



Zion Lutheran School Lunch Menu

Mon	Tue	Wed	Thu	Fri
	1 Tomato Soup Grilled Cheese Peaches *PB & J	2 Soft Shell Tacos (hamburger) Oranges Tossed Salad *PB & J	3 Corn Dogs Tater Tots Green Beans Apple Sauce *PB & J	4 Chicken Nuggets Mac N Cheese Peas & Carrots Melon *PB & J
7 NO SCHOOL	8 Chili Corn Bread Whole Kernel Corn Crackers Tropical Fruit *PB & J	9 Chicken Strips Rice Veggie Cups Pears *PB & J	10 Hoagies Bananas Carrots Chips *PB & J	11 NO SCHOOL Parent/Teacher Conferences
14 Homemade Pizza Peas Fruit Cups *PB & J	15 Parents to Lunch (Gr. 5) Chicken Alfredo Breadstick Pineapple Pacific Blend *PB & J	16 Loaded Baked Potato Cheesy Broccoli Melon *PB & J	17 Sloppy Joes w/Whole Grain Bun Mandarin Oranges Corn Potato Chips *PB & J	18 Pancakes Sausage Grapes Juice Cups *PB & J
21 French Bread Pizza Glazed Carrots Apples *PB & J	22 Turkey Gravy w/Mashed Potatoes Dinner Rolls 5way Veggies Watermelon *PB & J	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 Hamburgers Strawberries Carrots Chips *PB & J	29 Pulled Pork Sandwich Whole Grain Bun Grapes French Fries California Blend Veggie *PB & J	30 Chicken Fillet Sandwich - Whole Grain Bun Tropical Fruit Green Beans Pears *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 Fruit Frudel or Cereal Tropical Fruit Cheese Stick Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Trail Mix</div>	2 Whole Grain Donut or Cereal Apple Sauce Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Apple Sauce</div>	3 Banana Bread or Cereal Melon Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Goldfish Ceddar</div>	4 Benefit Bars or Cereal Berries Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Fruit Cup - Variety</div>
7 NO SCHOOL	8 Bagels or Cereal Pineapple Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Cheez-its</div>	9 Pancakes or Cereal Melon Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Apple Slices</div>	10 Danish or Cereal Berries Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Goldfish Grahams</div>	11 NO SCHOOL
14 Fruit Granola Bar or Cereal Peaches Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Cheese Sticks</div>	15 Egg Sandwich or Cereal Tropical Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Granola Bar</div>	16 Whole Grain Long Johns or Cereal Apples Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Graham Crackers</div>	17 Muffins or Cereal Sausage Links Melon Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Fruit Snacks</div>	18 French Toast or Cereal Strawberries Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Craisins</div>
21 Poptarts or Cereal Oranges Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Scooby Snacks</div>	22 UBR or Cereal Grapes Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Ritz Crackers</div>	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL
28 Pancake on a stick or Cereal Pears Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Go-Gurt</div>	29 Fruit Frudel or Cereal Tropical Fruit Cheesestick Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Trail Mix</div>	30 Whole Grain Donut or Cereal Applesauce Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block; margin-left: 100px;">SNACK Cinnamon Crisp</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.