

JANUARY



Zionsville West Middle School Menu Second Semester 2018-2019


Breakfast Served Daily: ZWMS 8:30 – 8:45

After School Snack Available 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
<p>7</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> French Bread Pizza^{MSW} Meatball Sub^{MSW} PB&J Uncrustable^{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>8</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 Uncrustable^{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 <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>9</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> General Tso's Chicken^{MSW} PB&J Uncrustable^{PW} 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>10</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} 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>11</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} 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>14</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>15</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 <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> 100% Fruit Juice Milk Variety^M 	<p>16</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>17</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>18</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Chicken Nuggets^{SW} w/Whole Grain Breadstick^W Com 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

<p style="text-align: center;">21</p> <h2 style="text-align: center;">No School Today</h2>  <p style="text-align: center;">"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education." ~Martin Luther King Jr.</p>	<p style="text-align: center;">22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Tenderloin Sandwich^{SW} Chicken Gyro^{MSW} PB&J Uncrustable^{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"> 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: center;">23</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Cheese Stuffed Breadsticks Baked Fried Chicken^{EW} PB&J Uncrustable^{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 style="text-align: center;">24</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Whole Grain French Toast^{MESW} w/Sausage Patty* PB&J Uncrustable^{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 style="text-align: center;">25</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Cheeseburger^{MW} Hamburger^W Corn Dog Nuggets^{ESW} PB&J Uncrustable^{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"> Raosted Sweet and Ruset 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 style="text-align: center;">28</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> French Bread Pizza^{MSW} Meatball Sub^{MSW} PB&J Uncrustable^{PW} 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 style="text-align: center;">29</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 Uncrustable^{PW} 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 <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p style="text-align: center;">30</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> General Tso's Chicken^{MSW} PB&J Uncrustable^{PW} 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: center;">31</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} 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: center;">1</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} 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

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)	



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 the symptoms:
 - Fever: 102°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 the SchoolPay folder!
Visit the ZCS Lunch Menu web page and click on meal assistance where you will find information and an application.