

Zion Lutheran School Lunch Menu February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
\$16.00 – 5 Meals \$32.00 – 10 Meals \$64.00 – 20 Meals \$17.50 – 50 Milks \$7.00 – 20 Milks				1 Yogurt Plate or Chicken Patty on Bun Cheesy Broccoli Frosty Blueberries Choice of Cold Milk Mustard, Ketchup Chef Salad (6-7-8)
4 Yogurt Plate or Hot Dog X-Ray Vision Carrots Ranch Dressing Mandarin Oranges Choice of Cold Milk Ketchup, Mustard Chef Salad (6-7-8)	5 Yogurt Plate or Chicken Soft Taco Texas Fiesta Beans Chilled Pineapple Choice of Cold Milk Lettuce & Cheese Cups Salsa Chef Salad (6-7-8)	6 Yogurt Plate or French Toast Sticks w/ Syrup Scrambled Eggs Hashbrown Coins Fresh Banana Choice of Cold Milk Chef Salad (6-7-8)	7 Yogurt Plate or Bosco Sticks Marinara Sauce Green Beans Strawberry Cups Choice of Cold Milk Chef Salad (6-7-8)	8 Yogurt Plate or Chicken Rings Wheat Bread Tossed Side Salad Green Beans Chilled Applesauce Frosted Cookie Choice of Cold Milk B.B.Q. Sauce, Ketchup Chef Salad (6-7-8)
11 Yogurt Plate or Personal Pan Cheese Pizza Sweet Potato Fries Chilled Pears Choice of Cold Milk Chef Salad (6-7-8)	12 <b style="color: red;">NO HOT LUNCH K-8 has no school. Preschool will be in session. Preschoolers should bring a sack lunch.	13 Yogurt Plate or Heart Shaped Chicken Nuggets Whole Grain Bread Mashed Potatoes & Gravy Frozen Fruit Cup Choice of Cold Milk B.B.Q. Sauce, Ketchup Chef Salad (6-7-8)	14 Sack Lunch Turkey, Ham & Cheese Wrap Power Punch Juice Fresh Apple Slices Sun Chips Rice Krispie Treat Choice of Cold Milk Chef Salad (6-7-8)	15 <b style="color: red;">No Hot Lunch Student Council is offering Roma's Day (pizza, dessert, drink) If you do not order Roma's, please bring a sack lunch.
18 President's Day No School	19 Yogurt Plate or Cheeseburger Baked French Fries Chilled Peaches Choice of Cold Milk Ketchup Mustard Chef Salad (6-7-8)	20 Yogurt Plate or Spaghetti and Meat Sauce Garlic Breadstick Tossed Side Salad Green Beans Fresh Apple Slices Choice of Cold Milk Chef Salad (6-7-8)	21 Yogurt Plate or Crispy Chicken Drumstick Dinner Roll Sweet Potatoes Frosty Blueberries Orange Smiles Choice of Cold Milk Chef Salad (6-7-8)	22 Yogurt Plate or Corn Dog Baked Beans Chilled Applesauce M&M Cookie Choice of Cold Milk Ketchup, Mustard Chef Salad (6-7-8)
25 Yogurt Plate or Pepperoni Pizza Green Beans Mango Peach Applesauce Cup French Toast Goldfish Choice of Cold Milk Chef Salad (6-7-8)	26 Yogurt Plate or Doritos Walking Taco Texas Fiesta Beans Mixed Berries Choice of Cold Milk Salsa Chef Salad (6-7-8)	27 Yogurt Plate or Popcorn Chicken Wheat Bread Mashed Potatoes & Gravy Chilled Peaches Choice of Cold Milk B.B.Q. Sauce, Ketchup Chef Salad (6-7-8)	28 Yogurt Plate or Toasted Ravioli Meat Sauce Cooked Carrots Orange Smiles Choice of Cold Milk Chef Salad (6-7-8)	

Zion Lutheran School provides hot lunches for our students through the Bethalto Unit #8 District. Food, following the Federal Hot Lunch Program Guidelines, is prepared at Meadowbrook Elementary and transported to Zion each day. Free and reduced lunches are available for those who qualify. This institution is an equal opportunity provider.