



Zion Lutheran School **MAY** Lunch Menu

Mon	Tue	Wed	Thu	Fri
				<p>1 Nachos – Ground Beef Green Beans Mandarin Oranges</p> <p>*PB & J</p>
<p>4 Hot Dogs w/Bun Beans Peas & Carrots Mandarin Oranges</p> <p>*PB & J</p>	<p>5 Sloppy Joes Potato Salad Green Beans Apples</p> <p>*PB & J</p>	<p>6 Chicken Fillet w/Bun 4 Way Veggie Potato Wedges Tropical Fruit</p> <p>* PB & J</p>	<p>7 Beef Tacho's (Taco Meat w/Cheese) Tater Tots Carrots Fruit</p> <p>*PB & J</p>	<p>8 Perham Track Meet Sack Lunches Variety Lunchmeat & Cheese on Hamburger Bun Grain Chips - Carrots Go-gurt – Watermelon - Juice Ranch, Mayo, Mustard</p>
<p>11 Chicken Strips Smiles Carrots Berries</p> <p>*PB & J</p>	<p>12 BBQ Rib Patty on Hoagie Green Beans Apple Sauce</p> <p>*PB & J</p>	<p>13 Burgers w/Bun Chips Mixed Vegetable Clementine</p> <p>* PB & J</p>	<p>14 Chicken Nuggets Mac & Cheese Grapes Peas & Carrots</p> <p>*PB & J</p>	<p>15 Musical Ham & Cheese on Croissants (mayo, ranch) Melon Chips Carrots/Celery</p>
<p>18 Zion Track & Field Sack Lunches Variety Lunchmeat & Cheese on Hamburger Bun Grain Chips - Carrots Go-gurt – Watermelon - Juice Ranch, Mayo, Mustard</p>	<p>19 Popcorn Chicken Bowl Peaches Corn</p> <p>*PB & J</p>	<p>20 Pizza Crunchers w/Meat Sauce Carrots Banana</p> <p>* PB & J</p>	<p>21 Pulled Pork w/Bun Coleslaw Fresh Fruit</p> <p>*PB & J</p>	<p>22 French Bread Pizza Peas Fruit Cocktail</p> <p>*PB & J</p>
<p>25 OFFICE CLOSED NO SCHOOL</p> <div style="text-align: center;">  </div>	<p>26 Soft Shell Tacos Black Beans Strawberries</p> <p>*PB & J</p>	<p>27 Chicken Drumsticks Scalloped Potatoes Peas Peaches</p> <p>*PB & J</p>	<p>28 Lovrien Qtrly Meal Waffles w/Strawberries Yogurt Cup Salad Bar</p> <p>*PB & J</p>	<p>29 Sack Lunch Sandwich - Carrots Yogurt - Fruit Cup - Chips</p> <div style="border: 1px solid black; padding: 5px; text-align: center; color: blue; font-weight: bold;"> <p>LAST DAY OF SCHOOL</p> </div>

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. Milke (1%) (no flavored milk) is served at all meals. This institution is an equal opportunity provider. Menu is subject to change.

Zion Lutheran School **MAY** Breakfast and Snack Menu



Mon	Tue	Wed	Thu	Fri
				1 Fruit Turnover or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK UBR</div>
4 Poptart or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Go-qurt</div>	5 Cake Donut or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cinnamon Biscuit</div>	6 Bagel or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cheez-it</div>	7 Pancakes or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Chex Mix</div>	8 Scones or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cereal Bar</div>
11 Egg Bake or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Ritz Bitz</div>	12 Maple Long John or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Pretzel</div>	13 English Muffin or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Nutty Butter</div>	14 Waffle or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Fruit Snacks</div>	15 Oatmeal or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Wheat Thins</div>
18 Egg Sandwich or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Oatmeal Pie</div>	19 Breakfast Nuggets or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Oyster Crackers</div>	20 Banana Breads or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cheese Sticks</div>	21 Cinnamon Rolls or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Zee Zee Bar</div>	22 Benefit Bars or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Scooby Snacks</div>
25 NO SCHOOL	26 Breakfast Nuggets or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Chex Mix</div>	27 Cinnamon Swirl Toast or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Giant Goldfish</div>	28 Cooks Choice or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cooks Choice</div>	29 Cooks Choice or Cereal <div style="border: 1px solid black; padding: 2px; display: inline-block;">SNACK Cooks Choice</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 (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**