


MARCH


Zionsville Middle School and West Middle School Menu Second Semester 2019-2020

Breakfast Served Daily: ZMS 8:25 - 8:40
ZWMS 8:30 - 8:45
After School Snack: Mon - Thurs 3:45 - 4:00

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 2 | 3 | 4 | 5 | 6 |
| Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Chicken Tenders^{SW} w/WG Garlic Breadstick^{MW} • Deep Dish Cheese or Pepperoni Pizza^{MSW} • PB&J Sandwich^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • 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"> • Applesauce • 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"> • Pork Meatball Sub^{*MSW} • Deep Dish Cheese or Pepperoni Pizza^{MSW} • PB&J Sandwich^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Deli Meat Sandwich^{*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"> • 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 Toast Sticks^{MESW} w/Pork Sausage Patty* • Deep Dish Cheese or Pepperoni Pizza^{MSW} • PB&J Sandwich^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Home Fries • 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"> • General Tso's Chicken Over Rice^{MSW} • Deep Dish Cheese or Pepperoni Pizza^{MSW} • PB&J Sandwich^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Deli Meat Sandwich^{*MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Steamed Broccoli^{IM} • 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 • 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"> • Student's Choice <i>Check Website For Menu</i> • PB&J Sandwich^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Hot Veg of the Day • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Canned Fruit of the Day • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M |
| 9 | 10 | 11 | 12 | 13 |
| Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Chicken Poppers^{ESW} w/WG Dinner Roll^W • Rippers Cheese or Pepperoni Pizza^{MESW} • PB&J Sandwich^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Cheesy Mashed Potatoes^M • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Mandarin Oranges • 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"> • Cheeseburger^{MW} • Hamburger^W • Rippers Cheese or Pepperoni Pizza^{MESW} • PB&J Sandwich^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Deli Meat Sandwich^{*MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Emoticon Potatoes • Relish Boats • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Pineapple • 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"> • Corn Dog Nuggets^{ESW} • Rippers Cheese or Pepperoni Pizza^{MESW} • PB&J Sandwich^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • California Blend Vegetables w/Cheese^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 Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M |  | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks^{MESW} • Beef Hot Dog^{MESW} • PB&J Sandwich^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • BBQ Baked Beans* • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <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 |

| | | | | |
|---|--|---|---|---|
| 23 | 24 | 25 | 26 | 27 |
| <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Cheese Quesadilla^{MSW} French Bread Pizza^{*MSW} PB&J Sandwich^{PW} Protein Pack^{M GF} Bagel/Yogurt^{MPW} Fruit and Yogurt Parfait^{MSW} <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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Pork Z'Rib^{*MSW} French Bread Pizza^{*MSW} PB&J Sandwich^{PW} Protein Pack^{M GF} Bagel/Yogurt^{MPW} Deli Meat Sandwich^{*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"> 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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Chicken Nuggets^{SW} w/WG Dinner Roll^W French Bread Pizza^{*MSW} PB&J Sandwich^{PW} Protein Pack^{M GF} Bagel/Yogurt^{MPW} Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Mashed Potatoes^M Gravy Available^{MS} 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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Rotini with Meat sauce^{EW} w/WG NY Garlic Toast^{MSW} French Bread Pizza^{*MSW} PB&J Sandwich^{PW} Protein Pack^{M GF} Bagel/Yogurt^{MPW} Deli Meat Sandwich^{*MSW} <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"> Pears 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"> Breaded or Spicy Chicken Sandwich^{SW} Breaded Mozzarella Sticks^{MSW} PB&J Sandwich^{PW} Protein Pack^{M GF} Bagel/Yogurt^{MPW} Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Baked Potato Relish Boat 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 <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M |

| | | | | |
|--|--|--|--|--|
| 23 | 24 | 25 | 26 | 27 |
| <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Chicken Tenders^{SW} w/WG Garlic Breadstick^{MW} Deep Dish Cheese or Pepperoni Pizza^{MSW} PB&J Sandwich^{PW} Protein Pack^{M GF} Bagel/Yogurt^{MPW} 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"> Applesauce Fruit Cocktail Assorted Fresh Fruits Dried Fruits <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"> Pork Meatball Sub^{*MSW} Deep Dish Cheese or Pepperoni Pizza^{MSW} PB&J Sandwich^{PW} Protein Pack^{M GF} Bagel/Yogurt^{MPW} Deli Meat Sandwich^{*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"> 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"> French Toast Sticks^{MESW} w/Pork Sausage Patty* Deep Dish Cheese or Pepperoni Pizza^{MSW} PB&J Sandwich^{PW} Protein Pack^{M GF} Deli Meat Sandwich^{*MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Home Fries Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Pears Dried Fruits <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"> General Tso's Chicken Over Rice^{MSW} Deep Dish Cheese or Pepperoni Pizza^{MSW} PB&J Sandwich^{PW} Protein Pack^{M GF} Deli Meat Sandwich^{*MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Broccoli^M Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Mandarin Oranges Dried Fruits 100% Fruit Juice <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
Zionsville West Middle School

Tammy Snider
Kristin Sauer

317.873.2426 x13974
317.873.1240 x10974

National School Breakfast Week

Join us on Thursday, March 5th in the café for limited time only breakfast items.

Bacon, Egg, and Sausage Pizza Bagels
Berry Cheese Danish Sticks
Tropical Fruit Raisels

Breakfast Meal \$1.40
Breakfast Entrée \$1.25

Breakfast Served Daily:
ZMS 8:25 - 8:40
ZWMS 8:30 - 8:45

Pricing

| | |
|-------------------|--------|
| Milk | \$0.60 |
| Student Lunch | \$2.85 |
| A la Carte Entrée | \$2.10 |

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 | |

- To pay online or to set up low balance reminders visit the ZCS Food Service web page and click on the SchoolPay icon!
- Visit the ZCS Food Service web page and look for the meal assistance section where you will find information and an application.
- Charging Practices Note: Students having a negative account balance will be encouraged to purchase a meal; no "meal" is taken from students.