

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



Mon	Tue	Wed	Thu	Fri
In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). This institution is an equal opportunity provider and employer.				Lunch from 10:30 am to 1:00 pm Children 18 & under – FREE Adult - \$5.65
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3 French Bread Pizza w/Marinara Peaches Corn Milk	4 Chicken Fillet Sandwich/Bun Tropical Fruit Carrots Milk	5 Hamburgers/Hamburger Bun Potato Wedges Strawberries Peas Milk	6 Chicken Nuggets Mac N Cheese Apple Slices Green Beans Milk	7 Cold Sandwich Banana Mixed Veggies Chips Milk
10 Sloppy Joes/Bun Mandarin Orange Corn Potato Chips Milk	11 Meatballs Dinner Roll Grapes Mashed Potatoes Carrots Milk	12 Chicken Strips Brown Rice Pears Peas Milk	13 Spaghetti Bake (Whole Grain Noodles) Fruit Cocktail Green Beans Garlic Breadstick Milk	14 Hoagies (Bun) (Lunch Meat & Cheese) Banana Mixed Veggies Milk
Summer Lunch ends on August 14. THANK YOU FOR COMING!!				
This institution is an equal opportunity provider. Milk is served at all meals. Menu subject to change.				

**Zion Lutheran Breakfast Menu
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				Cereal – Fruit – Milk – Juice are served with all Breakfasts. Breakfast from 8:00 am to 9:30 am Children 18 & under – FREE Adult - \$3.85
3 English Muffin Mandarin Oranges Apple Juice Milk	4 Poptart Pears Grape Juice Milk	5 Mini Donuts Sausage Links Grapes Orange Juice Milk	6 Benefit Bar Yogurt Cup Fruit Cocktail Fruit Punch Milk	7 Burrito Cheese Stick Banana Cranberry Juice Milk
10 Cake Donut Cheese Stick Pineapple Chunks Apple Juice Milk	11 Chocolate Chip Muffin Ham Slice Cranberries Grape Juice Milk	12 Pancake on a stick Fresh Melon Orange Juice Milk	13 UBR Yogurt Cup Apple Sauce Fruit Punch Milk	14 Cinnamon Roll Mixed Berries Cranberry Juice Milk

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THANK YOU FOR COMING!!**