

Zion Lutheran School Lunch Menu



February

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



February

Mon	Tue	Wed	Thu	Fri
2 Cake Donut or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Cheese Stick</div>	3 Carmel Rolls or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Goldfish Pretzels</div>	4 Cherry Danish or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Chocolate Chex Mix</div>	5 French Toast Stix or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Ritz Bits</div>	6 Banana Bread or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Oatmeal Sandwich</div>
9 Breakfast Burrito or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Go-Gurts</div>	10 Scones or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Cinnamon Biscuits</div>	11 Ham, Egg & Cheese Cup or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Cheez-it</div>	12 Bagels or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Oyster Crackers</div>	13 Waffles or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Animal Crackers</div>
16 NO SCHOOL	17 Sausage & Cream Cheese Crescent Rolls or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Strawberry Chex Mix</div>	18 English Muffins or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Cereal Bar</div>	19 Egg Sandwich on Biscuit or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Giant Goldfish</div>	20 Breakfast Pizza or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Pretzels</div>
23 Long Johns or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Benefit Bars</div>	24 Carmel Rolls or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Cheddar Goldfish</div>	25 Pancake Muffins or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Trail Mix</div>	26 Egg Bake or Cereal <div style="border: 1px solid black; padding: 2px;">SNACK Nutty Buddy</div>	27 NO SCHOOL

Breakfast – Students must select 3 components, 1 of those must be $\frac{1}{2}$ 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