



Zion Lutheran Weekly Lunch Menu

At Zion Lutheran Church

300 Lake Street – Alexandria, MN



Mon	Tue	Wed	Thu	Fri
<p>In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). This institution is an equal opportunity provider and employer.</p>			<p>A whole grain food item is offered each day. We serve 1% and skim milk.</p> <p><u>Lunch</u></p> <p>Children 18 & under – FREE Adult - \$4.50</p>	<p>Pickup is from 11:00 am to 1:00 pm for lunch and following day breakfast.</p> <p><u>Breakfast</u></p> <p>Children 18 & under – FREE Adult - \$2.50</p>
	Lunch Menu			
<p>19 Italian Combo Sandwich Yogurt Goldfish Cheese Stick Fruit Cup Milk</p>	<p>20 Lunchmeat Sandwich Chips Veggies Fruit Milk</p>	<p>21 Sloppy Joes Baked Beans Veggie Fruit Milk</p>	<p>22 Chicken Alfredo Breadstick Fruit Veggie Milk</p>	<p>23 Lasagna Garlic Bread Fruit Veggie Milk</p>
	Breakfast Menu			
<p>19 Benefit Bars Fruit Juice Milk</p>	<p>20 Muffins Fruit Juice Milk</p>	<p>21 French Toast Sticks Fruit Juice Milk</p>	<p>22 Assorted Pastries Fruit Juice Milk</p>	<p>23 Fruit Granola Bar Fruit Juice Milk</p>

Keep Hot and Cold Foods Safe

- ✓ Consume hot foods within 2 hours.
- ✓ Consume or refrigerate cold foods within 2 hours.
- ✓ Foods for other days should be stored in the refrigerator until eaten or reheated.
- ✓ If re-heating foods, ensure they are cooked to an internal temperature of 165°F.
- ✓ Discard all refrigerated foods after 7 days of receiving it.