

# August 2025

## Zion Temple Christian Academy Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know?

The full moon in August is called the Sturgeon Moon, named for the sturgeon fish that were abundant in the Great Lakes at this time.

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Chicken & Noodles,  
Mixed Vegetables &  
Fruit

Swedish Beef  
Meatballs, Buttered  
Noodles, Green Beans  
& Fruit

Chicken Soft Taco,  
Black Beans & Fruit

Spaghetti Pepperoni  
Bake, Carrots & Fruit

Beef Sloppy Joe, WG  
Bun, Potatoes & Fruit

Spaghetti w/Beef  
Meatsauce, Carrots &  
Fruit

Breaded Chicken, WG  
Bun, Sweet Peas &  
Fruit

Beef Chili Mac, Red  
Beans & Fruit

Chicken Pasta Alfredo,  
Broccoli & Fruit

### Lunch Menu Consist of the Following:

- 2 oz eq Meat/Meat Alternative (m/ma)
- $\frac{3}{4}$  c Vegetable
- $\frac{1}{2}$  c Fruit
- 1 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."