

# Zion Lutheran School Lunch Menu



## February

| Mon  | Tue  | Wed  | Thu  | Fri   |
|--|--|--|--|---|
| 2<br>Chicken Strips<br>Oven Roasted Potatoes<br>Corn<br>Apples<br><br>*PB & J                | 3<br>Burgers<br>Baked Beans<br>Potato Wedges<br>Fruit Cocktail<br><br>*PB & J                                    | 4<br>Monte Cristo Sandwiches<br>Green Beans<br>Smiles<br>Oranges<br><br>*Club Sandwich-Ham/Turkey,<br>Bacon & Cheese | 5<br>Chicken Fillet Sandwich w/Bun<br>Broccoli<br>SunChips<br>Peaches<br><br>*PB & J | 6<br>Chicken Alfredo Bake<br>Carrots<br>Melon<br><br>*PB & J  |
| 9<br>Chicken Drummies<br>Mashed Potatoes<br>Corn<br>Banana<br><br>*PB & J                    | 10<br>Sloppy Joes<br>Tator Tots<br>Green Beans<br>Tropical Fruit<br><br>*PB & J                                  | 11<br>Riblet w/Bun<br>French Fries<br>Carrot/Celery Sticks<br>Grapes<br><br>*Ham & Cheddar on Croissant              | 12<br>Quesadilla<br>Salad Bar<br>Rosey Apple Sauce<br><br>*PB & J                    | 13<br>Swedish Meatballs<br>Mashed Potatoes<br>Carrots<br>Peaches<br><br>*PB & J   |
| 16<br><br>NO SCHOOL  | 17 <b>Parents to Lunch (Gr. 2)</b><br><br>Taco's Beef/Soft Shell<br>Salad Bar<br>Mandarin Oranges<br><br>*PB & J | 18<br>Pizza Crunchers<br>Pizza Sauce<br>Mixed Veggies<br>Strawberries<br><br>*Club Sandwich on Hoagie                | 19<br>Mandarin Chicken<br>Brown Rice<br>Mixed Berries<br>Peas<br><br>*PB & J         | 20<br>Beef Tacho's<br><b>**Ground Beef w/Taco<br/>           Seasoning – Tator Tots<br/>           - Cheese</b><br>Tortilla Chips<br>Salad Bar - Pears<br><br>*PB & J |
| 23<br>Pulled Pork Sandwich<br>Coleslaw Salad<br>Potato Chips<br>Mixed Berries<br><br>*PB & J | 24<br>Chicken Wild Rice Soup<br>Dinner Roll<br>Salad Bar<br>Peaches<br><br>*PB & J                               | 25<br>Baked Ziti<br>Breadstick<br>5 Way Veggies<br>Apple Sauce<br><br>*Bologna & Cheese Sandwich<br>on White         | 26<br>Chicken Enchiladas<br>Rice<br>Peas & Carrots<br>Pineapple<br><br>*PB & J       | 27<br><br>NO SCHOOL   |

**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.**

**This institution is an equal opportunity provider.      Milk (1%) (no flavored milk) is served at all meals.**

**Menu is subject to change.**

# Zion Lutheran School Breakfast and Snack Menu



| Mon  | Tue   | Wed  | Thu   | Fri   |
|--|---|--|---|---|
| 2<br>Cake Donut<br>or Cereal<br><div>SNACK<br/>Cheese Stick</div>    | 3<br>Carmel Rolls<br>or Cereal<br><div>SNACK<br/>Goldfish<br/>Pretzels</div>                                | 4<br>Cherry Danish<br>or Cereal<br><div>SNACK<br/>Chocolate<br/>Chex Mix</div> | 5<br>French Toast Stix<br>or Cereal<br><div>SNACK<br/>Ritz Bits</div>             | 6<br>Banana Bread<br>or Cereal<br><div>SNACK<br/>Oatmeal<br/>Sandwich</div> |
| 9<br>Breakfast Burrito<br>or Cereal<br><div>SNACK<br/>Go-Gurts</div> | 10<br>Scones<br>or Cereal<br><div>SNACK<br/>Cinnamon Biscuits</div>   | 11<br>Ham, Egg & Cheese Cup<br>or Cereal<br><div>SNACK<br/>Cheez-it</div>      | 12<br>Bagels<br>or Cereal<br><div>SNACK<br/>Oyster Crackers</div>                 | 13<br>Waffles<br>or Cereal<br><div>SNACK<br/>Animal Crackers</div>          |
| 16<br><br><b>NO SCHOOL</b>   | 17<br>Sausage & Cream Cheese<br>Crescent Rolls<br>or Cereal<br><div>SNACK<br/>Strawberry<br/>Chex Mix</div> | 18<br>English Muffins<br>or Cereal<br><div>SNACK<br/>Cereal Bar</div>          | 19<br>Egg Sandwich on Biscuit<br>or Cereal<br><div>SNACK<br/>Giant Goldfish</div> | 20<br>Breakfast Pizza<br>or Cereal<br><div>SNACK<br/>Pretzels</div>         |
| 23<br>Long Johns<br>or Cereal<br><div>SNACK<br/>Benefit Bars</div>   | 24<br>Carmel Rolls<br>or Cereal<br><div>SNACK<br/>Cheddar Goldfish</div>                                    | 25<br>Pancake Muffins<br>or Cereal<br><div>SNACK<br/>Trail Mix</div>           | 26<br>Egg Bake<br>or Cereal<br><div>SNACK<br/>Nutty Buddy</div>                   | 27<br><br><b>NO SCHOOL</b>  |

**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**