

OCTOBER 2025

ZION LUTHERAN SCHOOL

Milk is offered with every meal

Monday



Tuesday



Wednesday

Thursday

Friday

Due to availability of products menus are

LUNCH IS ON US

Chicken Egg Roll / Savory Rice
Green Beans / Fresh Orange
Sweet & Sour Sauce

Muffins with Mom

7:15am /

PIZZA LUNCH

ZION LIONS SING AT Zion
LutZLChurch This Sunday 10/12/25

Chicken Wrap
Romaine & Tomato Mix
Chuck Wagon Corn
Fresh Apple

Chili w/Fritos/ Cheese
Celery & Cucumbers
Cinnamon Roll
Fresh Bananas
Zion vs. St. A

Chicken Nuggets
Mashed Potatoes & Gravy
Fresh Broccoli
Wheat Roll & Jelly
Fresh Grape

Macaroni & Cheese /Meat Balls
Normandy Vegetable Blend
Diced Pears

ZION LIONS SING AT
PENN TERRACE

Pepperoni Pizza
Tossed Salad w/ Romaine
Fruit Cocktail

Hamburger on a Bun
Dark Green Lettuce / Tomato
Sweet Potato Fries
Baked Beans
Bananas
PTL MEETING 4:30
SOCCER FAMILY FUN NIGHT

Pig in a Blanket/Potato Wedge
Broccoli w/cheese
Fresh apple

Grilled Cheese
Vegetable Soup
Applesauce

Steak Fingers /Mashed Potatoes
Fresh Baby Carrots
WW Roll
Fresh Orange

Taco Salad
Tortilla Scoop Chips /Salsa
Refried Beans
Fresh Grape

CLASS PICTURES
AND RETAKE DAY
Pork Rib on a Hot Dog Bun
Sweet Potato Puff
Garden Spinach Salad
Fresh Banana

Ham & Cheese /on a Bun
Sun Chips
Green pepper strips / baby carrots
Fresh Orange

PBNJ SACK LUNCHES
NEEWOLLAH
WALK DOWNTOWN

NO
SCHOOL

Turkey/Cheese Subs
Dark Green Lettuce/Tomato)
Fritos/Fresh Apple
Mango Wango

Chicken Pattie
Mash Potatoes/Gravy
Green Beans
Fruit Cocktail

Spaghetti w/Meat Sauce
Garden Spinach Salad
Whole Fruit Frozen Fruit Cup

Taco Salad
Tortilla Scoop Chips /Salsa
Refried Beans
Fresh Grape

REFORMATION
& TRUNK OR TREAT
Chicken Egg Roll / Savory Rice
Green Beans
Fresh Orange
Sweet & Sour Sauce