

Zion Lutheran School

Lunch Menu

April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO SCHOOL None Spring Break None	2 NO SCHOOL None Spring Break None	3 NO SCHOOL None Spring Break None	4 NO SCHOOL None Spring Break None	5 NO SCHOOL None Spring Break None	6
7	8 Tuna Sandwich Tomato Basil Soup Chips Fruit Treat GLUTEN FREE MEAL the above meal is GF	9 French Toast w/Syrup Sausage Links Fruit Muffin yogurt GLUTEN FREE MEAL the above meal is GF	10 Teriyaki Chicken Rice Salad Fruit Fortune cookie GLUTEN FREE MEAL the above meal is GF	11 BBQ Riblet on a Bun Tossed salad w/ Dressing Baked Beans Fruit Treat GLUTEN FREE MEAL the above meal is GF	12 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	13
14	15 Chili Con Carne w/ Cheese Seasoned Corn Fruit Corn Muffin Treat GLUTEN FREE MEAL the above meal is GF	16 Cheese sticks w/ Marinara Sauce Salad w/ Dressing Roll Fruit Treat GLUTEN FREE MEAL the above meal is GF	17 Chicken Cutlets Mashed Potatoes w/ Gravy Seasoned Vegetables Fruit Treat GLUTEN FREE MEAL the above meal is GF	18 Sloppy Joe on a Bun Tator Tots Veggie Fruit Treat GLUTEN FREE MEAL the above meal is GF	19 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	20
21	22 Nachos Taco Meat Sour cream & Salsa Fruit Treat GLUTEN FREE MEAL the above meal is GF	23 Meatball Marinara Sub Sandwich Mozzarella Cheese Chips Vegetables Fruit GLUTEN FREE MEAL the above meal is GF	24 Beef and Bean Burrito Sour Cream Spanish Rice Fiesta Corn Fruit Treat GLUTEN FREE MEAL the above meal is GF	25 Macaroni and Cheese Vegetable Roll Fruit Treat GLUTEN FREE MEAL the above meal is GF	26 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	27
28	29 Salisbury Steak Mashed Potatoes w/Gravy Fruit mixed vegetables Treat GLUTEN FREE MEAL the above meal is GF	30 Cheeseburger chips Pasta salad Fruit Treat GLUTEN FREE MEAL the above meal is GF				
<p>LUNCH includes milk, water is available: \$6.50/meal Gluten Free Lunch: \$6.50/meal MILK: \$1.00/carton</p> <p>PIZZA FRIDAY: Extra slice \$1.00 Gluten-free pizza \$8.00</p> <p>All Meals Available in GF " must be ordered by 9:15am to get same meal</p> <p>This institution is an equal opportunity provider.</p>						