

Zion Lutheran School

Lunch Menu

April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 Corn Dogs w/ Ketchup Veggie w/Ranch Potato Chips Fruit Treat GLUTEN FREE MEAL the above meal is GF	12 Chicken Tenders w/Dipping sauce Tater Tots Vegi Cup Fruit Treat GLUTEN FREE MEAL the above meal is GF	13 Cheeseburger chips Macaroni salad Fruit Treat GLUTEN FREE MEAL the above meal is GF	14 Pizza Veggies Fruit Special Dessert Pizza + One Veggie Fruit Special Dessert Gluten Free Pizza Veggie Fruit Special Dessert Gluten Free Pizza + One Veggie Fruit Special Dessert	15
16	17 Nachos Taco Meat Sour cream & Salsa Fruit Treat GLUTEN FREE MEAL the above meal is GF	18 Sub Sandwich Chips Cooks' choice soup Fruit Treat GLUTEN FREE MEAL the above meal is GF	19 Taco Salad w/cheese Salsa and sour cream Corn Beans Treat GLUTEN FREE MEAL the above meal is GF	20 Meatball Marinara Sub Sandwich Mozzarella Cheese Chips Vegetables Fruit GLUTEN FREE MEAL the above meal is GF	21 Pizza Veggies Fruit Special Dessert Pizza + One Veggie Fruit Special Dessert Gluten Free Pizza Veggie Fruit Special Dessert Gluten Free Pizza + One Veggie Fruit Special Dessert	22
23	24 Macaroni and Cheese Vegetable Roll Fruit Treat GLUTEN FREE MEAL the above meal is GF	25 Western Omelette Muffin w/ Butter Fresh Fruit Yogurt GLUTEN FREE MEAL the above meal is GF	26 Baked Fish w/Tartar Sauce Rice Pilaf Mixed Vegetables Fruit Treat GLUTEN FREE MEAL the above meal is GF	27 Spaghetti w/Meat Sauce Garlic Bread Vegetables Fruit Special Treat GLUTEN FREE MEAL the above meal is GF	28 Pizza Veggies Fruit Special Dessert Pizza + One Veggie Fruit Special Dessert Gluten Free Pizza Veggie Fruit Special Dessert Gluten Free Pizza + One Veggie Fruit Special Dessert	29
30	LUNCH includes milk or bottled water: \$5.50/meal Gluten Free Lunch: \$5.50/meal MILK: \$1.00/carton PIZZA FRIDAY: Extra slice \$1.00 Gluten-free pizza \$8.00 All Meals Available in GF " " must be ordered by 9:15am to get same meal This institution is an equal opportunity provider.					