

Zion SEDOL Lunch

November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sun-butter & Jelly Sandwich Green Peas Baby Carrots Orange Juice & Raisins 1% White or Chocolate Milk
4	5	6	7	8
Cheese Sticks Tortilla Chips Zesty Salsa Baby Carrots Apple Juice & Orange 1% White or Chocolate Milk	Buffalo Chicken Wrap Southwestern Black Beans Cucumber Coins Crispy Apple & Diced Pear 1% White or Chocolate Milk	Pasta Salad Goldfish Crackers Fresh Broccoli Buds Baby Carrots Fruit Punch & Orange 1% White or Chocolate Milk	Sun-butter & Jelly Sandwich Bell Peppers Strips Baby Carrots Orange Juice & Crispy Apple 1% White or Chocolate Milk	Ham & Cheese Sub Coleslaw Baby Carrots Apple Juice & Diced Peaches 1% White or Chocolate Milk
11	12	13	14	15
Turkey & Cheese Wrap Coleslaw Baby Carrots Crispy Apple & Diced Pear 1% White or Chocolate Milk	Fresh Chicken Salad w/Pita Bread Golden Corn Radishes Fruit Punch & Orange 1% White or Chocolate Milk	No Lunch Early Dismissal	Spicy Chicken Salad w/Jumbo Goldfish Chill Edamame Cucumber Coins Grape Juice & Crispy Apple 1% White or Chocolate Milk	*Soft Submarine Sandwich Celery Sticks Baby Carrots Apple Juice & Orange 1% White or Chocolate Milk
18	19	20	21	22 Thanksgiving Meal
Buffalo Chicken Wrap Southwestern Black Beans Cucumber Coins Apple Juice & Diced Pear 1% White or Chocolate Milk	Chopped Chicken Salad Zucchini Bread Celery Sticks Crispy Apple & Orange 1% White or Chocolate Milk	*Italian Wrap Garbanzo Bean Salad Baby Carrots Apple Juice & Diced Peaches 1% White or Chocolate Milk	Crispy Chicken Salad w/Jumbo Goldfish Fresh Broccoli Buds Cucumber Coins Applesauce & Mixed Fruit 1% White or Chocolate Milk	Turkey & Cranberry Sauce Sandwich Brown Sugar & Cinnamon Sweet Potato Celery Sticks Crispy Apple & Mixed Fruit 1% White or Chocolate Milk
25	26	27	28	29
Cheese Sticks Tortilla Chips Zesty Salsa Baby Carrots Apple Juice & Orange 1% White or Chocolate Milk	Strawberry Yogurt Flavor Muffin Cheese Stick Broccoli Buds Baby Carrots Orange Juice & Raisins 1% White or Chocolate Milk	No School	Thanksgiving Day No School	No School

Lunch
(Milk is Included with Lunch)
(A Variety of milk is offered Daily)

Questions about the menu?
Itzel Garcia
IGarcia@zion6.org
For more information or to "Ask the Dietitian", check out our website!



(*) Contains Pork
(**) Served With a Roll
Menu changes are occasionally necessary. Notice will be given when possible.
This institution is an equal opportunity employer.