



Zion SEDOL Breakfast

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Labor Day No School	Powered Mini Donuts Fresh Pear 100% Apple Juice 1 % White or Skim Milk	Cereal Bowl Cocoa Puffs Bear Graham Fresh Apple 100% Fruit Punch Juice 1 % White or Skim Milk	Strawberry Oatmeal Bar Raisins 100% Grape Juice 1 % White or Skim Milk	Apple Frudel Fresh Orange 100% Apple Juice 1 % White or Skim Milk
9	10	11	12	13
Cereal Bowl Trix Bear Graham Fresh Apple 100% Orange Juice 1 % White or Skim Milk	Banana Bread Fresh Orange 100% Apple Juice 1 % White or Skim Milk	Cinnamon Toast Crunch Cereal Bar Graham Bear Fresh Pear 100% Fruit Punch Juice 1 % White or Skim Milk	Chocolate Oatmeal Bar Raisins 100% Grape Juice 1 % White or Skim Milk	Mini Blueberry Waffles Banana 100% Grape Juice 1 % White or Skim Milk
16	17	18	19	20
Banana Muffin Bear Graham Fresh Apple 100% Orange Juice 1 % White or Skim Milk	Cinnamon Bun Fresh Orange 100% Apple Juice 1 % White or Skim Milk	Institute Day No School	Strawberry Pop-Tart Goldfish Graham Raisins 100% Apple Juice 1 % White or Skim Milk	Waffles Banana 100% Grape Juice 1 % White or Skim Milk
23	24	25	26	27
Cinnamon Toast Crunch Cereal Bar Graham Bear Fresh Pear 100% Apple Juice 1 % White or Skim Milk	Cereal Bowl Trix Bear Graham Fresh Orange 100% Apple Juice 1 % White or Skim Milk Juice	Mini Chocolate Chip French Toast Raisins 100% Fruit Punch Juice 1 % White or Skim Milk	Apple Oatmeal Bar Banana 100% Grape Juice 1 % White or Skim Milk	Powered Mini Donuts Fresh Pear 100% Apple Juice 1 % White or Skim Milk
30				
Cereal Bowl Cinnamon Toast Crunch Bear Graham Fresh Pear 100% Orange Juice 1 % White or Skim Milk				

Breakfast (Milk included with meal)	Milk \$0.40
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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

September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Labor Day No School	Buffalo Chicken Wrap Southwestern Black Beans Cucumber Coins Crispy Apple & Diced Pear 1% White or Skim Milk	Pasta Salad Goldfish Crackers Fresh Broccoli Buds Baby Carrots Fruit Punch & Orange 1% White or Skim Milk	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
9	10	11	12	13
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 Chilled Edamame Cucumber Coins Grape Juice & Crispy Apple 1% White or Skim Milk	*Soft Submarine Sandwich Celery Sticks Baby Carrots Apple Juice & Orange 1% White or Skim Milk
16	17	18	19	20
Strawberry Yogurt Flavor 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	Institute Day No School	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
23	24	25	26	27
Cheese Sticks Tortilla Chips Zesty Salsa Baby Carrots Apple Juice & Orange 1% White or Skim Milk	Buffalo Chicken Wrap Southwestern Black Beans Cucumber Coins Crispy Apple & Diced Pear 1% White or Skim Milk	Pasta Salad Goldfish Crackers Fresh Broccoli Buds Baby Carrots Fruit Punch & Orange 1% White or Skim Milk	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
30				
Turkey & Cheese Wrap Coleslaw Baby Carrots Crispy Apple & Diced Pear 1% White or Skim Milk				

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

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




(*) Contains Pork
(**) Served With a Roll
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necessary. Notice will be given when
possible.

This institution is an equal opportunity
employer.