



## 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 &amp; 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 &amp; under – FREE Adult - \$2.50</p>
	Lunch Menu			
<p>2 Chicken Strips Brown Rice Veggie Fruit Milk</p>	<p>3 Lasagna Garlic Bread Veggie Fruit Milk</p>	<p>4 Taco in a Bag Salsa Sour Cream Fruit Milk</p>	<p>5 Corn Dogs Carrot Sticks Chips Fruit Milk</p>	<p>6 Hot Dogs Potato Salad Fruit Milk</p>
	Breakfast Menu			
<p>2 English Muffin – Grape Jelly Fruit Juice Milk</p>	<p>3 Egg Sandwich Fruit Juice Milk</p>	<p>4 French Toast Sticks Fruit Juice Milk</p>	<p>5 Banana Bread Fruit Juice Milk</p>	<p>6 Mini Pancakes 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.



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Lunch Menu				
<p>9 Sub Sandwich Potato Chips Carrots Fruit Milk</p>	<p>10 Hamburger Baked Beans Veggies Fruit Milk</p>	<p>11 Chicken Alfredo Bread Stick Veggie Fruit Milk</p>	<p>12 Pizza Side Salad Fruit Milk</p>	<p>13 Orange Chicken Rice Broccoli Fruit Milk</p>
Breakfast Menu				
<p>9 Omelet Fruit Juice Milk</p>	<p>10 Yogurt &amp; Granola Fruit Juice Milk</p>	<p>11 Frudel Fruit Juice Milk</p>	<p>12 Benefit Bar Fruit Juice Milk</p>	<p>13 Muffins Fruit Juice Milk</p>

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Lunch Menu				
16 Chicken Nuggets Tater Tots Veggies Fruit Milk	17 Spaghetti Garlic Bread Veggie Fruit Milk	18 Pulled Pork Coleslaw Chips Fruit Milk	19 Meatballs Mashed Potatoes Veggies Fruit Milk	20 Turkey Sandwich Potato Chips Veggies Fruit Milk
Breakfast Menu				
16 Assorted Pastries Fruit Juice Milk	17 Fruit Granola Bar Fruit Juice Milk	18 Breakfast Pizza Fruit Juice Milk	19 Chocolate Chip Granola Bar Fruit Juice Milk	20 Poptarts Fruit Juice Milk

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Lunch Menu				
<p>23 Sloppy Joes Chips Veggies Fruit Milk</p>	<p>24 Chicken Fillet Sandwich Veggie Fruit Milk</p>	<p>25 Mac and Cheese Veggies Fruit Milk</p>	<p>26 Pancakes Sausage Fruit Milk</p>	<p>27 French Bread Pizza Veggies Fruit Milk</p>
Breakfast Menu				
<p>23 Bagels Fruit Juice Milk</p>	<p>24 UBR Fruit Juice Milk</p>	<p>25 Mini Pancakes Fruit Juice Milk</p>	<p>26 Donuts Fruit Juice Milk</p>	<p>27 Dry Cereal Fruit Juice Milk</p>

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**LAST DAY OF SUMMER LUNCH  
IS  
AUGUST 27.**

**THANKS FOR COMING!!**