

# SEPTEMBER 2025

## Zion Lutheran School

Please note:  
Due to availability of products  
menus are subject to change.

MILK IS .65 Cents

Monday

Tuesday

Wednesday

Thursday

Friday

1

NO  
SCHOOLS

2

Comdog  
Rosemary Potato  
Fresh Baby Carrots  
Fresh Apple

3

Spaghetti w/Meat Sauce  
Garden Spinach Salad  
WW Garlic Bread (9-12)  
Whole Fruit Frozen Fruit Cup

4

Taco Salad  
Tortilla Scoop Chips /Salsa  
Refried Beans  
Fresh Grape

5

Chicken Egg Roll / Savory Rice  
Green Beans  
Fresh Orange  
Sweet & Sour Sauce (E NO)

8

Chicken Wrap  
Romaine & Tomato Mix  
Chuck Wagon Corn  
Fresh Apple

9

Chili w/Fritos/ Cheese  
Celery & Cucumbers  
Cinnamon Roll  
Fresh Grape

10

Chicken Nuggets  
Mashed Potatoes & Gravy  
Fresh Broccoli  
Bananas

11

K-8  
Parent Teacher Conferences  
  
Little Cubs Learning Center  
Bring Home Lunches

12

K-8  
Parent Teacher Conferences  
  
Little Cubs Learning Center  
Bring Home Lunches

15

Pepperoni Pizza  
Tossed Salad w/ Romaine  
Fruit Cocktail

16

Hamburger on a Bun  
Green Leaf Lettuce & Tomato  
Sweet Potato Fries  
Baked Beans  
Bananas

17

Pig in a blanket  
Potato Wedge  
Broccoli w/cheese  
Fresh apple  
Nachos & Scoop

18

Grilled chicken with bun  
Cheesy Potato  
California Blend  
Kiwi

19

Steak fingers /Mashed Potatoes  
Fresh Baby Carrots  
WW Roll  
Orange

22

Chicken Legs  
Rice Pilaf  
California Blend  
Fresh Apple

23

Pork Rib on a Hot Dog Bun  
Sweet Potato Puff  
Garden Spinach Salad  
Fresh Banana  
Eisenhower Diced Peaches

24

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

25

Grilled Cheese  
Vegetable Soup  
Applesauce

26

Taco Salad  
Tortilla Scoop Chips /Salsa  
Refried Beans  
Fresh Grape

29

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

30

Chicken Pattie  
Mash Potatoes/Gravy  
Green Beans/WW Bun (6-12)  
Fresh Oranges

Milk is offered with every meal  
Juice & fruit is offered with breakfast  
This institution is an equal opportunity provider