


Zion Lutheran School Breakfast and Snack Menu

Mon	Tue	Wed	Thu	Fri
		1 UBR Cookie or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Fruit Granola Bar </div>	2 Scrambled Eggs or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Cinnamon Crisp </div>	3 Breakfast Burrito or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Fruit Snack </div>
6 Egg Sandwich or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Graham Crackers </div>	7 Carmel Rolls or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Cheese Sticks </div>	8 Long Johns or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Tortilla Chips w/Frosting </div>	9 Pancakes or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Breadsticks </div>	10 NO SCHOOL
13 Fruit Granola Bars or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Variety Goldfish </div>	14 Poptarts or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Seasoned Oyster Crackers </div>	15 Fruit Bread - Strawberry or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Ritz Bits </div>	16 Muffins or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Cheez-its </div>	17 Breakfast Pizza or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Pretzels </div>
20 Whole Grain Donuts or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Animal Crackers </div>	21 Benefit Bars or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Scooby Snacks </div>	22 Cinnamon Rolls or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Thanksgiving Treat </div>	23 NO SCHOOL	24 NO SCHOOL
27 Cheesy Scrambled Eggs or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Teddy Grahms </div>	28 Donut - Filled or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Cheese Cubes/ Snack Stix </div>	29 Bagels or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Chex Mix </div>	30 Banana Bread or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Granola Bar </div>	DEC 1 Egg Bake or Cereal <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto;"> SNACK Cinnamon Goldfish </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.**

**Each meal will also have:
 Cereal/Variety, Juice or Fruit and Milk**