



What Makes a Meal?

Each day, ZCS Cafes offer a lunch meal containing the following:

Meal components consist of:

1.) Protein; 2.) Grain (bread); 3.) Fruit; 4.) Vegetable; 5.) Milk

Out of the 5 components offered there must be 3 components on the tray to make it a reimbursable meal with one of the items being a fruit or vegetable.

High School, Food Court, Eagle Café @Freshman Center Meal consists of:

- 1 Serving Protein
- 1 Serving Grain
- 1 Milk carton
- 2 Servings Fruit
- 2 Servings Vegetables

Students may choose all 5 components, but if desired can take only 3 different components to make a meal with one being a fruit or vegetable.

Example: Chicken Sandwich (Protein & Grain) and Banana (Fruit) this is a meal!

Middle School Meal consists of:

- 1 Serving Protein
- 1 Serving Grain
- 1 Milk carton
- 2 Servings Vegetables
- 1 Serving Fruit

Students may choose all 5 components if desired but may take only 3 different components to make a meal with one being a fruit or vegetable.

Example: Pizza Slice (Protein & Grain) and Banana (Fruit) this is a meal!

Elementary School Meal consists of:

- 1 Serving Protein
- 1 Serving Grain
- 1 Milk carton
- 2 Servings Vegetables
- 1 Serving Fruit

Students may choose all 5 components if desired but may take only 3 different components to make a meal with one being a fruit or vegetable.

Example: Bagel/Yogurt (Protein & Grain) & Banana (Fruit), & a Milk this is a meal!

HOW MUCH IS A LUNCH?

A Lunch tray contains at least 3 different food components, one of which is a fruit OR a veggie!

Elementary = \$2.50 Secondary = \$2.70 High School Premium = \$3.00

Zionsville Community Schools Food Service Department online @ www.zcs.k12.in.us then click on lunch menu for other tools to assist.

"This institution is an equal opportunity provider"

“WHAT IS A BREAKFAST?”

Breakfast Entrées: Breakfast Bar, Donut Frudel, Honey Bun, Mini Cini, Mini Pancake, Asst. 2 oz. Cereals

Select an Entrée + up to 2 fruits/juice (only 1 juice per meal) and/or a milk = A complete Breakfast Meal

Meal items consist of: 1.) Entrée 2.) Fruit/Juice 3.) Milk

Example: Breakfast Bar (Entrée), Fresh Orange slices (Fruit) & a Milk this is a breakfast meal!

HOW MUCH IS A BREAKFAST and WHERE IS IT SERVED?

\$1.40 @ Both Middle Schools & High School

Zionsville Community Schools Food Service Department online @ www.zcs.k12.in.us then click on lunch menu for other tools to assist.

“This institution is an equal opportunity provider”

12/17/18