

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



Mon	Tue	Wed	Thu	Fri
<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>Lunch from 10:30 am to 1:00 pm</p> <p>Children 18 & under – FREE Adult - \$5.25</p>
<p>1 Spaghetti Bake Fruit Cocktail Tossed Salad Garlic Bread Milk</p>	<p>2 Hoagies (Bun) (Lunch Meat & Cheese) Banana Carrots & Celery Milk</p>	<p>3 Chicken Strips Brown Rice Pears Veggie Cup (Cucumbers/Cherry Tomatoes) Milk</p>	<p>4 CLOSED</p>	<p>5 CLOSED</p>
<p>8 Sloppy Joes/Bun Mandarin Orange Corn Milk</p>	<p>9 Riblet Sandwich Potato Smiles Peaches Fresh Vegetable Milk</p>	<p>10 Soft Shell Tacos w/Chicken Clementine Black Beans Tossed Salad Milk</p>	<p>11 Turkey Croissant Fruit Cocktail Lettuce Salad w/Veggies SunChips Milk</p>	<p>12 Hotdogs Whole Grain Bun Mixed Berries Peas Milk</p>
<p>15 Italian Dunkers w/Marinara Breadstick Apricots Carrots Milk</p>	<p>16 French Bread Pizza Veggies Oranges Milk</p>	<p>17 Chicken Fillet Sandwich/Bun Tropical Fruit Broccoli Milk</p>	<p>18 Chicken Alfredo Bake Pacific Blend Melon Green Beans Milk</p>	<p>19 Chicken Nuggets Mac N Cheese Apple Slices Peas & Carrots Milk</p>
<p>22 Spaghetti Bake Fruit Cocktail Tossed Salad Garlic Bread Milk</p>	<p>23 Corn Dogs Melon Green Beans Milk</p>	<p>24 Chicken Strips Brown Rice Pears Veggie Cup (Cucumbers/Cherry Tomatoes) Milk</p>	<p>25 Pulled Pork Sandwich California Blend Vegetables Tator Tots Milk</p>	<p>26 Hoagies (Bun) (Lunch Meat & Cheese) Banana Carrots & Celery Potato Chips Milk</p>
<p>29 Sloppy Joes/Bun Mandarin Orange Corn Milk</p>	<p>30 Riblet Sandwich Potato Smiles Peaches Fresh Vegetable Milk</p>	<p>31 Soft Shell Tacos w/Ground Beef Clementine Black Beans Tossed Salad Milk</p>		

This institution is an equal opportunity provider.

Milk is served at all meals.

**Zion Lutheran Breakfast Menu
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<p>1 Scones Cheese Stick Pineapple Chunks Apple Juice Milk</p>	<p>2 Cinnamon Rolls Ham Slice Cranberries Clementine Grape Juice Milk</p>	<p>3 UBR Fresh Melon Orange Juice Milk</p>	<p>4 CLOSED</p>	<p>5 CLOSED</p>
<p>8 Egg Sandwich Peach Cups Apple Juice Milk</p>	<p>9 Fruit Granola Bar Cheese Sticks Tropical Fruit Grape Juice Milk</p>	<p>10 Muffins Sausage Links Mixed Melon Orange Juice Milk</p>	<p>11 Breakfast Burritos Yogurt Cup Apple Slices/Raisins Fruit Punch Juice Milk</p>	<p>12 Whole Grain Long Johns Strawberries Cranberry Juice Milk</p>
<p>15 Poptart Mandarin Orange Apple Juice Milk</p>	<p>16 Fruit Frudel Pears Grape Juice Milk</p>	<p>17 Whole Grain Donuts Sausage Links Grapes Orange Juice Milk</p>	<p>18 Benefit Bar Yogurt Cup Fruit Cocktail Fruit Punch Milk</p>	<p>19 Banana Bread Cheese Stick Banana Cranberry Juice Milk</p>
<p>22 Scones Cheese Stick Pineapple Chunks Apple Juice Milk</p>	<p>23 Cinnamon Rolls Ham Slice Cranberries Clementine Grape Juice Milk</p>	<p>24 UBR Fresh Melon Orange Juice Milk</p>	<p>25 Biscuits w/Sausage Gravy Yogurt Cup Apricots Fruit Punch Milk</p>	<p>26 Danish Mixed Berries Cranberry Juice Milk</p>
<p>29 Egg Sandwich Peach Cups Apple Juice Milk</p>	<p>30 Fruit Granola Bar Cheese Sticks Tropical Fruit Grape Juice Milk</p>	<p>31 Muffins Sausage Links Mixed Melon Orange Juice Milk</p>		