

**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><b>As per federal &amp; state regulations, adults cannot eat off the children's trays or our federal &amp; state funds are put in jeopardy. Food must be eaten in the cafeteria.</b></p>	<p><b>Lunch from 11:00 am to 1:00 pm</b></p> <p><b>Children 18 &amp; under – FREE Adult - \$4.75</b></p>
<p>6 French Bread Pizza w/Marinara Peaches Corn Milk</p>	<p>7 Chicken Fillet Sandwich/Bun Tropical Fruit Broccoli Milk</p>	<p>8 Corn Dogs Melon Green Beans Milk</p>	<p>9 Chicken Nuggets Mac N Cheese Apple Slices Peas &amp; Carrots Milk</p>	<p>10 Hamburgers/Hamburger Bun Strawberries Carrot Sticks Milk</p>
<p>13 Sloppy Joes/Bun Mandarin Orange Corn Milk</p>	<p>14 Chicken Strips Brown Rice Pears Veggie Cup (Cucumbers/Cherry Tomatoes) Milk</p>	<p>15 Meatballs Dinner Roll Grapes Mashed Potatoes California Blend Vegetables Milk</p>	<p>16 Spaghetti w/Meat Sauce (Whole Grain Noodles) Fruit Cocktail Lettuce Salad w/Veggies Milk</p>	<p>17 Hoagies (Bun) (Lunch Meat &amp; Cheese) Banana Carrots &amp; Celery Milk</p>
<p>20 Chicken Alfredo (Whole Grain Noodles) Pineapple Chunks Pacific Blend Vegetables Milk</p>	<p>21 Hard Shell Tacos Clementine Black Beans Tossed Salad Milk</p>	<p>22 Turkey Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Watermelon Milk</p>	<p>23 Italian Dunkers w/Marinara Breadstick Apricots Carrots Milk</p>	<p>24 Hotdogs Whole Grain Bun Mixed Berries Peas Milk</p>
<p>27 French Bread Pizza w/Marinara Peaches Corn Milk</p>	<p>28 Chicken Fillet Sandwich/Bun Tropical Fruit Broccoli Milk</p>	<p>29 Corn Dogs Melon Green Beans Milk</p>	<p>30 Chicken Nuggets Mac N Cheese Apple Slices Peas &amp; Carrots Milk</p>	<p>July 1</p> <p><b>CLOSED</b></p>

**This institution is an equal opportunity provider. Milk is served at all meals.**

**Zion Lutheran Breakfast Menu  
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		1 NO BREAKFAST	2 NO BREAKFAST	3 NO BREAKFAST
6 Poptart Mandarin Orange Apple Juice Milk	7 Fruit Frudel Pears Grape Juice Milk	8 Whole Grain Donuts Sausage Links Grapes Orange Juice Milk	9 Benefit Bar Yogurt Cup Fruit Cocktail Fruit Punch Milk	10 Super Slice Cheese Stick Banana Cranberry Juice Milk
13 Bagel Cheese Stick Pineapple Chunks Apple Juice Milk	14 Cinnamon Rolls Ham Slice Cranberries Clementine Grape Juice Milk	15 UBR Fresh Melon Orange Juice Milk	16 English Muffins Yogurt Cup Apricots Fruit Punch Milk	17 Danish Mixed Berries Cranberry Juice Milk
20 Egg Sandwich Peach Cups Apple Juice Milk	21 Fruit Granola Bar Cheese Sticks Tropical Fruit Grape Juice Milk	22 Muffins Sausage Links Mixed Melon Orange Juice Milk	23 Breakfast Burritos Yogurt Cup Apple Slices/Raisins Fruit Punch Juice Milk	24 Whole Grain Long Johns Strawberries Cranberry Juice Milk
27 Poptart Mandarin Orange Apple Juice Milk	28 Fruit Frudel Pears Grape Juice Milk	29 Whole Grain Donuts Sausage Links Grapes Orange Juice Milk	30 Benefit Bar Yogurt Cup Fruit Cocktail Fruit Punch Milk	July 1  <b>CLOSED</b>