



Zionsville West Middle School Menu

First Semester 2018-2019

Students may take 3-5 components to make a meal
 Components are: Protein, Grain, 1-2 Vegetables, Fruit and Milk

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

After School Snack Available Mon – Thurs 3:45 – 4:00

All meals must include at least 1 Fruit or Vegetable

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Choice of 1 Protein/Grain: <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 Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • California Blend^M w/Cheese Sauce • Assorted Fresh Vegetables • Salsa Cups • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Peaches • 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"> • Breaded Chicken Sandwich^{SW} • Spicy Chicken Sandwich^{SW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Fruit and Yogurt Parfait^{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"> • Mandarin Oranges • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • 100% Fruit Juice • Milk Variety^M 	Choice of 1 Protein/Grain: <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} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Mashed Potatoes^{MS} • 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"> • 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} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Green Beans w/Ham^{*M} • Assorted Fresh Vegetables • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Applesauce • 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"> • Chicken Nuggets^{SW} w/Whole Grain Breadstick^W • Corn Dog^{MESW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • 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"> • Pineapple • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M
10	11	12	13	14
Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Deep Dish Pizza^{*MW} • Coney Dog^W • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Steamed Peas^M • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 Fruit: <ul style="list-style-type: none"> • Peaches • 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"> • Tenderloin Sandwich^{SW} • Chicken Gyro^{MSW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Chef Salad^{*MEW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • BBQ Baked Beans • Assorted Fresh Vegetables • Mixed Greens Salad • Salsa Cups Choice of 1 Fruit: <ul style="list-style-type: none"> • Mandarin Oranges • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • 100% Fruit Juice • Milk Variety^M 	Choice of 1 Protein/Grain: <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} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Mashed Potatoes^{MS} w/Gravy^W • Assorted Fresh Vegetables • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Strawberry Cups • 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"> • Whole Grain French Toast^{MESW} w/Sausage Patty[*] • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Protein Pack^{ME} GF • Chef Salad^{*MEW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Tri-Taters • Assorted Fresh Vegetables • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Applesauce • 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"> • Cheeseburger^{MW} • Hamburger^W • Corn Dog Nuggets^{ESW} • PB&J Uncrustable^{PW} • Bagel/Yogurt^{MPW} • Chef Salad^{*MEW} • Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Roasted Sweet and Russet Potatoes^W • Assorted Fresh Vegetables • Mixed Greens Salad Choice of 1 Fruit: <ul style="list-style-type: none"> • Pineapple • Assorted Fresh Fruits • Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M

17	18	19	20	21
<p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> French Bread Pizza^{MSW} Meatball Sub^{MSW} 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"> 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>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} Bagel/Yogurt^{MPW} Protein Pack^{ME GF} 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>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> General Tso's Chicken^{MSW} PB&J Uncrustable^{PW} Protein Pack^{ME GF} Turkey and Cheese Sub Sandwich^{MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Broccoli^M Cook's Choice Vegetable Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Pears Peaches 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"> Chicken Tenders^{SW} w/Whole Grain Dinner Roll^W Grilled Cheese PB&J Uncrustable^{PW} Protein Pack^{ME GF} Ham and Cheese Sub Sandwich^{*MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Corn^M Salsa Cups <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Applesauce Fruit Cocktail 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"> Cheese Quesadilla^{MSW} PB&J Uncrustable^{PW} Protein Pack^{ME GF} Asst. Sub Sandwich^{MW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Cook's Choice Vegetable Salsa Cups <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



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)



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.



Top Six Reasons to Work in a ZCS Cafeteria:

6. Serve as a positive role model for the kids!
5. Gain a new perspective in life through youthful eyes!
4. Learn the “real” facts behind school lunch, not the televised version!
3. Surround yourself with coworkers having similar life values!
2. Examine the changing environment of education...firsthand!
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