



Zionsville Elementary School Menu

First Semester 2019-2020

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
<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Assorted Cereal^{WTS} w/Yogurt^M PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Tri-Taters 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 	<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Breaded Chicken (spicy) Sandwich^{SW} PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Mashed Potatoes^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 Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Cheese Lasagna Roll-Up w/WG Garlic Breadstick^W PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Green Beans^M 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 	<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Chicken Nuggets^{SW} w/WG Dinner roll^W PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Baked Potato 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 	
9	10	11	12	13
<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Chicken Tenders^{SW} PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Baked Beans* Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad 100% Vegetable Juice 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 	<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> All Beef Hot Dog^W PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} 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"> Peaches Assorted Fresh Fruits Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> French Toast Sticks^{MESW} w/Sausage Patty* PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{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 	<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Deep Dish Cheese or Pepperoni Pizza^{MSW} PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Steamed Broccoli^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"> Milk Variety^M 	<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Student's Choice <i>Check Website For Menu</i> PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{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"> Assorted Fresh Fruits Dried Fruits 100% Fruit Juice Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M
16	17	18	19	20
<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Chicken Corn Dog Nuggets^{ESW} PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Baked Beans* Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad 100% Vegetable Juice 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 	<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> All Beef Cheeseburger^{MW} All Beef Hamburger^W PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Emoticon Potatoes Assorted Fresh Vegetables Salsa Cups 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 	<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Mac and Cheese^{MEW} PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> California Blend Vegetables^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 	<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Beef Walking Taco^{MS} PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} 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"> Peaches Assorted Fresh Fruits Dried Fruits Choice of 1 Milk: <ul style="list-style-type: none"> Milk Variety^M 	<ul style="list-style-type: none"> Choice of 1 Protein/Grain: <ul style="list-style-type: none"> Cheese Stuffed Breadsticks^{MESW} PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Steamed Peas^M 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

<p>23</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Cheese Quesadilla^{MSW} PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{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 100% Vegetable Juice <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>24</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Assorted Cereal^{WTS} w/Yogurt^M PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} 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"> Applesauce Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>25</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Breaded Chicken (spicy) Sandwich^{SW} PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Mashed Potatoes^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>26</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Cheese Lasagna Roll-Up w/WG Garlic Breadstick^W PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Fruit and Yogurt Parfait^{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 <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>27</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Chicken Nuggets^{SW} w/WG Dinner roll^W PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Baked Potato 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 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M
<p>30</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Chicken Tenders^{SW} PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{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 100% Vegetable Juice <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>1</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> All Beef Hot Dog^W PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} 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"> Peaches Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety^M 	<p>2</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> French Toast Sticks^{MESW} w/Sausage Patty* PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Home Fries 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>3</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Deep Dish Cheese or Pepperoni Pizza^{MSW} PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Fruit and Yogurt Parfait^{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 <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>4</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> Student's Choice <i>Check Website For Menu</i> PB&J/Uncrustable^{PW} Protein Pack^{GF} Bagel and Yogurt^{MW} Grilled Cheese^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Hot Veg of the Day Assorted Fresh Vegetables Salsa Cups Mixed Greens Salad <p>Choice of 1 Fruit:</p> <ul style="list-style-type: none"> Assorted Fresh Fruits 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.

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	\$2.65
A la Carte Entrée	\$1.85

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

Legend:

- W – Contains Wheat
- S – Contains Soy
- M – Contains Milk/Dairy
- E – Contains Eggs
- F – Contains Fish
- SF – Contains Shellfish
- T – Contains Tree Nuts
- P – Contains Peanuts
- * Contains Pork



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.