



Zionsville High School Campus Menu

First Semester 2018-2019

Students may take 3-5 components to make a meal
 Components are: Protein, Grain, 1-2 Vegetables, 1-2 Fruits and Milk
 All meals must include at least 1 Fruit or Vegetable

Breakfast Served Daily 8:00 – 8:30
After School Snack Served Mon. – Thur. 3:40 – 3:55

Main Café @ the High School Campus

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Hunan Orange Chicken^{ESW} over Brown Rice^S • French Bread Pizza^{MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Breaded Chicken Wrap^{MESW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Steamed California Blend Vegetables^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> • Mandarin Oranges • Pears • 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"> • Quesadilla^{MSW} • 5" Deep Dish Pizza ^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Breaded Chicken Wrap^{MESW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Refried Beans • Steamed Corn^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> • Peaches • 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"> • Country Baked Steak^{SW} w/Whole Grain Dinner Roll^{MW} • Garlic French Bread Pizza^{MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Chicken Salad Wrap^{ESW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Mashed Potatoes^M w/Gravy^{MW} • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> • Pears • 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 and Waffles^{MESW} • Premium Chris P Chicken Sandwich^{MW} • 4x6 Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Chicken Salad Wrap^{ESW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Tri-Taters • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: <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"> • Spicy Chicken Sandwich^{SW} • 5" Deep Dish Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Chicken Salad Wrap^{ESW} • 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 • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M
10	11	12	13	14
Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Tenderloin Sandwich^{*SW} • Hot Dog^W or Coney Dog^W • French Bread Pizza^{*MSW} • Sandwich^{MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • BBQ Baked Beans • Assorted Fresh Vegetables • 100% Vegetable Juice • Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> • Mandarin Oranges • 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"> • Beef Soft Tacos^{SW} • 5" Deep Dish Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Steamed Corn^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> • Peaches • 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 • Garlic French Bread Pizza^{MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Veggie Wrap^{MEW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Cheesy Mashed Potatoes^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> • Pears • Fruit cocktail • 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"> • Breaded Chicken Parmesan over Whole Grain Pasta^{MSW} w/Whole Grain Breadstick^{MESW} • Premium Spicy Chicken Sandwich^{SW} • 4x6 Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Green Beans w/Ham^{*M} • Assorted Fresh Vegetables • 100% Vegetable Juice • Mixed Greens Salad Choice of 1 or 2 Fruits: <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"> • Breaded Chicken Sandwich^{SW} • 5" Deep Dish Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Emoji Fries • Assorted Fresh Vegetables • 100% Vegetable Juice • Mixed Greens Salad Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M

17	18	19	20	21
<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • General Tso's Chicken^{MSW} • Over Brown Rice^S • French Bread Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Broccoli^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Walking Taco^{MS} • 5" Deep Dish Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Chef Salad^{*MEW} • Premium Spicy Chicken Wrap^{MESW} • Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Corn^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> • Peaches • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cook's Choice Entrée's <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Cook's Choice Vegetable • 100% Vegetable Juice <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> • Fruit Cocktail • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cook's Choice Entrée's <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Cook's Choice Vegetable • 100% Vegetable Juice <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> • Fruit Cocktail • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M 	<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cook's Choice Entrée's <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Cook's Choice Vegetable • 100% Vegetable Juice <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> • Pineapple • Dried Fruits • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M

Pricing	
Milk	\$0.60
Student Lunch	\$2.70
Student Lunch, Premium	\$3.00
A la Carte Entrée	\$2.00
A la Carte Premium Entrée	\$2.35

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

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

FLU Wants YOU!

3 Ways to Fight the Flu.

COUGH and SNEEZE into your SLEEVE.
Hands spread the disease.

WASH HANDS OFTEN!
for 20 seconds with soap and warm water

REST is BEST.
Stay home if you have flu symptoms:
• Fever, 100°F/38°C and above
• Coughing and sneezing
• Body aches
• Extreme fatigue

Stop the flu before it gets you.

To pay online or to set up low balance reminders visit the ZCS Lunch Menu web page and click on SchoolPay!
Visit the ZCS Lunch Menu web page, and click on meal assistance for an application.



Top Ten Reasons to Work in a ZCS Cafeteria:

10. Exercise while you work!
9. Observe & connect with kids on their own turf!
8. Serve as a positive role model for those same kids!
7. Recognize that your "worth" in this life is defined by your actions not your job title!
6. Spend carefree evenings & weekends with your family & friends!
5. Gain a new perspective in life through youthful eyes!
4. Learn the "real" facts behind school lunch, not the televised version!
3. Surround yourself with coworkers having similar life values!
2. Examine the changing environment of education...firsthand!
And the number one reason to work in a school cafeteria...
1. **Delight in carefree summers, just like when you were a child!**

Apply Here: mailto:https://www.zcs.k12.in.us/apps/pages/employment_opportunities
or call 317-873-1232 X11630




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

All meals must include at least 1 Fruit or Vegetable

Eagle Café @ The Freshman Center

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY	Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Calzone^{MSW} and/or Quesadilla^{MSW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{*MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Steamed Corn^M Assorted Fresh Vegetables Roasted Garbanzo Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Mandarin Oranges 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"> Tenderloin Sandwich^{*SW} Premium Dill Chicken Sandwich^{MSW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{*MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Home Fries^W Assorted Fresh Vegetables Pea Salad^E Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Peaches 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"> French Bread Pizza^{MSW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{*MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Steamed Broccoli^M Assorted Fresh Vegetables Roasted Garbanzo Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Pears 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"> Deep Dish Pizza^{MW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{*MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Green Beans^M Assorted Fresh Vegetables Roasted Garbanzo Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Applesauce Spiced Peaches 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"> Breaded Chicken Sandwich^{SW} Premium Fruit and Yogurt Parfait^{MSW} Chef Salad^{*MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Home Fries^W Assorted Fresh Vegetables Roasted Garbanzo Beans Eagle Greens Salad Salsa Cups 100% Vegetable Juice Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Pineapple Fruit Cocktail Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M

Food Court @ The Student Activity Center

DAILY
Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Ham and/or Turkey Sandwiches^{*MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Fruit and Yogurt Parfait^{MSW} Premium Power packs^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Roasted Garbanzo Beans Mixed Greens Salad Salsa Cups Assorted Fresh Vegetables 100% Vegetable Juice Pea Salad^E (Tuesdays) Choice of 1 or 2 Fruits: <ul style="list-style-type: none"> Assorted: <ul style="list-style-type: none"> Fresh Fruits Dried Fruits Canned Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M
 <p>Tuesdays 10 roll package \$6.75</p>

These two locations will be closed
 December 19th through the 21st
 Please visit the Main Café for lunch

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

Pricing	
Milk	\$0.60
Student Lunch	\$2.70
Student Lunch, Premium	\$3.00
A la Carte Entrée	\$2.00
A la Carte Premium Entrée	\$2.35

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

To pay online or to set up low balance reminders visit the ZCS Lunch Menu web page and click on the SchoolPay folder or go to www.SchoolPay.com

Visit the ZCS Lunch Menu web page and click on meal assistance to find an application or go to www.lunchapp.com

If you ever have questions, concerns or comments please do not hesitate to contact your cafeteria manager.			
Main Café	Marlene Knisley	317.873.3355	x12974
Food Court	Tina Riley	317.873.3355	x62330
Eagle Café @ Freshman Center	Tina Riley	317.873.3355	x62974