



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
4	5	6	7	8
Choice of 1 Protein/Grain: • General Tso's Chicken ^{MSW} Over Brown Rice ^S • French Bread Pizza ^{*MSW} • Grilled Cheese ^{MSW} • PB&J Uncrustable ^{PW} • Chef Salad ^{*MEW} • Premium Spicy Chicken Wrap ^{MESW} • Protein Pack ^{ME} GF Choice of 1 or 2 Vegetables: • Steamed Broccoli ^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: • Mandarin Oranges • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Protein/Grain: • Walking Taco ^{MS} • Rippers Pizza ^{*MESW} • Grilled Cheese ^{MSW} • PB&J Uncrustable ^{PW} • Chef Salad ^{*MEW} • Premium Spicy Chicken Wrap ^{MESW} • Protein Pack ^{ME} GF Choice of 1 or 2 Vegetables: • Steamed Corn ^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: • Peaches • Blueberries • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Protein/Grain: • Chicken Nuggets ^{SW} w/Whole Grain Dinner Roll ^W • Garlic French Bread Pizza ^{MSW} • Grilled Cheese ^{MSW} • PB&J Uncrustable ^{PW} • Chef Salad ^{*MEW} • Premium Ham Wrap ^{MESW} • Protein Pack ^{ME} GF Choice of 1 or 2 Vegetables: • Mashed Potatoes ^M w/Gravy ^W • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: • Pears • Strawberry Cups • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Protein/Grain: • Corn Dog Nuggets ^{ESW} • Premium Dill Chicken Sandwich ^{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 Choice of 1 or 2 Vegetables: • Green Beans w/Ham ^{*M} • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: • Fruit Cocktail • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Protein/Grain: • Boneless Buffalo Wings ^{SW} w/Whole Grain-Dinner Roll ^W • Z'Rib ^{*MSW} • 4x6 Pizza ^{*MSW} • Grilled Cheese ^{MSW} • PB&J Uncrustable ^{PW} • Chef Salad ^{*MEW} • Premium Spicy Chicken Wrap ^{MESW} • Protein Pack ^{ME} GF Choice of 1 or 2 Vegetables: • BBQ Baked Beans • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: • Pineapple • Pears • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M
11	12	13	14	15
Choice of 1 Protein/Grain: • Hunan Orange Chicken ^{ESW} over Brown Rice ^S • French Bread Pizza ^{MSW} • Grilled Cheese ^{MSW} • PB&J Uncrustable ^{PW} Choice of 1 or 2 Vegetables: • Steamed California Blend Vegetables ^M • 100% Vegetable Juice • Salsa Cups Choice of 1 or 2 Fruits: • Mandarin Oranges • Pears • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Protein/Grain: • Quesadilla ^{MSW} • Rippers Pizza ^{*MESW} • Grilled Cheese ^{MSW} • PB&J Uncrustable ^{PW} • Chef Salad ^{*MEW} • Premium Breaded Chicken Wrap ^{MESW} Choice of 1 or 2 Vegetables: • Refried Beans • Steamed Corn ^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: • Peaches • Blueberries • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Protein/Grain: • Cheeseburger ^{MW} • Hamburger ^W • Garlic French Bread Pizza ^{MSW} • Grilled Cheese ^{MSW} • PB&J Uncrustable ^{PW} • Chef Salad ^{*MEW} • Premium Chicken Salad Wrap ^{ESW} • Protein Pack ^{ME} GF Choice of 1 or 2 Vegetables: • Cheesy Mashed Potatoes ^M • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: • Pears • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Protein/Grain: • Chicken and Waffles ^{MESW} • Premium Chris P Chicken Sandwich ^{MW} • 5" Deep Dish Pizza ^{*MSW} • Grilled Cheese ^{MSW} • PB&J Uncrustable ^{PW} • Chef Salad ^{*MEW} • Premium Chicken Salad Wrap ^{ESW} • Protein Pack ^{ME} GF Choice of 1 or 2 Vegetables: • Tri-Taters • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: • Applesauce • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Protein/Grain: • Spicy Chicken Sandwich ^{SW} • 4x6 Pizza ^{*MSW} • Grilled Cheese ^{MSW} • PB&J Uncrustable ^{PW} • Chef Salad ^{*MEW} • Premium Chicken Salad Wrap ^{ESW} • Protein Pack ^{ME} GF Choice of 1 or 2 Vegetables: • Roasted Sweet and Russet Potatoes ^W • Assorted Fresh Vegetables • 100% Vegetable Juice • Salsa Cups • Mixed Greens Salad Choice of 1 or 2 Fruits: • Fruit Cocktail • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice Choice of 1 Milk: • Milk Variety ^M

<p>18</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Pork 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>19</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Beef Soft Tacos^{SW} • Rippers Pizza^{*MESW} • 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>20</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 Veggie Wrap^{MEW} • 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 • 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>21</p> <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} • 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"> • 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>22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Breaded 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"> • 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>25</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • General Tso's Chicken^{MSW} Over Brown Rice^S • 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"> • Steamed Broccoli^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 • Assorted Fresh Fruits • Dried Fruits • 100% Fruit Juice <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"> • Walking Taco^{MS} • Rippers Pizza^{*MESW} • 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 • Blueberries • 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"> • Chicken Nuggets^{SW} w/Whole Grain Dinner Roll^W • Garlic French Bread Pizza^{MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Premium Ham Wrap^{MESW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Mashed Potatoes^M w/Gravy^W • 100% Vegetable Juice • Salsa Cups <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>28</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> • Corn Dog Nuggets^{ESW} • 5" Deep Dish Pizza^{*MSW} • Grilled Cheese^{MSW} • PB&J Uncrustable^{PW} • Premium Spicy Chicken Wrap^{MESW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> • Green Beans w/Ham^{*M} • 100% Vegetable Juice • Salsa Cups <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>29</p> 

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.)	

Vegetable News
Attn: Students
 Fresh vegetables are always available for sale during lunch.
 Hot Vegetables are available with purchase of a meal only.

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"> Cheeseburger^{MW} Hamburger^W 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"> Baked Potato 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 Fruit and Yogurt Parfait^{MSW} Chef Salad^{*MEW} Protein Pack^{ME} GF Choice of 1 or 2 Vegetables: <ul style="list-style-type: none"> Baked Potato 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"> 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"> Calzone^{MSW} 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"> Baked Potato 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"> Z'Rib 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"> Baked Potato 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"> Baked Potato 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} Protein Pack^{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
 Tuesdays 10 roll package \$6.75

Legend:
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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

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

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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