

DECEMBER 2022

Zion Lutheran School

LUNCH



School Information: Zion Lutheran School
There are 14 lunch days in December.
\$3.50 x 14 = \$49.00 Milk Only: \$.50



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY



TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

Creamy Chicken Rice **5**
 Green Beans
 Apple Sauce
 Dinner Roll

Cheese Pizza **6**
 Salad & Ranch
 Pineapple
 Homemade Brownie

Ham & Cheese Sandwich **7**
 Assorted Chips
 Strawberry
 Fruit Gummies

Peanut Butter & Jelly **1**
 Homemade Mac & Cheese
 Orange
 Celery Sticks & Ranch

French Toast **2**
 Sausage Links
 Tater Tots
 Peach

Chicken Enchiladas **12**
 Chips & Salsa
 Corn

Hot Dog **13**
 Potato Salad
 Pineapple
 Pretzels

Chicken Alfredo Pasta **14**
 Garlic Bread Stick
 Fruit Cocktail

Chicken Nuggets **8**
 Baked Beans
 Peach
 Hawaiian Rolls

Hamburger **9**
 French Fries
 Pear
 Rice Krispy Treat

Homemade Salisbury Steak **19**
 Mashed Potato
 Green Beans
 Orange

Reindeer Sloppy Joe **20**
 Hashbrown Casserole
 Grinch Fruit Kabob
 Santa Jell-O
 Snowman String Cheese

NO SCHOOL 21

Bosco Cheese Stick **15**
 Homemade Mac & Cheese
 Green Peas
 Yogurt

Chicken Sandwich **16**
 Tater Tots
 Carrots
 Peanut Butter Blossom

NO SCHOOL 22

NO SCHOOL 23

NO SCHOOL 26

NO SCHOOL 27

NO SCHOOL 28

NO SCHOOL 29

NO SCHOOL 30

NO SCHOOL 31