

# 2024 SEPTEMBER

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
01	02 Labor Day <b>NO SCHOOL</b>	03 *Flatbread Pizza Salad/Veggies Fresh Fruit	04 *Hamburgers French Fries Lett, Toms, Pickles, Onions Coleslaw	05 *Beef Tacos Lett, Toms, Onions, Olives, Sour Cream Corn Fresh Fruit	06 *Hotdogs Chips Fresh Veggies Apple or Banana	07
08	09 *Sweat-N-Sour Chicken Nuggets White Rice/Fried Rice	10 Tator Tot Hotdish Salad, Green Beans Watermelon	11 *Grilled Ham & Cheese Tator Tots Fresh Veggies Fresh Fruit	12 Meatballs Mashed Potatoes/Gravy Corn, Salad Manadrine Oranges	13 *Crispy Chicken Strips French Fries Fresh Vegetables Apple or Banana	14
15	16 *Sausage & Egg Sandwich Tri Tators Frech Veggies Applesauce & Peaches	17 *Mac-N-Cheese *Dinner Rolls Steamed Veggie Mixed Fruit	18 *Pulled Pork Sandwich Fries Baked Beans Coleslaw/Fresh Veggie Fresh Fruit	19 *Pizza Burgers Caeser Salad Fresh Veggies Pears	20 *Deli Sub Lettuce, Tomato, Pickles Chips Oranges & Apples	21
22	23 *Popcorn Chicken Mashed Potatoes/Gravy Corn Applesauce Mandarine Oranges	24 *Pancakes Scrambled Eggs Tri Tators Sausage Fresh Veggies Applesauce	25 *Beef Nachos Lettuce, Tomato, Onion Olives, Sour Cream Corn Fresh Fruit	26 Chicken Alfredo Garlic Bread Caeser Salad Veggies Fruit Salad	27 *Corndog on a Stick Tator Tots Fresh Veggies Bananas and Apples	28
29	30 *Spaghetti *Garlic Toast Caeser Salad Peaches and Pears	01	02	03	04	05

\*indicates GF option available - Note: the tomato soup, gravy, and fried rice are NOT GF