

Zion Lutheran School Lunch March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
5 Meal Ticket \$16.00 10 Meal Ticket \$32.00 20 Meal Ticket \$64.00 50 Milks \$17.50 20 Milks \$7.00				1 Yogurt Plate or Toasted Cheese Sandwich Fresh Broccoli Ranch Dressing Fresh Apple Slices Vanilla Pudding Choice of Cold Milk 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 No Hot Lunch K-8 Dismisses at 11:30. Full day preschool and K-8 ASC students need to bring a sack lunch.	6 Yogurt Plate or French Toast Sticks w/ Syrup Scrambled Eggs Hashbrown Coins Frosty Blueberries Choice of Cold Milk Chef Salad (6-7-8)	7 Yogurt Plate or Chicken Rings Wheat Bread Tossed Side Salad Peas Strawberries Choice of Cold Milk B.B.Q. Sauce Ketchup Chef Salad (6-7-8)	8 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)
11 Yogurt Plate or Mini Tacos Fiesta Beans Chilled Pineapple Choice of Cold Milk Salsa Sour Cream Chef Salad (6-7-8)	12 Yogurt Plate or Spaghetti and Meat Sauce Garlic Breadstick Steamed Broccoli Frozen Fruit Cup Choice of Cold Milk Chef Salad (6-7-8)	13 Yogurt Plate or Chicken Nugget Shamrock Shaped Whole Grain Bread Mashed Potatoes & Gravy Orange Smiles Choice of Cold Milk B.B.Q. Sauce Ketchup Chef Salad (6-7-8)	14 Yogurt Plate or Personal Pan Cheese Pizza Cauliflower, raw Ranch Dressing Mixed Berries Smores Pie Choice of Cold Milk Chef Salad (6-7-8)	15 Yogurt Plate or Fish Sticks Dinner Roll Sweet Potato Fries Chilled Applesauce Frosted Cookie Choice of Cold Milk Chef Salad (6-7-8)
18 No School Spring Break	19 No School Spring Break	20 No School Spring Break	21 No School Spring Break	22 No School Spring Break
25 Yogurt Plate or Pepperoni French Bread Cheesy Broccoli Chilled Pears Choice of Cold Milk Chef Salad (6-7-8)	26 Yogurt Plate or Doritos Walking Taco Cheesy Beans Chilled Peaches Choice of Cold Milk Salsa Chef Salad (6-7-8)	27 Yogurt Plate or Cheeseburger Baked French Fries Fresh Apple Slices Choice of Cold Milk Ketchup Mustard Chef Salad (6-7-8)	28 Yogurt Plate or Popcorn Chicken Wheat Bread X-Ray Vision Carrots Ranch Dressing Fresh Banana Choice of Cold Milk B.B.Q. Sauce Ketchup Chef Salad (6-7-8)	29 Yogurt Plate or Bosco Sticks Marinara Sauce Green Beans Strawberry Cups M&M Cookie 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.

