

JANUARY



Zionsville Elementary 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
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"> Cheese Stuffed Breadsticks^{MESW} PB&J Uncrustable^{PW} Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Broccoli^M Salsa Cups 100% Vegetable Juice <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Mandarin Oranges 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"> French Toas^{MESW} w/Sausage Patty* PB&J Uncrustable^{PW} Grilled Cheese^{MSW} <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"> Peaches Pears 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"> Corn Dog Nuggets^{ESW} PB&J Uncrustable^{PW} Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> BBQ Baked Beans* Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Strawberry Cups Mixed Fruit Cocktail 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 and Noodles^{MESW} w/Whole Grain Dinner Roll^W PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME GF} Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Mashed Potatoes^M w/Gravy^{WS} 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 <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"> Breaded Chicken or Spicy Chicken Sandwich^{SW} PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME GF} Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Green Beans w/Ham^{MM} Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Pineapple Assorted Fresh Fruits 100% Fruit Juice Slushy <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"> Chicken Nuggets^{SW} w/Whole Grain Breadstick^W PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME GF} Turkey Sub Sandwich^{MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Peas^M Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad 100% Vegetable Juice <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>15</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Walking TacosSM PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME GF} Ham Sub Sandwich^{MMW} <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"> Peaches Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>16</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> 4 x 6 Pizza^{MMW} PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME GF} Turkey 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>17</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Hot Dog^W PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME GF} Ham Sub Sandwich^{MMW} <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 <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M <p>~ Pudding^{MSW} with every meal~</p>	<p>18</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Maple Sausage Pancake on a Stick^{ESW} PB&J Uncrustable^{PW} Bagel/Yogurt^{MW} Protein Pack^{ME GF} Asst. Sub Sandwich^{MMW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Emoji Fries Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Pineapple Spiced Peaches Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M



Top Five Reasons to Work in a ZCS Cafeteria:

5. Serve as a positive role model for our kids!
4. Spend carefree evenings & weekends with your family & friends!
3. Learn the "real" facts behind school lunch, not the televised version!
2. Surround yourself with coworkers having similar life values!
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

<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"> • Deep Dish Pizza*^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Mixed Vegetables^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;">23</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheeseburger^{MW} • Hamburger^{SW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • BBQ Baked Beans* • 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;">24</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Rotini in Meat Sauce^{EW} w/Whole Grain Garlic Breadstick^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • 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 <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M <p style="text-align: center;">~ Snowman Cookie w/meal~</p>	<p style="text-align: center;">25</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Assorted Cereal^{WTS} w/Hard Boiled Egg^E • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{MSW} <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"> • Pineapple • 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 style="text-align: center;">28</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks^{MESW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Grilled Cheese^{MSW} <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 • 100% Vegetable Juice <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 	<p style="text-align: center;">29</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • French Toas^{MESW} w/Sausage Patty* • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Grilled Cheese^{MSW} <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"> • Peaches • 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;">30</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Corn Dog Nuggets^{ESW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • BBQ Baked Beans* • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> • Strawberry Cups • Mixed 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;">31</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken and Noodles^{MESW} w/Whole Grain Dinner Roll^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Mashed Potatoes^M w/Gravy^{WS} • 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 <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"> • Breaded Chicken or Spicy Chicken Sandwich^{SW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MW} • Protein Pack^{ME} GF • Grilled Cheese^{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"> • Pineapple • Assorted Fresh Fruits • 100% Fruit Juice Slushy <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.

Pleasant View Elementary	Lisa Morgan	317.873.1224	x17974
Eagle Elementary	Sheila Dibble	317.873.1234	x15974
Union Elementary	Kathy Beanblossom	317.733.4007	x16974
Stonegate Elementary	Nancy Fitzpatrick	317.873.8050	x19974
Boone Meadow Elementary	Cheryl Pendleton	317.873.2226	x14974

Pricing

Milk	\$0.60
Student Lunch	\$2.50
A la Carte Entrée	\$1.75

Please see the website for additional prices for a la carte purchases.

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.

*Holds 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°/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 where you will find information and an application.