

**Zion Lutheran Lunch Menu
At Zion Lutheran Church
300 Lake Street – Alexandria, MN**



June

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>Lunch from 10:30 am to 1:00 pm</p> <p>Children 18 & under – FREE Adult - \$5.00</p>
5	6	7 Corn Dogs Melon Green Beans Milk	8 Chicken Nuggets Mac N Cheese Apple Slices Peas & Carrots Milk	9 Hamburgers/Hamburger Bun Strawberries Carrot Sticks Milk
12 Sloppy Joes/Bun Mandarin Orange Corn Milk	13 Chicken Strips Brown Rice Pears Veggie Cup (Cucumbers/Cherry Tomatoes) Milk	14 Meatballs Dinner Roll Grapes Mashed Potatoes California Blend Vegetables Milk	15 Spaghetti w/Meat Sauce (Whole Grain Noodles) Fruit Cocktail Lettuce Salad w/Veggies Milk	16 Hoagies (Bun) (Lunch Meat & Cheese) Banana Carrots & Celery Milk
19 Chicken Alfredo (Whole Grain Noodles) Pineapple Chunks Pacific Blend Vegetables Milk	20 Hard Shell Tacos Clementine Black Beans Tossed Salad Milk	21 Turkey Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Watermelon Milk	22 Hotdogs Whole Grain Bun Mixed Berries Peas Milk	23 Italian Dunkers w/Marinara Breadstick Apricots Carrots Milk
26 French Bread Pizza w/Marinara Peaches Corn Milk	27 Chicken Fillet Sandwich/Bun Tropical Fruit Broccoli Milk	28 Corn Dogs Melon Green Beans Milk	29 Chicken Nuggets Mac N Cheese Apple Slices Peas & Carrots Milk	30 Hamburgers/Hamburger Bun Strawberries Carrot Sticks Milk

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