

Zion Lutheran School Lunch Menu



Mon	Tue	Wed	Thu	Fri
	1 Tator Tot Scramble 5 Way Veggies Mandarin Oranges *PB & J	2 Monte Cristo Slider (ham, bacon, cheddar cheese on Hawaiian bun) Cauliflower & Broccoli Berries *Sandwich – Cheese on white bread	3 Boneless BBQ Chicken Wings Green Beans Pears *PB & J	4 Homemade Pepperoni Pizza Salad Bar Grapes *PB & J
7 Mini Corn Dogs Tator Tots Peas Peaches *PB & J	8 Taco Tuesday Beans Corn Grapes *PB & J	9 Loaded Baked Potatoes Broccoli Tropical Fruit *Sandwich – Ham Salad on wheat	10 Sweet & Sour Chicken w/Rice Glazed Carrots Rosy Apple Sauce *PB & J	11 Pizza Burgers Potato Wedges Green Beans Pineapple *PB & J
14 Cheeseburgers Potato Salad Pacific Blend Melon *PB & J	15 Parents to Lunch – Gr. 6 Drummies Roasted Baby Potatoes Carrots Peaches/Pears *PB & J	16 Riblet Sandwich on a hoagie Tator Tots Broccoli Strawberries *Sandwich – shredded Turkey on hamburger bun	17 NO SCHOOL	18 NO SCHOOL
21 Grilled Cheese Tomato Soup Apples *PB & J	22 Meatballs Mashed Potatoes Green Beans Peaches *PB & J	23 Burritos Black Beans Mixed Berries Salad Bar *Sandwich – Tuna Salad on wheat	24 Breaded Chicken Patty Smiles Cinnamon Apple Sauce Cream Corn *PB & J	25 Pulled Pork Sandwich Tator Tots Glazed Carrots Tropical Fruit *PB & J
28 Texas Toast BBQ Corn Melon *PB & J	29 White Chicken Chili Cornbread Salad Bar Grapes *PB & J	30 Quesadillas Peas & Carrots Fruit Cocktail *Sandwich – Salami & Cheese on bun	31 Chicken Tetrazini Mixed Veggies Oranges *PB & J	

Lunch Entrée: 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
	1 Coffee Cake or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Meat/Cheese/Cracker </div>	2 Waffles or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Carrots w/Ranch </div>	3 Breakfast Nuggets or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Wheat Thins </div>	4 French Toast Sticks or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Lorna Dunes </div>
7 Egg Bake or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Apple Slices w/PB </div>	8 Pigs in a blanket or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Chocolate Chip Breakfast Round </div>	9 Carmel Rolls or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Cinnamon Goldfish </div>	10 Homemade Danish or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Strawberry Chex </div>	11 Breakfast Pizza or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Yogurt Cups </div>
14 English Muffins or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Poptarts </div>	15 Money Bread Muffins or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Cheese Sticks </div>	16 Sausage Cresents or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Fruit Rollups </div>	NO SCHOOL	
21 Homemade Muffins or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Cheez-its </div>	22 Donuts w/Dad Long Johns or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Strawberry Chex </div>	23 Cinnamon Donut Bites or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Fruit Granola Bar </div>	24 Homemade Banana Bread or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Scooby Snacks </div>	25 Apple Turnovers Or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Gardettos </div>
28 Ham & Egg Cups or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Fruit Snacks </div>	29 Breakfast Burritos or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Chocolate Chex Mix </div>	30 Scones or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Ranch Rice Crisps </div>	31 Homemade Pumpkin Muffins or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> SNACK Pudding Cups </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**