



Zion Lutheran School Lunch Menu

Mon	Tue	Wed	Thu	Fri
2 Riblet w/Hoagie Bun Potato Smiles Corn Apple Sauce Cup *PB & J	3 Corn Dog Potato Wedges Carrots Mandarin Oranges *PB & J	4 Chicken Alfredo Bake Peas Bread Stick Peaches *Ham & Cheese Croissant	5 Meatballs Mashed Potatoes/Gravy Green Beans Banana Dinner Roll *PB & J	6 Pizza Crunchers w/Marinara Mixed Veggie Fruit Cocktail *PB & J
9 Popcorn Chicken Bowl Corn Roll Apple Slices *PB & J	10 Taco Tuesday (Soft Shell) Refried Beans Clementines *PB & J	11 Loaded Baked Potato w/Cheese Sauce Broccoli Pears *Roast Beef & Swiss on Onion Bun	12 Turkey and Dressing Mashed Potatoes w/Gravy Green Beans Grapes Dinner Roll Treat *PB & J	13 NO SCHOOL
16 Hamburger w/Bun Potato Wedges Corn Apples *PB & J	17 (Parents to Lunch-Gr 5) Spaghetti Bake Carrots Garlic Bread Orange Wedges Roll *PB & J	18 Chicken Fillet w/Bun Tater Tots Peas Peaches & Pears *Turkey & Cheddar on Hamburger Bun	19 Lasagna Rollups Green Beans Garlic Stick Banana *PB & J	20 Ham & Cheese Croissant Mixed Veggies Tropical Fruit *PB & J
23 Nachos Tortilla Chips Corn Apple Slices *PB & J	24 Hot Dog w/Bun Baked Beans Carrots Mandarin Oranges *PB & J	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 Chicken Dumpling Soup w/ 1/2 Ham Sandwich Apples Salad Bar *PB & J				

***Peanut Butter and Jelly Meal** is always Grape Peanut Butter & Jelly Uncrustable, Trix Yogurt Cup, PreBagged Carrots, Kellogg Bug Bite Grahams, Apple Sauce Cups

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
2 Banana Bread or Cereal Fruit Yogurt Apple Juice Milk <div>SNACK Fruit Snack</div>	3 French Toast w/Sausage or Cereal Fruit Yogurt Grape Juice Milk <div>SNACK Pretzels</div>	4 Homemade Muffin or Cereal Fruit Yogurt Orange Juice Milk <div>SNACK Ritz Bits</div>	5 Cinnamon Roll or Cereal Fruit Yogurt Fruit Punch Juice Milk <div>SNACK Trail Mix</div>	6 Benefit Bar or Cereal Fruit Yogurt Cranberry Juice Milk <div>SNACK Go-gurt</div>
9 Egg & Cheese Cup or Cereal Fruit Yogurt Apple Juice Milk <div>SNACK Cheese Stick</div>	10 Waffles or Cereal Fruit Yogurt Grape Juice Milk <div>SNACK Cinnamon Tortilla Chips</div>	11 Breakfast Nuggets or Cereal Fruit Yogurt Orange Juice Milk <div>SNACK UBR</div>	12 Egg Bake or Cereal Fruit Yogurt Fruit Punch Juice Milk <div>SNACK Apple Sauce Cups</div>	13 NO SCHOOL
16 English Muffin or Cereal Fruit Yogurt Apple Juice Milk <div>SNACK Mandarin Orange Cups</div>	17 Pancake on a stick or Cereal Fruit Yogurt Grape Juice Milk <div>SNACK Granola Bars</div>	18 Omelet & Ham Slice or Cereal Fruit Yogurt Orange Juice Milk <div>SNACK Oyster Crackers</div>	19 Carmel Roll or Cereal Fruit Yogurt Fruit Punch Juice Milk <div>SNACK Popcorn</div>	20 Egg Sandwich or Cereal Fruit Yogurt Cranberry Juice Milk <div>SNACK Lorna Dunes</div>
23 Long Johns or Cereal Fruit Yogurt Apple Juice Milk <div>SNACK Mixed Fruit Cup</div>	24 Breakfast Burrito or Cereal Fruit Yogurt Grape Juice Milk <div>SNACK Original Chex Mix</div>	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 Lemon Bread or Cereal Fruit Yogurt Apple Juice Milk <div>SNACK Carrots w/Ranch</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.