



Zionsville Middle School and West Middle 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

**Breakfast Served Daily: ZMS 8:25 - 8:40
ZWMS 8:30 - 8:45**

All meals must include at least 1 Fruit or Vegetable

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| 2 | 3 | 4 | 5 | 6 |
| | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Pork Z'Rib*^{MSW} • French Bread Pizza*^{MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Deli Meat Sandwich*^{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"> • 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/WG Dinner Roll^W • French Bread Pizza*^{MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • 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"> • 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"> • Cheese Lasagna Roll-Up w/WG Garlic Breadstick^W • French Bread Pizza*^{MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Deli Meat Sandwich*^{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 • 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} (Spicy Avail) • Breaded Mozzarella Sticks^{MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Fruit and Yogurt Parfait^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Baked Potatoes • 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 |
| 9 | 10 | 11 | 12 | 13 |
| Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Chicken Tenders^{SW} w/WG Dinner Roll^W • Deep Dish Cheese or Pepperoni Pizza^{MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • 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"> • Applesauce • 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"> • Pork Meatball Sub*^{MSW} • Deep Dish Cheese or Pepperoni Pizza^{MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Deli Meat Sandwich*^{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 • 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 Toast Sticks^{MESW} w/Pork Sausage Patty* • Deep Dish Cheese or Pepperoni Pizza^{MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Fruit and Yogurt Parfait^{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 | Choice of 1 Protein/Grain: <ul style="list-style-type: none"> • Teriyaki Chicken^{SW} Over Rice^S w/Pork Egg Roll*^{ESW} • Deep Dish Cheese or Pepperoni Pizza^{MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Deli Meat Sandwich*^{MSW} Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> • Steamed Broccoli^{IM} • 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 | 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^{M GF} • Bagel/Yogurt^{MPW} • Fruit and Yogurt Parfait^{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 Choice of 1 Milk: <ul style="list-style-type: none"> • Milk Variety^M |

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| <p>16</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Poppers^{ESW} w/WG Dinner Roll^W • Rippers Cheese or Pepperoni Pizza^{MESW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Cheesy Mashed Potatoes^M • 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>17</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheeseburger^{MW} • Hamburger^W • Rippers Cheese or Pepperoni Pizza^{MESW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Deli Meat Sandwich^{*MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Emoticon Potatoes • 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 • 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"> • Pork Tenderloin Sandwich^{SW} • Rippers Cheese or Pepperoni Pizza^{MESW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • California Blend Vegetables w/Cheese^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>19</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Beef and/or Cheese Nachos^{MS} • Rippers Cheese or Pepperoni Pizza^{MESW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Deli Meat Sandwich^{*MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Steamed Jalapeño 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 • 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> • Milk Variety^M | <p>20</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Cheese Stuffed Breadsticks^{MESW} • Turkey Corn Dog^{MESW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • 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 • 100% Fruit Juice <p>Choice of 1 Milk:</p> <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} • French Bread Pizza^{*MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Fruit and Yogurt Parfait^{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 <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"> • Pork Z'Rib^{*MSW} • French Bread Pizza^{*MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Deli Meat Sandwich^{*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"> • 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>25</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Chicken Nuggets^{SW} w/WG Dinner Roll^W • French Bread Pizza^{*MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • 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"> • 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 • French Bread Pizza^{*MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Deli Meat Sandwich^{*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 • 100% Fruit Juice <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"> • Breaded Chicken Sandwich^{SW} (Spicy Avail) • Breaded Mozzarella Sticks^{MSW} • PB&J/Uncrustable^{PW} • Protein Pack^{M GF} • Bagel/Yogurt^{MPW} • Fruit and Yogurt Parfait^{MSW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Baked Potatoes • 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 |

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

If you ever have questions, concerns or comments please do not hesitate to contact your cafeteria manager.

Zionsville Middle School
Zionsville West Middle School

Tammy Snider
Kristin Sauer

317.873.2426 x13974
317.873.1240 x10974

Pricing

Milk \$0.60
Student Lunch \$2.85
A la Carte Entrée \$2.10

Snacks and beverages are available for purchase at an additional charge. Please see the website for pricing.

Legend:

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



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.