

2023 NOVEMBER

ZION LUTHERAN SCHOOL - LUNCH CALENDAR

Milk and water are provided daily.
Peanut Butter and Jelly Sandwiches are available upon request as a substitute.

SUNDAY
FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01 *French Toast Sticks, Scram. Eggs, Sausage Tri Tots Applesauce	02 *Grilled Ham & Cheese Fries Fresh Vegetables Apples & Bananas	03 No School	04
05	06 No School	07 *Mac & Cheese Dinner Roll Steamed Veggies Fresh Fruit	08 *Beef Tacos Lettuce, Tomato, Onion Olives, Corn Fruit Choice	09 Meatloaf Mashed Potatos & Gravy Corn Pears	10 Fish Sticks Tator Tots Fresh Veggie Fresh Fruit	11
12	13 * Popcorn Chicken Mashed Pots & Gravy Corn Fresh Fruit	14 *Hamburgers French Fries Pickles, Lett, Toms Peaches	15 *Deli Sub Lett, Tom, Pickles Chips Apples & Bananas	16 * Chicken/Cheese Quesadillas Lett, Tom, Olive Corn, Mand. Oranges	17 *Mini Corn Dogs Tator Tots Fresh Veggies Apples & Bananas	18
19	20 *Hotdogs Chips Baked Beans, Coleslaw Mixed Fruit	21 *Pizza Caeser Salad Veggies Fruit Choice	22 No School	23 No School	24 No School	25
26	27 Breakfast Burritos Hashbrowns, G. Beans Fresh Fruit	28 *Spaghetti Garlic Bread Caeser sld/Veggie Pears	29 *Sweet & Sour Chicken Nuggets Rice, Steamed Veggie Pineapple	30 *Chicken Nachos Lett, Tom, Olives Corn Fresh Fruit	01	02

*indicates GF option available - Note Gravy is NOT GF