

# October 2025

## Zion Temple Christian Academy Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know?

The main reason for the color change of the leaves is not autumn's chilly weather, but lack of light. The green color of leaves disappears when photosynthesis (from sunlight) slows down, and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

6  
Chicken Pasta Alfredo,  
Broccoli & Fruit

7  
Beef Soft Taco, Black  
Beans & Fruit

8  
Beef Cheeseburger, WG  
Bun, Diced Potatoes &  
Fruit

9  
Loaded Chicken Baked  
Potato, WG Roll & Fruit

10  
CLOSED

13  
Breaded Chicken, WG  
Bun, Green Beans & Fruit

14  
Spaghetti w/Beef  
Meatsauce, Carrots &  
Fruit

15  
Beef Swedish Meatballs,  
Buttered Noodles,  
Sweet Peas & Fruit

16  
Chicken Nuggets, Baked  
Beans, WG Roll & Fruit

17  
CLOSED

20  
Beef Sloppy Joe, WG  
Bun, Baked Beans &  
Fruit

21  
WG French Toast, Turkey  
Sausage, Potatoes &  
Fruit

22  
BBQ Chicken, WG Bun,  
Glazed Carrots & Fruit

23  
Grilled Chicken, Rice Pilaf,  
Mixed Vegetables & Fruit

24  
Pizza, Romaine Salad &  
Fruit

27  
Baked Ziti Pepperoni  
Pasta, Carrots & Fruit

28  
Teriyaki Chicken,  
Rice, Broccoli & Fruit

29  
Chicken & Noodles, Mixed  
Vegetables & Fruit

30  
Chicken Soft Taco, Black  
Beans & Fruit

31  
3 Way Chili, Sweet Corn  
& Fruit

1  
Beef Chili Mac, Red  
Beans & Fruit

2  
Baked Ziti Pasta,  
Romaine Salad & Fruit

3  
FIELD TRIP

### Lunch Menu Consist of the Following:

- 2 oz eq Meat/Meat Alternative (m/ma)
- 1 c Vegetable
- 1 c Fruit
- 2 oz eq. – whole grain
- 1 c Fluid Milk (1% or skim)
- WG – whole grain

No Pork or Peanut Products  
Served

All Meals Served with  
Nonfat Chocolate or 1%  
White Milk

Menu Items Subject to  
Change

"This institution is an equal  
opportunity provider."