PB & J
20 Chicken Tetrazini Peas & Carrots Pears Dinner Roll *PB & J	21 Chicken Strips Mac N Cheese Grapes Peas *PB & J	22 PreK Parents to Lunch Lasagna Cal Blend Veggies Garlic Toast Melon *Roast Beef & Swiss Cheese on Wheat	23 Chicken Alfredo Green Beans Breadstick Pineapple Rings *PB & J	24 Pulled Pork Sandwich w/Bun Cole Slaw Mixed Fruit Cup *PB & J
27 Cheezy Baked Ziti Peas Melon Garlic Bread *PB & J	28 Hamburger/Bun Tater Tots Pacific Blend Pears *PB & J	29 BBQ Rib Patty on Hoagie Bun Carrots Apple Sauce *Hoagie – assorted lunchmeat & cheese	30 Popcorn Chicken Bowl Corn Dinner Roll *PB & J	May 1 Nachos Ground Beef - Chips - Cheese Green Beans Mandarin Oranges *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. 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
<h2 style="color: orange; font-size: 2em;">April</h2> 				
		1 Banana Bread or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Trail Mix</div>	2 NO SCHOOL	3 NO SCHOOL
6 NO SCHOOL	7 Breakfast Burritos or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Go-gurt</div>	8 Homemade Fruit Danish or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cinnamon Biscuits</div>	9 Long Johns or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cheez-its</div>	10 Egg Sandwich or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Trail Mix</div>
13 Egg Bake or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Chex Mix Chocolate</div>	14 Breakfast Corn Dogs or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cereal Bars</div>	15 Fruit Turnovers or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Mini Rice Cakes</div>	16 Omelets or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Chex Mix</div>	17 Poptarts or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Ritz Bitz</div>
20 Quiche or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Pretzels</div>	21 Egg Sandwich on Biscuit (egg, sausage, cheese) or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Nutty Bars</div>	22 Breakfast Nuggets or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Fruit Rollup</div>	23 Banana Bread or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Benefit Bar</div>	24 Waffles or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Meat & Cheese w/Crackers</div>
27 Pancakes or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Fruit Snack</div>	28 Cinnamon Rolls or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Wheat Thins</div>	29 Egg Sandwich on Croissant or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Oyster Crackers</div>	30 Cinnamon Swirl Toast or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Puff Corn</div>	May 1 Fruit Turnover or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK UBR's</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