




## Zion Lutheran School Lunch Menu

Mon	Tue	Wed	Thu	Fri
				1 Pizza Crunchers Marinara Peas & Carrots Apricots  *PB & J
4 Hamburgers/Buns Baked Beans Melon  *PB & J	5 Chicken & Wild Rice Soup Dinner Rolls Fruit Cocktail  *PB & J	6 Cheezy Baked Ziti Green Beans Oranges  *Ham & American Cheese on a Bun	7 Chicken Nuggets Mac & Cheese Glazed Carrots Apples  *PB & J	8   <p style="text-align: center;"><b>NO SCHOOL</b></p>
11 Hot Dogs w/Chili Apple Wedges Carrot Sticks  *PB & J	12 <b>Parents to Lunch (GR. 5)</b> Tacos Refried Beans Grapes Salad Bar  *PB & J	13 Ground Beef Stroganoff Mashed Potatoes Peas Bananas  *Club on a Hoagie Bun	14 Chicken Enchiladas Rice Peaches Corn  *PB & J	15 Briggs Birthday Meal Chicken Strips Tator Tots Corn Apple Chocolate Chip Cookie *PB & J
18 Spaghetti w/Meat Sauce Garlic Bread Broccoli Fruit Cocktail  *PB & J	19 Turkey Roast Mashed Potatoes & Gravy Dressing Green Beans Mixed Berries  *PB & J	20 Sloppy Jo Potato Chips Carrots Grapes  *Bologna & Cheese Sandwich	21 Chicken Noodle Soup w/Lunchmeat Sandwich Strawberries  *PB & J	22 Chicken Kiev Rice Blend Carrots Mixed Berries  *PB & J
25 Cream of Broccoli Soup Ham Slider Grapes  *PB & J	26 <b>VIP DAY</b> Corn Dogs Potato Chips Baby Carrots Apple Sauce Cup  No salad bar or sandwich	27   <p style="text-align: center;"><b>NO SCHOOL</b></p>	28 <b>NO SCHOOL</b>   <p style="text-align: center;">Thanksgiving</p>	29   <p style="text-align: center;"><b>NO SCHOOL</b></p>

**Lunch Entrée: Vegetable: Rainbow Fresh Veggie Bar Fruit: Variety Fresh or Canned Fruit**

**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 Ham & Egg Croissant Sandwich or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Cinnamon                          Goldfish                     </div>
4 Breakfast Nuggets or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Chex Mix                     </div>	5 Pancake Muffins or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Pretzels                     </div>	6 Coffee Cake or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Ritz Bitz                     </div>	7 Egg Bake or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Yogurts                     </div>	8  <b>NO SCHOOL</b>
11 Homemade Muffins or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Cinnamon                          Biscuits                     </div>	12 Cinnamon Rolls or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Cheez-its                     </div>	13 Sausage & Egg Sandwich or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Oyster                          Crackers                     </div>	14 Cheese Danish or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Gardettos                     </div>	15 Breakfast Pizza or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Puff Corn                     </div>
18 Scones or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Cereal                          Bar                     </div>	19 Popovers or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Pretzel                          Goldfish                     </div>	20 Donuts or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Mini Cheddar                          Rice Cake                     </div>	21 Ham & Egg Cups or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Kettle Corn                     </div>	22 Lemon Crescents or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Trail Mix                     </div>
25 Breakfast Burritos or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Nutty                          Buddies                     </div>	26 French Toast or Cereal <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-left: auto;">                         SNACK                          Meat - Cheese                          Cracker                     </div>	27  <b>NO SCHOOL</b>	28  <b>NO SCHOOL</b>	29  <b>NO SCHOOL</b>

**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**