



Zionsville Middle School and West Middle School Menu Second Semester 2018-2019

Students may take 3-5 components to make a meal
Components are: Protein, Grain, 1-2 Vegetables, Fruit and
Milk

All meals must include at least 1 Fruit or Vegetable

Breakfast Served Daily: **ZWMS 8:30 – 8:45**
 ZMS 8:25 – 8:40

After School Snack Available Mon – Thurs 3:45 – 4:00

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right; margin-bottom: 0;">8</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • French Bread Pizza^{MSW} • Meatball Sub^{MSW} • PB&J Sandwich^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Green Beans^M • Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Peaches • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right; margin-bottom: 0;">9</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • BBQ Chicken Sandwich^W • Fish and chips^{ME#FW} w/Whole Grain Dinner Roll^W • PB&J Sandwich^{PW} • Ham and Cheese Sub Sandwich^{MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Waffle Fries^W • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pineapple • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right; margin-bottom: 0;">10</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • General Tso's Chicken^{MSW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Turkey and Cheese Sub Sandwich^{MW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Broccoli^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pears • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right; margin-bottom: 0;">11</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Tenders^{SW} w/Whole Grain Dinner Roll^W • Grilled Cheese • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Ham and Cheese Sub Sandwich^{MW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Corn^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Applesauce • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right; margin-bottom: 0;">12</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Walking TacosSM • Cheese Quesadilla^{MSW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Asst. Sub Sandwich^{MW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Refried Beans • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Mandarin Oranges • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M
<p style="text-align: right; margin-bottom: 0;">15</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • 4X6 Pizza^{MW} • Hawaiian Pizza^{MW} • Boneless Buffalo Wings^{SW} w/Whole Grain Soft Pretzel Stick^W • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • California Blend^M w/Cheese Sauce • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Peaches • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right; margin-bottom: 0;">16</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Breaded Chicken Sandwich^{SW} • Spicy Chicken Sandwich^{SW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Corn^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Mandarin Oranges • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right; margin-bottom: 0;">17</p> <div style="text-align: center; margin-bottom: 10px;"> </div> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Sliced Roast Turkey^{SW} w/Whole Grain Dinner Roll^W • Z'Rib^{*MSW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Mashed Potatoes^{MS} w/Gravy^{WM} • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pears • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right; margin-bottom: 0;">18</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Rotini in Meat Sauce^{EW} w/ Whole Grain NY Garlic Bread^{MSW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Green Beans w/Ham^{*M} • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Applesauce • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p style="text-align: right; margin-bottom: 0;">19</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Nuggets^{SW} w/Whole Grain Breadstick^W • Corn Dog^{MESW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Baked Beans • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pineapple • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M

<p>22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Deep Dish Pizza^{*MW} • Hot Dog w/Coney Sauce^W • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Peas^M • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Peaches • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>23</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>19/20 SY Menu Testing Try it and let us know if it should go on the menu</p> </div> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Tenderloin Sandwich^{SW} • Fish Tacos^{MEFSW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} • Chef Salad^{*MEW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • BBQ Baked Beans • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Blueberries • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>24</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks • Baked Fried Chicken^{EW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} • Chef Salad^{*MEW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Mashed Potatoes^{MS} w/Gravy^W • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Strawberry Cups • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>25</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Whole Grain French Toast^{MESW} w/Sausage Patty[*] • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} • Chef Salad^{*MEW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Tri-Taters • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Applesauce • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>26</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheeseburger^{MW} • Hamburger^W • Corn Dog Nuggets^{ESW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Chef Salad^{*MEW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Roasted Sweet and Russet Potatoes^W • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pineapple • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M
<p>29</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • French Bread Pizza^{MSW} • Meatball Sub^{MSW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Green Beans^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Peaches • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>30</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • BBQ Chicken Sandwich^W • Fish and chips^{ME#FW} w/Whole Grain Dinner Roll^W • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Ham and Cheese Sub Sandwich^{*MW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Waffle Fries^W • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pineapple • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>1</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • General Tso's Chicken^{MSW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Turkey and Cheese Sub Sandwich^{MW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Broccoli^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Pears • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>2</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Tenders^{SW} w/Whole Grain Dinner Roll^W • Grilled Cheese • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Ham and Cheese Sub Sandwich^{*MW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Corn^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Applesauce • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>3</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Walking TacosSM • Cheese Quesadilla^{MSW} • PB&J Sandwich^{PW} • Bagel/Yogurt^{MPW} • Asst. Sub Sandwich^{MW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Refried Beans • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Mandarin Oranges • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M

If you ever have questions, concerns or comments please do not hesitate to contact your cafeteria manager.

Zionsville West Middle School	Amy Johnson	317.873.1240	x10974
Zionsville Middle School	Kristin Sauer	317.873.2426	x13974

Vegetable News

Attn: Students

Fresh vegetables are always available for sale during lunch.

Hot Vegetables are available with purchase of a meal only.

2-01-19

Pricing

Milk	\$0.60
Student Lunch	\$2.70
A la Carte Entrée	\$2.00

Snacks and beverages are available for purchase at an additional charge. Please see the website for pricing.

Legend:

W – Contains Wheat	SF – Contains Shellfish
S – Contains Soy	T – Contains Tree Nuts
M – Contains Milk/Dairy	P – Contains Peanuts
E – Contains Eggs	F – Contains Fish
* Contains Pork	
GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten)	

To pay online or to set up low balance reminders visit the ZCS Lunch Menu web page and click on the SchoolPay folder!
Visit the ZCS Lunch Menu web page and click on meal assistance where you will find information and an application.