



# JANUARY | 2018

## Zion Christian School

Student Lunch - \$2.65 or Reduced Price \$.40, Milk Only (for all students) - \$.50, Adult Lunch - \$3.40, Extra Main Item w/ Lunch purchase - \$1.65

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> New Year's Day No School 	<b>2</b> No School 	<b>3</b> <b>Yogurt Lunch</b> Yoplait yogurt cup String cheese Cheese-It crackers Chocolate Muffin Baby Carrots & Apple slices and caramel dip	<b>4</b> Cheesy Bread Sticks with Marinara Sauce for dipping Potato Smiles Sliced Pears (or other fresh/canned fruit)	<b>5</b> <b>Pizza Day</b> 
<b>8</b> Corn Dog-on-a-Stick Freshly-made Cole Slaw Potato Wedge Fries Applesauce (or other fresh/canned fruit)	<b>9</b> Cinnamon French Toast Turkey Sausage Baked Tater Tots Mandarin Oranges (or other fresh/canned fruit)	<b>10</b> Boneless Chicken Wing Nuggets with Bbq Sauce Cup Or Honey Cup for Dipping Mashed Potatoes & Chicken Gravy Keebler Grips Sliced Peaches (or other fresh/canned fruit)	<b>11</b> Nacho Supreme With Beef Taco Meat Cheddar Cheese Sauce Cup Tostitos® Tortilla Chips Shredded Lettuce Roma Tomato Refried Beans Golden Corn Sliced Pears	<b>12</b> <b>Pizza Day</b> 
<b>15</b> Popcorn Chicken With Sweet and Sour Sauce Or BBQ Sauce Cup for dipping Asian Brown Rice Steamed Broccoli Applesauce (or other fresh/canned fruit)	<b>16</b> EGGO® Mini French Toast with Chocolate Chips With Pancake Syrup Turkey Sausage TriTator Mandarin Oranges (or other fresh/canned fruit)	<b>17</b> Baked Chicken Drumstick With Cornbread Mashed Potatoes And Chicken Gravy Sliced Peaches (or other fresh/canned fruit)	<b>18</b> <b>Yogurt Lunch</b> Yoplait yogurt cup String cheese Cheese-It crackers Chocolate Muffin Baby Carrots & Apple slices and Caramel dip	<b>19</b> ½ Day of School – No Lunch Served
<b>22</b> No School Records Day 	<b>23</b> EGGO® Mini Maple Pancakes with Pancake Syrup TriTator Turkey Sausage Applesauce (or other fresh/canned fruit)	<b>24</b> Crispy Chicken Tenders With BBQ Sauce Cup Or Honey Cup for Dipping Mashed Potatoes and Chicken Gravy Double Chocolate Muffin Sliced Peaches (or other fresh/canned fruit)	<b>25</b> Walking Taco-- Beef Taco Meat Shredded Cheddar Cheese Nacho Doritos® Shredded Lettuce Roma Tomato Refried Beans Golden Corn/Sliced pears	<b>26</b> <b>Pizza Day</b> 
<b>29</b> Bosco Stuffed Cheese Breadstick with Marinara Potato Smiles Applesauce (or other fresh/canned fruit)	<b>30</b> Colby Cheese Omelet Cinnamon Toast Crunch Cereal Hot Fudge WG Pop Tart Cheddar Cheese Spudz Mandarin Oranges (or other fresh/canned fruit)	<b>31</b> Boneless Chicken Wing Nuggets with BBQ Sauce Cup or Honey Cup for dipping Mashed Potatoes and Chicken Gravy Honey Wheat Dinner Roll Sliced Peaches	<b>February 1</b> Mini Corn Dogs Baked Tater Tots Sliced Peaches (or other fresh/canned fruit)	<b>February 2</b> <b>Pizza Day</b> 

### News

### A Fresh Veggie and Fruit Bar is Offered Every Day!

Romaine lettuce, cherry tomatoes, baby carrots, sliced cucumbers and Lo-Fat Ranch Dressing are offered each day along with fresh and canned fruit on a self-service station. At least one serving of fruit which is equal to ½ cup, 100% fruit juice or veggie must be taken with the lunch as per National School Lunch Regulations but students are welcome to take as many fresh salad items as they can eat!

A choice of  
1% White Milk or  
Chocolate Milk is  
included with every  
lunch.

USDA is an equal opportunity  
provider and employer.

