



# 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

### Main Café @ the High School Campus

**Breakfast Served Daily 8:00 – 8:30**  
**After School Snack Served Mon. – Thur. 3:40 – 3:55**

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| 6  | 7  | 8  | 9  | 10   |
| Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Pork Tenderloin Sandwich<sup>FSW</sup></li> <li>Hot Dog<sup>W</sup> or Coney Dog<sup>W</sup></li> <li>French Bread Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Southwest Chipotle BBQ Baked Beans</li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Beef Soft Tacos<sup>SW</sup></li> <li>Rippers Pizza<sup>*MESW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Steamed Corn<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>                            | Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Country Baked Steak<sup>SW</sup> w/Whole Grain Dinner Roll<sup>MW</sup></li> <li>Garlic French Bread Pizza<sup>MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Veggie Wrap<sup>MEW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Mashed Potatoes<sup>M</sup> w/Gravy<sup>MW</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Pears</li> <li>Fruit Cocktail</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Breaded Chicken Parmesan over Whole Grain Pasta<sup>MSW</sup> w/Whole Grain Breadstick<sup>MESW</sup></li> <li>Premium Spicy Chicken Sandwich<sup>SW</sup></li> <li>5" Deep Dish Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Green Beans w/Ham<sup>*M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Applesauce</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Breaded Chicken Sandwich<sup>SW</sup></li> <li>4x6 Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Emoji Fries</li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Fruit Cocktail</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>  |
| 13   | 14   | 15   | 16   | 17   |
| Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>General Tso's Chicken<sup>MSW</sup> Over Brown Rice<sup>S</sup></li> <li>French Bread Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Steamed Broccoli<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>                                    | Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Walking Taco<sup>MS</sup></li> <li>Rippers Pizza<sup>*MESW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Jalapeño Steamed Corn<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Peaches</li> <li>Blueberries</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Chicken Nuggets<sup>SW</sup> w/Whole Grain Dinner Roll<sup>W</sup></li> <li>Garlic French Bread Pizza<sup>MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Ham Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Cheesy Mashed Potatoes<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Pears</li> <li>Strawberry Cups</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>  | Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Com Dog Nuggets<sup>ESW</sup></li> <li>Premium Dill Chicken Sandwich<sup>MSW</sup></li> <li>5" Deep Dish Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Green Beans w/Ham<sup>*M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Fruit Cocktail</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>  | Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Boneless Buffalo Wings<sup>SW</sup> w/Whole Grain-Dinner Roll<sup>W</sup></li> <li>Z'Rib<sup>*MSW</sup></li> <li>4x6 Pizza<sup>*MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Spicy Chicken Wrap<sup>MESW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>BBQ Baked Beans</li> <li>Home Fries</li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Pineapple</li> <li>Pears</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> |

|   |  |   |  |   |
|---|--|---|--|---|
| <p>20</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Hunan Orange Chicken<sup>ESW</sup> over Brown Rice<sup>S</sup></li> <li>French Bread Pizza<sup>MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed California Blend Vegetables<sup>M</sup></li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Pears</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | <p>21</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Quesadilla<sup>MSW</sup></li> <li>Rippers Pizza<sup>*MESW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Breaded Chicken Wrap<sup>MESW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Chili Cheese Refried Beans<sup>M</sup></li> <li>Steamed Corn<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Blueberries</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | <p>22</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Cheeseburger<sup>MMW</sup></li> <li>Hamburger<sup>W</sup></li> <li>Garlic French Bread Pizza<sup>MSW</sup></li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Chicken Salad Wrap<sup>ESW</sup></li> <li>Protein Pack<sup>ME GF</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Cheesy Mashed Potatoes<sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> <li>Mixed Greens Salad</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Pears</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | <p>23</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Cook's Choice</li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Tri-Taters</li> <li>100% Vegetable Juice</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Applesauce</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | <p>24</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Cook's Choice</li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Roasted Sweet and Russet Potatoes<sup>W</sup></li> <li>100% Vegetable Juice</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> |
| <p>27</p>    | <p>28</p> <p>Choice of 1 Protein/Grain:</p> <ul style="list-style-type: none"> <li>Cook's Choice</li> <li>Grilled Cheese<sup>MSW</sup></li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Tri-Taters</li> <li>100% Vegetable Juice</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul>  | <p>29</p>   | <p>30</p>   | <p>31</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.  
 2-01-19

