

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



**SUMMER LUNCH & BREAKFAST – STARTING JUNE 8**

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<p>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.</p>				<p><b>Lunch from 10:30 am to 1:00 pm</b></p> <p><b>Children 18 &amp; under – FREE Adult - \$5.65</b></p>
8 Sloppy Joes/Bun Mandarin Orange Corn Potato Chips Milk	9 Meatballs Dinner Roll Grapes Mashed Potatoes Carrots Milk	10 Chicken Strips Brown Rice Pears Peas Milk	11 Spaghetti Bake (Whole Grain Noodles) Fruit Cocktail Green Beans Garlic Breadstick Milk	12 Hoagies (Bun) (Lunch Meat & Cheese) Banana Mixed Veggies Milk
15 Chicken Alfredo (Whole Grain Noodles) Pineapple Chunks Corn Dinner Rolls Milk	16 Riblet Smiles Peaches Carrots Milk	17 Pulled Pork Tater Tots Peas Tropical Fruit Milk	18 Hotdogs Whole Grain Bun Mixed Berries Green Beans Milk	19 Pizza Crunchers w/Marinara Apricots Mixed Veggies Milk
22 French Bread Pizza w/Marinara Peaches Corn Milk	23 Chicken Fillet Sandwich/Bun Tropical Fruit Carrots Milk	24 Hamburgers/Hamburger Bun Potato Wedges Strawberries Peas Milk	25 Chicken Nuggets Mac N Cheese Apple Slices Green Beans Milk	26 Cold Sandwich Banana Mixed Veggies Chips Milk
29 Sloppy Joes/Bun Mandarin Orange Corn Potato Chips Milk	30 Meatballs Dinner Roll Grapes Mashed Potatoes Carrots Milk			

**This institution is an equal opportunity provider.**

**Milk is served at all meals.**

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Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p>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.</p> </div>				
<p>8 Cake Donut Cheese Stick Pineapple Chunks Apple Juice Milk</p>	<p>9 Chocolate Chip Muffin Ham Slice Cranberries Grape Juice Milk</p>	<p>10 Pancake on a stick Fresh Melon Orange Juice Milk</p>	<p>11 UBR Yogurt Cup Apricots Fruit Punch Milk</p>	<p>12 Cinnamon Roll Mixed Berries Cranberry Juice Milk</p>
<p>15 Frudel Peach Cups Apple Juice Milk</p>	<p>16 Scone Cheese Sticks Tropical Fruit Grape Juice Milk</p>	<p>17 Danish Sausage Links Mixed Melon Orange Juice Milk</p>	<p>18 Breakfast Sandwich Yogurt Cup Apple Slices Fruit Punch Juice Milk</p>	<p>19 Whole Grain Long Johns Strawberries Cranberry Juice Milk</p>
<p>22 English Muffin Mandarin Oranges Apple Juice Milk</p>	<p>23 Poptart Pears Grape Juice Milk</p>	<p>24 Mini Donuts Sausage Links Grapes Orange Juice Milk</p>	<p>25 Benefit Bar Yogurt Cup Fruit Cocktail Fruit Punch Milk</p>	<p>26 Burrito Cheese Stick Banana Cranberry Juice Milk</p>
<p>29 Cake Donut Cheese Stick Pineapple Chunks Apple Juice Milk</p>	<p>30 Chocolate Chip Muffin Ham Slice Cranberries Grape Juice Milk</p>			

**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**