


## Zion Lutheran School Lunch Menu

Mon	Tue	Wed	Thu	Fri
			1  NO SCHOOL	2  NO SCHOOL
5  No SCHOOL	6 French Bread Pizza w/Marinara Peaches Corn  *PB & J	7 Chicken Soft Shell Tacos Mixed Melon Salads Beans  *PB & J	8 Corn Dogs Melon Green Beans Tator Tots  *PB & J	9 Chicken Nuggets Mac N Cheese Apples Peas & Carrots  *PB & J
12 Sloppy Joes/Bun Mandarin Oranges Corn Potato Chips  *PB & J	13 Chicken Strips Brown Rice Pears Veggie Cup  *PB & J	14 Meatballs Gravy Mashed Potatoes Grapes California Blend Dinner Roll  *PB & J	15 Homemade Pizza Peas Fresh Fruit  *PB & J	16 Hoagies Banana Carrots & Celery SunChips  *PB & J
19 Chicken Alfredo Breadstick Pineapple Chunks Pacific Blend Vegetable  *PB & J	20 Hard Shell Tacos Oranges Beans Tossed Salad  *PB & J	21 Turkey Gravy Dinner Rolls Mashed Potatoes 5 Way Vegetable Watermelon  *PB & J	22 Italian Dunkers w/Marinara Apricots Carrots  *PB & J	23 <b>Marathon</b> BBQ Rib Patty Peaches Potato Smiles Carrots/Celery Pickles  *PB & J
26 Hamburgers Strawberries Chips Carrots/Celery Pickles  *PB & J	27 Spaghetti Noodles w/Meat Sauce Breadsticks Fruit Cocktail Corn  *PB & J	28 Pulled Pork Sandwich w/whole grain bun Grapes French Fries California Blend Vegetables  *PB & J	29 Chicken Fillet Sandwiches Tropical Fruit Broccoli  *PB & J	30 Pancakes Sausage Fresh Fruit Fruit Juice  *PB & J


**Lunch: All meals are served with assorted fruits and fresh veggies.**

**This institution is an equal opportunity provider.**

**Milk is served at all meals.**

**Menu is subject to change.**

## Zion Lutheran School Breakfast and Snack Menu

Mon	Tue	Wed	Thu	Fri
			1 <b>NO SCHOOL</b>	2 <b>NO SCHOOL</b>
5 <b>NO SCHOOL</b>	6 Fruit Frudel or Cereal Tropical Fruit Cheese Sticks Grape Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Cheez-its                 </div>	7 Whole Grain Donut or Cereal Apples Orange Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Fruit Granola Bar                 </div>	8 Banana Bread or Cereal Melon Yogurt Cup Fruit Punch Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Cinnamon Oat Crisp                 </div>	9 Benefit Bar or Cereal Berries Cranberry Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Fruit Snack                 </div>
12 Bagel or Cereal Cheese Sticks Pineapple Apple Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Graham Crackers                 </div>	13 Cinnamon Roll or Cereal Ham Slice Oranges Grape Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Chex Mix Variety                 </div>	14 Pancakes or Cereal Fresh Melon Orange Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Cinnamon Goldfish                 </div>	15 Scrambled Eggs or Cereal Apricots Bread Slice Fruit Punch Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Mini Breadsticks                 </div>	16 Danish or Cereal Mixed Berries Cranberry Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Chocolate Chip Grip                 </div>
19 Fruit Granola Bar or Cereal Peaches Apple Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Goldfish Crackers                 </div>	20 Egg Sandwich or Cereal Tropical Fruit Grape Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Cinnamon Bug Bites                 </div>	21 Whole Grain Long Johns or Cereal Apples Orange Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Dried Fruit Cup                 </div>	22 Muffins or Cereal Sausage Links Mixed Melon Fruit Punch Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Seasoned Oyster Crackers                 </div>	23 French Toast w/Syrup or Cereal Strawberries Cranberry Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Ritz Bitz Crackers                 </div>
26 Poptart or Cereal Oranges Apple Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Teddy Grahams                 </div>	27 Breakfast Burrito or Cereal Pears Grape Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Cheese Cubes &amp; Snack Sticks                 </div>	28 UBR or Cereal Grapes Orange Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Pretzels                 </div>	29 Carmel Rolls or Cereal Fruit Cocktail Fruit Punch Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Animal Crackers                 </div>	30 English Muffins Or Cereal Sausage Links Banana Cranberry Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;"> <b>SNACK</b> Scooby Cinnamon Snacks                 </div>

**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. All cereal offered will be whole grain.**