

ZION LUTHERAN SCHOOL LUNCH MENU



Mon	Tue	Wed	Thu	Fri
		<p>1 Hot Dog w/Bun Fries Baked Beans Pears</p> <p>*PB</p>	<p>2 Pancakes Sausage Potato Rounds Muffin Apple Sauce *Tuna</p>	<p>3 Grilled Cheese Sandwich Tomato Soup Crackers Baby Carrots Apple *Egg Salad</p> <p style="text-align: right;">Shape Up</p>
<p>6 Meatballs Mashed Potatoes/Gravy Bread Green Beans Banana *PB & J</p>	<p>7 Chicken Fajita Rice Pineapple Baby Carrots Salad *Turkey</p>	<p>8 Cold Cut Wrap Salad SunChips Apple Celery w/PB *Cheese</p>	<p>9 Tater Tot Hotdish Green Beans Bread Oranges</p> <p>*Ham</p>	<p>10 Ham & Cheese Egg Bake Banana Bread Tater Tots Apple Sauce</p> <p style="text-align: right;">Treat</p> <p>*PB & J</p>
<p>13 Quesadias Rice Salad Pineapple Baby Carrots *PB</p>	<p>14 Scalloped Potatoes w/Ham Bread Green Beans Mixed Fruit</p> <p>*Cheese</p>	<p>15 Spaghetti w/Meat Sauce Salad Garlic Toast Baby Carrots Pears *Ham</p>	<p>16 Baked Potato w/Toppings PB Bread Broccoli Mixed Fruit</p> <p>*Turkey</p>	<p>17 Parents to Lunch Pizza Salad Baby Carrots Apple</p> <p style="text-align: right;">Treat</p> <p>NO SALAD OR SANDWICH</p>
<p>20</p> <p>NO SCHOOL Presidents' Day/Teacher Work Day</p>	<p>21 Mac/Cheese Yogurt Peas PB Bread Banana *Tuna</p>	<p>22 Chicken Nuggets Mashed Potatoes/Gravy Green Beans Mixed Fruit Bread *PB & J</p>	<p>23 Taco in a Bag Corn Rice Pineapple Salad *Ham</p>	<p>24</p> <p>NO SCHOOL Parent/Teacher Conferences</p>
<p>27 Chicken Patty w/Bun Augratin Potatoes Green Beans Banana</p> <p>*PB</p>	<p>28 Pizza Salad Corn Apple Garlic Toast *Turkey</p>	<p>29 Turkey Gravy Mashed Potatoes Glazed Carrots Pears Bread *Ham</p>		
<p><u>Each Monday</u></p> <p>Garden Salad</p>	<p><u>Each Tuesday</u></p> <p>Ham & Cheese Salad</p>	<p><u>Each Wednesday</u></p> <p>Turkey Salad</p>	<p><u>Each Thursday</u></p> <p>Chef Salad</p>	<p><u>Each Friday</u></p> <p>Garden Salad</p>