

2022 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
30	31 Pizza Hotdish Breadsticks Ceasar Salad Steamed Veggies	01 Spaghetti Garlic Bread Fresh Veggies Pears	02 Chicken Soft Tacos Lettuce, Tomato, Onion, Salsa, Corn Fresh Fruit	03 Cheesy Italian Flatbread Salad Carrots & Broccoli Mixed Fruit	04 No School	05
06	07 No School	08 Mini Corndogs Tri Tators Fresh Veggies Apples	09 Pizza Salad Fresh Veggies Fresh Fruit	10 Grilled Ham & Cheese Sandwiches Tator Tots Veggies & Peaches	11 Hamburgers French Fries Lettuce, Tomato, Pickle Mixed Fruit	12
13	14 Chicken Alfredo Garlic Toast Steamed Veggies Mandarin Oranges	15 Chicken Nuggets Mashed Potato & Gravy Corn Applesauce	16 Walking Tacos Corn Fresh Veggies Fresh Fruit	17 Ham & Turkey Deli Sandwiches Lettuce, Tomato, Onion, Pickles & Pineapple	18 Tomato Soup Grilled Cheese Fresh Veggies Fruit Salad	19
20	21 BBQ Rib Sandwich Tots Fresh Veggies Peaches	22 Sloppy Joe on Bun Baked Beans French Fries Fresh Fruit	23 No School	24 No School	25 No School	26
27	28 Mac & Cheese Dinner Roll Fresh Veggies Fresh Fruit	29 Chili Dinner Roll Salad, Carrot, Cucumber Fresh Fruit	30 Crispy Chicken Strips Tator Tots Salad Pears	01 Mini Waffles Tri Tators Sausage Links Fresh Veggies & Fruit	02 Breaded/Grilled Chicken Sandwich & Fries Green Beans Mandarin Oranges	03