

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.