

JANUARY



Zionsville High School Campus Menu

Second 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
7	8	9	10	11
<p>Choice of 1 Protein/Grain:</p> <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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed California Blend Vegetables^M 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Mandarin Oranges Pears 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"> Quesadilla^{MSW} 5" Deep Dish Pizza ^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Breaded Chicken Wrap^{MESW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Refried Beans 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"> Country Baked Steak^{SW} w/Whole Grain Dinner Roll^{IMW} Garlic French Bread Pizza^{MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Chicken Salad Wrap^{ESW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Mashed Potatoes^M w/Gravy^{MW} 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"> 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"> 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 <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Tri-Taters 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"> 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"> 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 <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Roasted Sweet and Russet Potatoes^{SW} 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"> Fruit Cocktail Assorted Fresh Fruits Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M
14	15	16	17	18
<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Tenderloin Sandwich^{*SW} Hot Dog^W or Coney Dog^W 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"> BBQ Baked Beans 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"> 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 <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"> 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 <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Cheesy Mashed Potatoes^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"> Pears Fruit cocktail 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 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 <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Green Beans w/Ham^{*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"> 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"> 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 <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Emoji Fries 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"> Fruit Cocktail 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;">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"> 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 style="text-align: center;">23</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Chicken Nuggets^{SW} w/Whole Grain Dinner Roll^W 4x6 Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Ham Wrap^{MESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Cheesy Mashed Potatoes^{MS} 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"> Pears Strawberry Cups 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;">24</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Corn Dog Nuggets^{ESW} Premium Dill Chicken Sandwich^{MSW} Garlic 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"> Green Beans w/Ham^{*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"> Fruit Cocktail 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"> Boneless Buffalo Wings^{SW} w/Whole Grain-Dinner Roll^W Z'Rib^{*MSW} 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"> BBQ Baked Beans 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"> Pineapple Pears 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"> 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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed California Blend Vegetables^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 Pears 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;">29</p> <p>Choice of 1 Protein/Grain:</p> <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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Refried Beans 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 style="text-align: center;">30</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Country Baked Steak^{SW} w/Whole Grain Dinner Roll^{WW} Garlic French Bread Pizza^{MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Chicken Salad Wrap^{ESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Mashed Potatoes^M w/Gravy^{WW} 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"> 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 style="text-align: center;">31</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Chicken and Waffles^{MESW} Premium Chris P Chicken Sandwich^{WW} 4x6 Pizza^{*MSW} Grilled Cheese^{MSW} PB&J Uncrustable^{PW} Chef Salad^{*MEW} Premium Chicken Salad Wrap^{ESW} Protein Pack^{ME GF} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Tri-Taters 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"> 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"> 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} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Roasted Sweet and Russet Potatoes^W 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"> Fruit Cocktail Assorted Fresh Fruits 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 illness.



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.




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} Wednesday – Friday • 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 ○ Frozen Peaches and/or Strawberries • 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M
 <p>Tuesdays 10 roll package \$6.75</p>

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

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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