

# OCTOBER 2024

# Zion Lutheran School

## LUNCH



Hot lunch \$3.75 daily (includes milk)  
Milk only: .50



**October is National Apple Month.** Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Bosco Cheese Stick  
Mac & Cheese  
Green Beans  
Mandarin Oranges

1

Soft Taco  
Corn  
Nacho Chips  
Apple Sauce

2

Chicken Nuggets  
Tater Tots  
Peaches  
String Cheese

3

Sloppy Joe  
Mashed Potatoes  
Dinner Roll  
Yogurt

4

Corn Dog  
Mac & Cheese  
Apple Sauce  
Yogurt

7

Lasagna Roll Up  
Garlic Breadstick  
Green Beans  
Peaches

8

Hamburger Casserole  
Mashed Potatoes  
Dinner Roll  
Apple Sauce

9

Chicken Sandwich  
Tater Tots  
Baked Beans  
Mandarin Oranges

10

Creamy Chicken Rice  
Hawaiian Roll  
Green Beans  
Strawberries

11

FALL BREAK

14

FALL BREAK

15

FALL BREAK

16

FALL BREAK

17

FALL BREAK

18

Cheese Pizza  
Garden Salad  
Strawberries  
Garlic Breadstick

21

Pizza Quesadilla  
Nacho Chips  
Corn  
Mandarin Orange

22

Meatballs  
Garlic Bread  
Yogurt  
String Cheese

23

Chicken Noodle Soup  
Mashed Potatoes  
Hawaiian Roll  
Apple Sauce

24

French Toast Sticks  
Breakfast Sausage  
String Cheese  
Strawberries

25

Beef Noodle Casserole  
Dinner Roll  
Green Beans  
Pineapples

28

Chicken Nuggets  
Tater Tots  
Baked Beans  
Apple Sauce

29

Bosco Cheese Stick  
Mac & Cheese  
Green Beans  
Peaches

30

Ham & Cheese Sandwich  
Chips  
Fruit  
Twinkie

31

