



SEDOL Zion Breakfast

August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15	16
		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 Banana 100% Grape Juice 1 % White or Skim Milk
19	20	21	22	23
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	Cereal Bowl Cocoa Puffs Bear Graham Applesauce Cup 1 % White or Skim Milk	Strawberry Pop-Tart Goldfish Graham Raisins 100% Apple Juice 1 % White or Skim Milk	Mini Maple Pancakes Banana 100% Grape Juice 1 % White or Skim Milk
26	27	28	29	30
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	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

Breakfast
(Milk included with meal)

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

August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15	16
		Cheese Sticks Tortilla Chips Zesty Salsa Baby Carrots Apple Juice & 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
19	20	21	22	23
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
26	27	28	29	30
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	*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)

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(**) Served With a Roll
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This institution is an equal opportunity employer.