

Zion Lutheran School Lunch Menu




Mon	Tue	Wed	Thu	Fri
3 Chicken Strips Oven Roasted Potatoes Corn Apples *PB & J	4 Burgers Baked Beans Potato Wedges Fruit Cocktail *PB & J	5 Monte Cristo Sandwiches Green Beans Smiles Oranges *PB & J Sandwich	6 Chicken Fillet Sandwich w/Bun Broccoli SunChips Peaches *PB & J	7 SKI DAY Hoagie Lunchmeat Sandwich Potato Chips Carrots w/Ranch Fruit Cup Juice Pouch Go-Gurt *PB & J
10 Chicken Drumsticks Mashed Potatoes Corn Banana *PB & J	11 Sloppy Joes Tator Tots Green Beans Tropical Fruit *PB & J	12 Riblet w/Bun French Fries Carrot/Celery Sticks Grapes *Ham & Cheddar on Croissant	13 Quesadilla Salad Bar Rosey Apple Sauce *PB & J	14 Swedish Meatballs Mashed Potatoes Carrots Peaches *PB & J
17 NO SCHOOL	18 Parents to Lunch (Gr. 2) Taco's Beef/Soft Shell Salad Bar Apricots *PB & J	19 Pizza Crunchers Pizza Sauce Mixed Veggies Strawberries *Club Sandwich on Hoagie	20 Mandarin Chicken Brown Rice Mandarin Oranges Peas *PB & J	21 Beef Tacho's **Ground Beef w/Taco Seasoning – Tator Tots - Cheese Tortilla Chips Salad Bar Pears *PB & J
24 Pulled Pork Sandwich Coleslaw Salad Potato Chips Mixed Berries *PB & J	25 Chicken Wild Rice Soup Dinner Roll Salad Bar Peaches *PB & J	26 Baked Ziti Breadstick 5 Way Veggies Apple Sauce *Bologna & Cheese Sandwich on White	27 Chicken Enchiladas Rice Peas & Carrots Melon *PB & J	28 Sausage Pizza Salad Bar 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.
 This institution is an equal opportunity provider. Milk is served at all meals. Menu is subject to change.**

Zion Lutheran School Breakfast and Snack Menu

Mon	Tue	Wed	Thu	Fri
				
3 Cake Donut or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Cheese Stick </div>	4 Cinnamon Rolls or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Goldfish Pretzels </div>	5 Cherry Danish or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Chocolate Chex Mix </div>	6 Homemade Muffins or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Ritz Bits </div>	7 Ski Day Banana Bread or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK NONE </div>
10 Fruit Turnover or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Go-Gurts </div>	11 Scones or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Cinnamon Biscuits </div>	12 Ham, Egg & Cheese Cup or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Cheez-it </div>	13 Bagels or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Oyster Crackers </div>	14 Waffles or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Animal Crackers </div>
17 NO SCHOOL	18 Lemon Cresnet Rolls or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Strawberry Chex Mix </div>	19 English Muffins or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Cereal Bar </div>	20 Egg Sandwich on Biscuit or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Giant Goldfish </div>	21 Breakfast Pizza or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Pretzels </div>
24 Long Johns or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Benefit Bars </div>	25 Carmel Rolls or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Cheddar Goldfish </div>	26 Pancake Muffins or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Trail Mix </div>	27 Egg Bake or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Nutty Buddy </div>	28 Pancakes or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto; margin-right: auto;"> SNACK Meat & Cheese/Crackers </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. All cereal offered will be whole grain.
Each meal will also have: Cereal/Variety, Juice or Fruit and Milk