

Zion Lutheran School September 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 No School Labor Day	4 Yogurt Plate or Corn Dog Sweet Potato Tots Chilled Peaches Choice of Cold Milk Ketchup Mustard Chef Salad (6-7-8)	5 Yogurt Plate or Chicken Soft Taco Texas Fiesta Beans Fresh Apple Slices Choice of Cold Milk Lettuce & Cheese Cups Salsa Chef Salad (6-7-8)	6 Yogurt Plate or Toasted Ravioli Meat Sauce Strawberry Spinach Salad Green Beans Chilled Pears Choice of Cold Milk Chef Salad (6-7-8)	7 Yogurt Plate or Chicken Patty on Bun Baked French Fries Seasonal Fresh Fruit Choice of Cold Milk Ketchup Mustard Chef Salad (6-7-8)
10 Yogurt Plate or Stuffed Crust Pepperoni Cooked Carrots Chilled Applesauce French Toast Goldfish Choice of Cold Milk Chef Salad (6-7-8)	11 Yogurt Plate or Popcorn Chicken Wheat Bread Mashed Potatoes & Gravy Strawberries Choice of Cold Milk B.B.Q. Sauce Ketchup Chef Salad (6-7-8)	12 Yogurt Plate or Super Nacho's Cheesy Beans Chilled Pineapple Choice of Cold Milk Salsa Chef Salad (6-7-8)	13 Yogurt Plate or Cheeseburger Cheesy Broccoli Fresh Grapes Choice of Cold Milk Ketchup Mustard Chef Salad (6-7-8)	14 No School
17 Yogurt Plate or Hot Dog Sweet Potato Tots Frozen Fruit Cup Choice of Cold Milk Ketchup Mustard Chef Salad (6-7-8)	18 Yogurt Plate or Toasted Ham & Cheese on Croissant Strawberry Spinach Salad Crazy Corn Fresh Banana Choice of Cold Milk Ketchup Mustard Chef Salad (6-7-8)	19 Yogurt Plate or Crispy Chicken Drumstick Dinner Roll Mashed Potatoes & Gravy Mango Peach Applesauce Cup Choice of Cold Milk Chef Salad(6-7-8)	20 Yogurt Plate or Doritos Walking Taco Texas Fiesta Beans Chilled Peaches Choice of Cold Milk Salsa Chef Salad (6-7-8)	21 Yogurt Plate or Turkey, Ham & Cheese Wrap Power Punch Juice Fresh Apple Slices Sun Chips Rice Krispie Treat Choice of Cold Milk No Salads
24 Yogurt Plate or Cheesy French Bread Baked Beans Crazy Corn Strawberry Banana Applesauce Cup Choice of Cold Milk Chef Salad (6-7-8)	25 Yogurt Plate or Spaghetti and Meat Sauce Garlic Breadstick Tossed Side Salad Green Beans Chilled Pears Choice of Cold Milk Chef Salad (6-7-8)	26 Yogurt Plate or French Toast Sticks w/ Syrup Scrambled Eggs Hashbrown Coins Orange Smiles Choice of Cold Milk Chef Salad (6-7-8)	27 Yogurt Plate or Chicken Rings Wheat Bread Potato Smiles Strawberries Choice of Cold Milk B.B.Q. Sauce Ketchup Chef Salad (6-7-8)	28 Yogurt Plate or Mandarin Orange Chicken Fluffy Rice X-Ray Vision Carrots Ranch Dressing Seasonal Fresh Fruit Snickerdoodle Cookie Choice of Cold Milk Chef Salad (6-7-8)

This institution is an equal opportunity provider.