



Zionsville 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

Breakfast Served Daily: ZMS 8:25 - 8:40

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

All meals must include at least 1 Fruit or Vegetable

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • 4X6 Pizza^{MW} • Boneless Buffalo Wings^{SW} w/Whole Grain Soft Pretzel Stick^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • California Blend^M w/Cheese Sauce • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Peaches • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Breaded Chicken Sandwich^{SW} • Spicy Chicken Sandwich^{SW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Steamed Corn^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Mandarin Oranges • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • 100% Fruit Juice • Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Country Baked Steak^{SW} w/Whole Grain Dinner Roll^W • Z'Rib^{*MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Mashed Potatoes^{MS} • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Pears • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Rotini in Meat Sauce^{EW} w/ Whole Grain NY Garlic Bread^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Green Beans w/Ham^{*M} • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Applesauce • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Chicken Nuggets^{SW} w/Whole Grain Breadstick^W • Corn Dog^{MESW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Baked Beans • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Pineapple • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M
11	12	13	14	15
Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Deep Dish Pizza^{*MW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Steamed Peas^M • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 Fruit: <ul style="list-style-type: none"> • Peaches • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Tenderloin Sandwich^{SW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Chef Salad^{*MEW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • BBQ Baked Beans • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 Fruit: <ul style="list-style-type: none"> • Blueberries • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • 100% Fruit Juice • Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Chef Salad^{*MEW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Steamed Broccoli^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Strawberry Cups • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Whole Grain Pancakes^{MESW} OR French Toast^{MESW} w/Sausage Patty* • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Chef Salad^{*MEW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Tri-Taters • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Applesauce • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M 	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Cheeseburger^{MW} • Hamburger^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Chef Salad^{*MEW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Roasted Sweet and Russet Potatoes^W • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Pineapple • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M
				~Presidents Cookie with Meal~

<p>18</p> 	<p>19</p> 	<p>20</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • General Tso's Chicken^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Chef Salad^{*MEW} • Protein Pack^{ME GF} • Turkey and Cheese Sub Sandwich^{MW} <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>21</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 Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Chef Salad^{*MEW} • Protein Pack^{ME GF} • Ham and Cheese Sub Sandwich^{*MW} <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>22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Walking TacosSM • Cheese Quesadilla^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Chef Salad^{*MEW} • Protein Pack^{ME GF} • Asst. Sub Sandwich^{MW} <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"> • Pineapple • 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"> • 4X6 Pizza^{MW} • Boneless Buffalo Wings^{SW} w/Whole Grain Soft Pretzel Stick^W • PB&J Uncrustable^{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>26</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Breaded Chicken Sandwich^{SW} • Spicy Chicken Sandwich^{SW} • PB&J Uncrustable^{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>27</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Country Baked Steak^{SW} w/Whole Grain Dinner Roll^W • Z'Rib^{*MSW} • PB&J Uncrustable^{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"> • Mashed Potatoes^{MS} • 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>28</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 Uncrustable^{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>1</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 Uncrustable^{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

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

Zionsville Middle School

Kristin Sauer

317.873.2426 x13974

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)	

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

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.