



Zion SEDOL Breakfast

February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cereal Bowl Cinnamon Toast Crunch Bear Graham Raisins 100% Orange Juice	Fruity Yogurt Graham Crackers Fresh Orange 100% Apple Juice 1 % White or Skim Milk	Breakfast Super Donut Applesauce Cup 100% Fruit Punch Juice 1 % White or Skim Milk	Cheese Stick Apple Bear Grahams Crispy Apple 100% Grape Juice 1 % White or Skim Milk	Banana Bread Banana 100% Apple Juice 1 % White or Skim Milk
10	11	12 Only Breakfast	13	14
Honey Bun Crispy Apple 100% Orange Juice 1 % White or Skim Milk	Powered Mini Donuts Raisins 100% Apple Juice 1 % White or Skim Milk	Cereal Bowl Cocoa Puffs Bear Graham Applesauce Cup 100% Fruit Punch Juice 1 % White or Skim Milk	Strawberry Oatmeal Bar Fresh Pear 100% Grape Juice 1 % White or Skim Milk	Apple Frudel Fresh Orange 100% Apple Juice 1 % White or Skim Milk
17	18	19	20	21
No School Presidents' Day	Cereal Bowl Trix Bear Graham Raisins 100% Orange Juice	Cinnamon Toast Crunch Cereal Bar Graham Bear Fresh Pear 100% Fruit Punch Juice 1 % White or Skim Milk	Chocolate Oatmeal Bar Crispy Apple 100% Apple Juice 1 % White or Skim Milk	Pop Tart & Graham Bears Banana 100% Grape Juice 1 % White or Skim Milk
24	25	26	27	28
Banana Muffin Bear Graham Crispy Apple 100% Orange Juice 1 % White or Skim Milk	Cinnamon Bun Fresh Orange 100% Apple Juice 1 % White or Skim Milk	Cereal Bowl Cocoa Puffs Bear Graham Applesauce Cup 100% Fruit Punch Juice 1 % White or Skim Milk	Strawberry Pop-Tart Goldfish Graham Raisins 100% Apple Juice 1 % White or Skim Milk	Mini Maple Pancakes Fresh Fruit 100% Grape Juice 1 % White or Skim Milk

Breakfast (Milk included with meal)	Milk \$0.40
--	----------------

Questions about the menu?
Itzel Garcia
IGarcia@zion6.org
847-379-0236

For more information or to "Ask the Dietitian", check out our website!




Comprehensive nutrition & allergy guides are available in the Foodservice Office.

(*) Contains Pork
Menu changes are occasionally necessary. Notice will be given when possible.

Zion SEDOL Lunch

February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Strawberry Yogurt Flavored Muffin Cheese Stick Cucumber Coins Baby Carrots Apple Juice & Orange 1% White or Skim Milk	Chopped Chicken Garden Salad Zucchini Bread Celery Sticks Crispy Apple & Diced Pear 1% White or Skim Milk	*Italian Wrap Garbanzo Bean Salad Baby Carrots Apple Juice & Diced Peaches 1% White or Skim Milk	Crispy Chicken Salad w/Jumbo Goldfish Fresh Broccoli Buds Cucumber Coins Applesauce & Mixed Fruit 1% White or Skim Milk	Sun-butter & Jelly Sandwich Green Peas Baby Carrots Orange Juice & Crispy Apple 1% White or Skim Milk
10	11	12	13	14
Cheese Sticks Tortilla Chips Zesty Salsa Baby Carrots Apple Juice & Orange 1% White or Skim Milk	Pasta Salad Goldfish Crackers Fresh Broccoli Buds Baby Carrots Fruit Punch & Orange 1% White or Skim Milk	No Lunch Early Release	Turkey & Cheese Sandwich Cucumber Coins Celery Sticks Crispy Apple & Mixed Fruit 1% White or Skim Milk	Ham & Cheese Sub Coleslaw Baby Carrots Apple Juice & Diced Peaches 1% White or Skim Milk
17	18	19	20	21
No School Presidents' Day	Turkey & Cheese Wrap Coleslaw Baby Carrots Crispy Apple & Diced Pear 1% White or Skim Milk	Fresh Chicken Salad w/Pita Bread Golden Corn Celery Sticks Fruit Punch & Orange 1% White or Skim Milk	All-American Deli Sandwich Fresh Broccoli Buds Baby Carrots Applesauce & Mixed Fruit 1% White or Skim Milk	Spicy Chicken Salad w/Jumbo Goldfish Chill Edamame Cucumber Coins Grape Juice & Crispy Apple 1% White or Skim Milk
24	25	26	27	28
Strawberry Yogurt Flavored Muffin Cheese Stick Cucumber Coins Baby Carrots Apple Juice & Orange 1% White or Skim Milk	Chopped Chicken Garden Salad Zucchini Bread Celery Sticks Crispy Apple & Diced Pear 1% White or Skim Milk	*Italian Wrap Garbanzo Bean Salad Baby Carrots Apple Juice & Diced Peaches 1% White or Skim Milk	Crispy Chicken Salad w/Jumbo Goldfish Fresh Broccoli Buds Cucumber Coins Applesauce & Mixed Fruit 1% White or Skim Milk	Sun-butter & Jelly Sandwich Green Peas Baby Carrots Orange Juice & Crispy Apple 1% White or Skim Milk

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

Questions about the menu?
Itzel Garcia
IGarcia@zion6.org
847-379-0236

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.