

Zion Lutheran School Lunch Menu



Mon	Tue	Wed	Thu	Fri
			1 Cheesy Baked Ziti Green Beans Dinner Roll Melon *PB & J	2 Pizza Mixed Veggie Tropical Fruit *PB & J
5 Riblet w/Hoagie Bun Potato Smiles Corn Apples *PB & J	6 TRY IT TUESDAY Tater Tot Hotdish Green Beans Oranges *PB & J	7 Chicken Alfredo Bake Peas Bread Stick Peaches *Ham & Cheese Croissant	8 Meatballs Mashed Potatoes/Gravy Green Beans Banana Dinner Roll *PB & J	9 Pizza Crunchers w/Marinara Mixed Veggie Fruit Cocktail *PB & J
12 Popcorn Chicken Bowl Corn Roll Apple Slices *PB & J	13 (Parents to Lunch-Gr 6) Taco Tuesday (soft shell) Refried Beans Clementines *PB & J	14 Loaded Baked Potato w/Cheese Sauce Broccoli Peaches *Roast Beef & Swiss on Onion Bun	15 NO SCHOOL	16 NO SCHOOL
19 Hamburger w/Bun Potato Wedges Corn Apples *PB & J	20 Spaghetti Bake Carrots Garlic Bread Oranges *PB & J	21 Chicken Fillet w/Bun Tater Tots Peas Pears *Turkey & Cheddar on Hamburger Bun	22 Lasagna Green Beans Garlic Toast Melon *PB & J	23 Pancakes Grapes Salad Bar *PB & J
26 Nachos (Black Beans) Tortilla Chips Corn Apple Slices *PB & J	27 Hot Dog w/Bun Baked Beans Carrots Oranges *PB & J	28 Chicken Strips Rice Blend Peas Pears *Lunch Meat/Hoagies	29 Cheesy Baked Ziti Green Beans Dinner Roll Melon *PB & J	30 Pizza Mixed Veggie Tropical Fruit *PB &

***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
			1 Scones or Cereal Fruit Yogurt Fruit Punch Juice Milk SNACK Apple Slices w/Peanut Butter	2 Poptarts or Cereal Fruit Yogurt Cranberry Juice Milk SNACK Nutty Buddies
5 Banana Bread or Cereal Fruit Yogurt Apple Juice Milk SNACK Fruit Snack	6 French Toast w/Sausage or Cereal Fruit Yogurt Grape Juice Milk SNACK Pretzels	7 Homemade Muffin or Cereal Fruit Yogurt Orange Juice Milk SNACK Ritz Bitz	8 Cinnamon Roll or Cereal Fruit Yogurt Fruit Punch Juice Milk SNACK Trail Mix	9 Benefit Bar or Cereal Fruit Yogurt Cranberry Juice Milk SNACK Go-gurt
12 Ham, Egg & Cheese Cup or Cereal Fruit Yogurt Apple Juice Milk SNACK Cheese Stick	13 Waffles or Cereal Fruit Yogurt Grape Juice Milk SNACK Carrots w/Ranch	14 Breakfast Nuggets or Cereal Fruit Yogurt Orange Juice Milk SNACK UBR	NO SCHOOL	
19 English Muffin or Cereal Fruit Yogurt Apple Juice Milk SNACK Granola Bars	20 Pancake on a stick or Cereal Fruit Yogurt Grape Juice Milk SNACK Mandarin Orange Cups	21 Omelet & Ham Slice or Cereal Fruit Yogurt Orange Juice Milk SNACK Oyster Crackers		
26 Long Johns or Cereal Fruit Yogurt Apple Juice Milk SNACK Mixed Fruit Cup	27 Homemade Burrito or Cereal Fruit Yogurt Grape Juice Milk SNACK Meat, Cheese, Club Crackers	28 Cake Donut or Cereal Fruit Yogurt Orange Juice Milk SNACK Original Chex Mix	29 Scones or Cereal Fruit Yogurt Fruit Punch Juice Milk SNACK Apple Slices w/Peanut Butter	30 Poptarts Or Cereal Fruit Yogurt Cranberry Juice Milk SNACK Nutty Buddies

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.