

Zion Lutheran School

Lunch Menu

May 2024

Sun	Mon	Tue	Wed	Thu	Fri
			1 Pigs in a Basket Scalloped Potatoes Veggie Fruit Treat GLUTEN FREE MEAL the above meal is GF	2 Spaghetti w/Meat Sauce Garlic Bread Vegetables Fruit Special Treat GLUTEN FREE MEAL the above meal is GF	3 Pizza Veggies Fruit Special Dessert Pizza + One Veggie Fruit Special Dessert Gluten Free Pizza: Veggie Fruit Special Dessert Gluten Free Pizza: Veggie Fruit Special Dessert
5	6 Pretzel w/ Cheese Sauce Veggies Fresh Fruit Treat GLUTEN FREE MEAL the above meal is GF	7 Sweet & Sour Meatballs Rice Oranges Broccoli Fortune Cookie GLUTEN FREE MEAL the above meal is GF	8 Taco Salad w/cheese Salsa and sour cream Corn Beans Treat GLUTEN FREE MEAL the above meal is GF	9 Baked Potatoes with Cheese Sauce Bacon Bits Roll w/ Butter Fruit Veggie Treat GLUTEN FREE MEAL the above meal is GF	10 Pizza Veggies Fruit Special Dessert Pizza + One Veggie Fruit Special Dessert Gluten Free Pizza: Veggie Fruit Special Dessert Gluten Free Pizza: Veggie Fruit Special Dessert
12	13 Biscuits and Gravy Omelet Yogurt Fruit GLUTEN FREE MEAL the above meal is GF	14 Egg Roll's Sweet and Sour dipping sauce Rice Pilaf Pineapple tidbits Fortune Cookie GLUTEN FREE MEAL the above meal is GF	15 Corn Dogs w/ Ketchup Veggie w/Ranch Potato Chips Fruit Treat GLUTEN FREE MEAL the above meal is GF	16 Chicken Salad Sand Sack Lunch Veggie sticks Chips Fruit Treat GLUTEN FREE MEAL the above meal is GF	17 Pizza Veggies Fruit Special Dessert Pizza + One Veggie Fruit Special Dessert Gluten Free Pizza: Veggie Fruit Special Dessert Gluten Free Pizza: Veggie Fruit Special Dessert
19	20 Lasagna Vegetables Fruit Garlic Bread treat GLUTEN FREE MEAL the above meal is GF	21 BBQ Riblet on a Bun Tossed salad w/ Dressing Baked Beans Fruit Treat GLUTEN FREE MEAL the above meal is GF	22 Nachos Taco Meat Sour cream & Salsa Fruit Treat GLUTEN FREE MEAL the above meal is GF	23 Waffles Strawberries and whipped Topping Sausage Fruit Yogurt GLUTEN FREE MEAL the above meal is GF	24 No Hot Lunch Se Early Dismissal
26	27 NO SCHOOL None	28 Macaroni and Cheese Vegetable Roll Fruit Treat GLUTEN FREE MEAL the above meal is GF	29 Chicken Pot Pie Cornbread w/Butter Fruit Treat GLUTEN FREE MEAL the above meal is GF	30 Hot Dog on a Bun Ketchup & Mustard Potato Salad Chips Fruit Treat GLUTEN FREE MEAL the above meal is GF	31 Pizza Veggies Fruit Special Dessert Pizza + One Veggie Fruit Special Dessert Gluten Free Pizza: Veggie Fruit Special Dessert Gluten Free Pizza: Veggie Fruit Special Dessert

LUNCH includes milk, water is available: \$6.50/meal Gluten Free Lunch: \$6.50/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.