



Zion Lutheran School Lunch Menu

Mon	Tue	Wed	Thu	Fri
2 French Bread Pizza w/Marinara Fruit Veggies *PB & J	3 Chicken Soft Shell Tacos-Black Beans Fruit Veggies *PB & J	4 Meatballs w/gravy Mashed Potatoes Veggies Fruit Dinner Roll *PB & J	5 Corn Dogs Potato Smiles Fruit Veggies *PB & J	6 Pancakes Sausage Fruit Salad Bar *PB & J
9 Sloppy Joes French Fries Fruit Veggies *PB & J	10 Turkey Gravy Mashed Potatoes Fruit Veggies *PB & J	11 Pepperoni Pizza Veggies Fruit *PB & J	12 Chicken Fillet Brown Rice Veggies Fruit *PB & J	13 Perham Track Meet Sandwich Carrot Sticks Apple Juice Pouch Potato Chips Granola Bar Treat *PB & J
16 Hot Dog w/chili Tater Tots Veggies Fruit *PB & J	17 Chicken Parmesan Sandwich (Hoagie Buns, Chicken Strip, Marinara, Parmesan Cheese) Veggies Fruit *PB & J	18 Pizza Veggies Fruit *PB & J	19 Orange Chicken Brown Rice Veggies Fruit *PB & J	20 Beef Hard Shell Taco Salad Bar Fruit *PB & J
23 Spaghetti, Meat Sauce Garlic Bread Fruit Veggies *PB & J	24 Chicken Alfredo Dinner Roll Veggies Fruit *PB & J	25 Burger Day French Fries Veggies Fruit *PB & J	26 Italian Dunkers - Marinara Fruit Veggies *PB & J	27 Last Day of School Bag Lunches Hoagies, Carrots, Apples Capri Sun, Potato Chips Treat *PB & J
30 NO SCHOOL	31 NO SCHOOL			
<u>Week 1</u> Garden Salad	<u>Week 2</u> Chef Salad	<u>Week 3</u> Chicken Salad	<u>Week 4</u> Taco Salad	<u>Week 5</u> Garden Salad

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
2 Poptarts or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Pretzels</div>	3 Donut, whole wheat or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Chex Mix</div>	4 Frudel - Fruit or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Donut Holes</div>	5 UBR or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Cheddar Goldfish</div>	6 Egg Bake, Ham Slices or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Graham Crackers</div>
9 Benefit Bar or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Fruit Snack</div>	10 French Toast or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Go-gurt</div>	11 Banana Bread or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Ritz Crackers</div>	12 Muffins or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Raisins</div>	13 Egg Sandwich or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Chewy Chocolate Chip Bars</div>
16 Bagels or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Fruit Cup</div>	17 Breakfast Pizza or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Scooby Grahams</div>	18 Fruit Granola Bar or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Cheese Sticks</div>	19 English Muffins or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Cinnamon Goldfish</div>	20 Danish or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Strawberry Chex</div>
23 Breakfast Burrito or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Trail Mix</div>	24 French Toast Sticks or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Pretzels</div>	25 Cinnamon Rolls or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Cooks Choice</div>	26 Cooks Choice or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Cooks Choice</div>	27 Cooks Choice or Cereal Fruit Yogurt Juice Milk <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 10px auto;">SNACK Cooks Choice</div>
30 NO SCHOOL	31 NO SCHOOL			

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.