

**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>As per federal & state regulations, adults cannot eat off the children's trays or our federal & state funds are put in jeopardy. Food must be eaten in the cafeteria.</p>	<p style="text-align: center;">Lunch from 11:00 am to 1:00 pm</p> <p style="text-align: center;">Children 18 & under – FREE Adult - \$4.75</p>
<p>1 Chicken Alfredo (Whole Grain Noodles) Pineapple Pacific Blend Vegetables Breadstick Milk</p>	<p>2 Tacos – Ground Beef-Hard or Soft Shell Apricots Beans Tossed Salad Milk</p>	<p>3 Turkey Gravy Mashed Potatoes 5 Way Vegetables Watermelon Milk</p>	<p>4 Italian Dunkers w/Marinara Fruit Cup Carrots Milk</p>	<p>5 Hotdogs Whole Grain Bun Baked Beans Mixed Berries Peas Milk</p>
<p>8 French Bread Pizza w/Marinara Peaches Corn Milk</p>	<p>9 Chicken Fillet Tropical Fruit Broccoli Milk</p>	<p>10 Corn Dogs Melon Green Beans Milk</p>	<p>11 Chicken Nuggets Mac N Cheese Apples Peas & Carrots Milk</p>	<p>12 Hamburgers w/Whole Grain Hamburger Bun Strawberries Carrots Milk</p>
<p>15 Sloppy Joes/Bun Mandarin Oranges Corn Milk</p>	<p>16 Chicken Strips Brown Rice Pears Veggie Cup Milk</p>	<p>17 Meatballs Dinner Roll Mashed Potatoes California Blend Vegetables Milk</p>	<p>18 Noodles w/Spaghetti Sauce (Whole Grain Noodles) Fruit Cocktail Tossed Salad Milk</p>	<p>19 Hoagies (Bun) (Lunch Meat & Cheese) Banana Carrots & Celery Milk</p>
<p>22 Chicken Alfredo (Whole Grain Noodles) Pineapple Pacific Blend Vegetables Breadstick Milk</p>	<p>23 Tacos – Ground Beef-Hard or Soft Shell Apricots Beans Tossed Salad Milk</p>	<p>24 Turkey Gravy Mashed Potatoes 5 Way Vegetables Watermelon Milk</p>	<p>25 Italian Dunkers w/Marinara Fruit Cup Carrots Milk</p>	<p>26 Hotdogs Whole Grain Bun Baked Beans Mixed Berries Peas Milk</p>

This institution is an equal opportunity provider.

Milk is served at all meals.

LAST DAY OF SUMMER LUNCH AND BREAKFAST – AUGUST 26

**Zion Lutheran Breakfast Menu
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<p>1 Pancakes Peach Cups Apple Juice Milk</p>	<p>2 French Toast & Sausage Tropical Fruit Grape Juice Milk</p>	<p>3 Cinnamon Frudel Melon Orange Juice Milk</p>	<p>4 Banana Bread Yogurt Apples Fruit Punch Milk</p>	<p>5 Long Johns Strawberries Cranberry Juice Milk</p>
<p>8 Poptart Oranges Apple Juice Milk</p>	<p>9 Fruit Frudels Pears Grape Juice Milk</p>	<p>10 Donuts Grapes Sausage Orange Juice Milk</p>	<p>11 Benefit Bar Yogurt Fruit Cocktail Fruit Punch Milk</p>	<p>12 Super Slice - Blueberry Banana Cheese Stick Cranberry Juice Milk</p>
<p>15 Bagels Pineapple Apple Juice Milk</p>	<p>16 Cinnamon Roll Cranberries Ham Slice Grape Juice Milk</p>	<p>17 UBR Melon Orange Juice Milk</p>	<p>18 English Muffin Apricots Yogurt Fruit Punch Milk</p>	<p>19 Danish Berries Cranberry Juice Milk</p>
<p>22 Egg Sandwich Peaches Apple Juice Milk</p>	<p>23 Fruit Granola Bar Tropical Fruit Grape Juice Milk</p>	<p>24 Muffins Melon Orange Juice Milk</p>	<p>25 Breakfast Burrito Yogurt Apple Fruit Punch Milk</p>	<p>26 Long Johns Strawberries Cranberry Juice Milk</p>

Last Day of Summer Breakfast and Lunch – August 26