



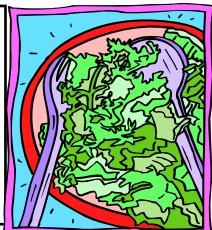
FEBRUARY 2010

MONDAY

PICK OF THE MONTH -



ZION LUTHERAN SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> #1 Corndog #2 Turkey & Cheese Sandwich	2 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> #1 Italian Spaghetti w/Marinara Sauce & French Bread #2 Chicken Nuggets	3 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> BRUNCH LUNCH #1 Pancake w/Marion Berries #2 Sausage & Cheese Pizza	4 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> #1 Ham & Cheese Sandwich #2 *Fiesta Nacho Salad w/Spanish Rice	5 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> HOT DOG BAR  *Baked Beans
8 <i>A trip through the Salad Bar & an Entrée of your choice!</i> #1 Hamburger #2 "Catch of the Day" Fish & Chips	9 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> #1 Cheese Quesadilla #2 Oriental Rice Bowl *Plain or w/Sweet & Sour Chicken	10 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> #1 Pizza (Pepperoni, Cheese, Veggie) #2 Turkey & Cheese Sandwich	11 No School 	12 No School 
15 No School 	16 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> #1 *Homemade Cheesy Macaroni #2 *Bean & Cheese Burrito	17 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> #1 Shredded BBQ Chicken Sandwich #2 French Bread Pizza (Meat or *Cheese)	18 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> #1 Golden Brown Wiener Wrap #2 *Cheesy Zombie #3 Fajita w/Brown Rice	19 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> FIESTA NACHO BAR OR PB&J
22 <i>A trip through the Salad Bar & an Entrée of your choice!</i> #1 Hot Dog #2 Turkey & Cheese Sandwich	23 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> #1 Cheesy Pasta w/Meat Sauce #2 Pizza (Pepperoni, Cheese, Veggie)	24 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> #1 Corndog #2 *Fried Rice w/Egg Roll & Fortune Cookie	25 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> #1 Tex Mex Taco #2 **"Build Your Own" Baked Potato 	26 <i>A trip through the Salad Bar & an Entrée of your Choice!</i> ULTIMATE BURGER BASKET w/Tomato & Lettuce 
	DAILY SPECIAL PB&J Sandwich on Whole Wheat with Low-Fat Jelly Breakfast - Whole Grain Cereals	LOCHMEAD Low Fat Milk Served With Every Meal  Kale will be offered every day on our salad bars	Salad Bar with Fresh Salad Greens, Kale, Fruits, Veggies, & More 	Our Rolls, Pizza Crusts, Cereals, Sandwich, Buns & French Breads are all made from <u>Whole Wheat</u>

~~ Menu Subject to Change ~~

Zion Lutheran is an equal opportunity provider.

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