



Daughter of Zion Junior Academy
BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Oatmeal, Raisin Bread, Fruit Cup, Milk	Eggs, Hash Brown, Fruit Cup, Milk	Cereal, Sausage Links, Fruit Cup, Milk
Cereal, Vegetarian Sausage Links Fruit Cup, Milk	Waffle Sticks, Sausage Links, Fruit Cup, Milk	Oat Meal, Raisin Bread, Fruit Cup, Milk	Eggs, Hash Brown, Fruit Cup, Milk	Honey Nut Cereal, Sausage Links, Fruit Cup, Milk
Cereal, Milk, Vegetarian Sausage, Fruit, Juice	Hashbrowns, Eggs, Fruit Cup, Juice, Milk	Pancakes Vegetarian Sausage, Fruit, Juice, Milk	Oatmeal, Raisin Bread, Fruit, Juice, Milk	Cereal, Milk, Vegetarian Sausage, Fruit, Juice
Honey Nut or Cinnamon Toast Cereal, Vegetarian Sausage Links, Fruit Cup, Milk	Pancakes Vegetarian Sausage Links, Fruit, Juice, Milk	Oatmeal, Raisin Bread, Fruit Cup, Milk	Hashbrowns, Eggs, Fruit Cup, Milk	Cinnamon Toast Cereal, Sausage Links, Fruit Cup, Milk
Cereal, Milk, Fruit Cup	Waffle Sticks, Sausage Links, Fruit Cup, Milk	Oat Meal, Sausage Links, Raisin Bread, Fruit Cup, Milk	Hashbrowns, Eggs, Fruit Cup, Milk	Cereal, Milk, Fruit Cup

Menu subject to change according to available...



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LUNCH MENU 2022-2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Spaghetti, Corn, Garlic Bread, Fruit Cup, Milk	Cheese Burgers w/ Lettuce & Tomatoes, Fries, Fruit cup, Chocolate Milk	Pizza, Salad, Fruit Cup, Milk
Black Beans & Rice, Salad, Rolls, Fruit Cup, Milk,	Macaroni & Cheese, Green Beans, Fruit Cup, Chocolate Milk	Sloppy Joe, Corn, Fruit cup, Milk	Vegetarian Chicken Nuggets, Corn, Salad, Fruit Cup, Milk	Pizza, Salad, Fruit Cup, Milk
Vegetarian Chicken Nuggets, Corn, Cucumber Tomato Salad, Fruit Cup, Milk	Taco Salad, Sun Chips, Corn, Peaches, Milk	Macaroni & Cheese, Green Beans, Fruit Cup, Chocolate Milk	Sloppy Joe, Corn, Fruit cup, Milk	Pizza, Salad, Fruit Cup, Milk
Macaroni & Cheese, Green Beans, Fruit Cup, Chocolate Milk	Black Beans & Rice, Salad, Rolls, Fruit Cup, Milk,	Vegetarian Cheese Steak Sub, Corn, Milk	Vegetarian Pepper Steak, Mixed Vegetables, Fruit Cup, Milk	Pizza, Salad, Fruit Cup, Milk
Taco Salad, Sun Chips, Corn, Fruit Cup, Milk	Spaghetti, Corn, Garlic Bread, Fruit Cup, Milk	Vegetarian Chicken Nuggets, Corn, Salad, Fruit Cup, Milk	Cheese Burgers w/ Lettuce & Tomatoes, Fries, Fruit cup, Chocolate Milk	Pizza, Salad, Fruit Cup, Milk

Menu subject to change according to available...