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:<br><ul style="list-style-type: none"> <li>Spicy Chicken Sandwich<sup>SW</sup></li> <li>Premium Fruit and Yogurt Parfait<sup>MSW</sup></li> <li>Chef Salad<sup>MEW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Baked Potato</li> <li>Assorted Fresh Vegetables</li> <li>Baked Beans</li> <li>Eagle Greens Salad</li> <li>Salsa Cups</li> <li>100% Vegetable Juice</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Tenderloin Sandwich<sup>*SW</sup></li> <li>Premium Fruit and Yogurt Parfait<sup>MSW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Baked Potato</li> <li>Assorted Fresh Vegetables</li> <li>Baked Beans</li> <li>Eagle Greens Salad</li> <li>Salsa Cups</li> <li>100% Vegetable Juice</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Calzone<sup>MSW</sup></li> <li>Premium Dill Chicken Sandwich<sup>MSW</sup></li> <li>Premium Fruit and Yogurt Parfait<sup>MSW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Baked Potato</li> <li>Assorted Fresh Vegetables</li> <li>Baked Beans</li> <li>Eagle Greens Salad</li> <li>Salsa Cups</li> <li>100% Vegetable Juice</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Pears</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Z'Rib Sandwich<sup>*MSW</sup></li> <li>Premium Fruit and Yogurt Parfait<sup>MSW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Baked Potato</li> <li>Assorted Fresh Vegetables</li> <li>Baked Beans</li> <li>Eagle Greens Salad</li> <li>Salsa Cups</li> <li>100% Vegetable Juice</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Applesauce</li> <li>Spiced Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Breaded Chicken Sandwich<sup>SW</sup></li> <li>Premium Fruit and Yogurt Parfait<sup>MSW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Baked Potato</li> <li>Assorted Fresh Vegetables</li> <li>Baked Beans</li> <li>Eagle Greens Salad</li> <li>Salsa Cups</li> <li>100% Vegetable Juice</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Pineapple</li> <li>Fruit Cocktail</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> |

## Food Court @ The Student Activity Center

|  |  |  |                 |              |               |            |                        |              |                   |                              |                           |              |        |  |
|--|--|--|-----------------|--------------|---------------|------------|------------------------|--------------|-------------------|------------------------------|---------------------------|--------------|--------|--|
| <b>DAILY</b><br><b>FOOD COURT IS CLOSED MONDAYS</b>  | <b>ATTENTION:</b><br>The Freshman Center Café and the Food Court will be closed on the following days due to finals;<br><b>Thursday – Tuesday, May 23, 24 and 28</b>   |  |                 |              |               |            |                        |              |                   |                              |                           |              |        |  |
| Choice of 1 Protein/Grain:<br><ul style="list-style-type: none"> <li>Ham and/or Turkey Sandwiches<sup>*MSW</sup> Wednesday – Friday</li> <li>Bosco Breadsticks<sup>MSW</sup> - Wednesdays</li> <li>PB&amp;J Uncrustable<sup>PW</sup></li> <li>Chef Salad<sup>*MEW</sup></li> <li>Premium Fruit and Yogurt Parfait<sup>MSW</sup></li> <li>Protein Pack<sup>ME</sup> GF</li> </ul> Choice of 1 or 2 Vegetables:<br><ul style="list-style-type: none"> <li>Baked Beans</li> <li>Mixed Greens Salad</li> <li>Salsa Cups</li> <li>Assorted Fresh Vegetables</li> <li>100% Vegetable Juice</li> <li>Pea Salad<sup>E</sup> (Tuesdays)</li> </ul> Choice of 1 or 2 Fruits:<br><ul style="list-style-type: none"> <li>Assorted:               <ul style="list-style-type: none"> <li>Fresh Fruits</li> <li>Dried Fruits</li> <li>Canned Fruits</li> <li>Frozen Peaches and/or Strawberries</li> </ul> </li> <li>100% Fruit Juice</li> </ul> Choice of 1 Milk:<br><ul style="list-style-type: none"> <li>Milk Variety<sup>M</sup></li> </ul> | <b>Legend:</b><br>W – Contains Wheat<br>S – Contains Soy<br>M – Contains Milk/Dairy<br>F – Contains Fish<br>P – Contains Peanuts<br>T – Contains Tree<br>E – Contains Eggs<br>SF – Contains Shellfish<br>* Contains Pork<br>GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten) | <b>Pricing</b><br><table style="width: 100%;"> <tr> <td>Milk</td> <td style="text-align: right;">\$0.60</td> </tr> <tr> <td>Student Lunch</td> <td style="text-align: right;">\$2.70</td> </tr> <tr> <td>Student Lunch, Premium</td> <td style="text-align: right;">\$3.00</td> </tr> <tr> <td>A la Carte Entrée</td> <td style="text-align: right;">\$2.00</td> </tr> <tr> <td>A la Carte Premium Entrée</td> <td style="text-align: right;">\$2.35</td> </tr> </table> <p>Snacks and beverages are available for purchase at an additional charge. Please see website for pricing.</p> | 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       |        |  |
| 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   |  |                 |              |               |            |                        |              |                   |                              |                           |              |        |  |
| To pay online or to set up low balance reminders visit the ZCS Lunch Menu web page and click on the SchoolPay folder or go to <a href="http://www.SchoolPay.com">www.SchoolPay.com</a><br>Visit the ZCS Lunch Menu web page and click on meal assistance to find an application or go to <a href="http://www.lunchapp.com">www.lunchapp.com</a>  |  |  |                 |              |               |            |                        |              |                   |                              |                           |              |        |  |
| If you ever have questions, concerns or comments please do not hesitate to contact your cafeteria manager.   |  |  |                 |              |               |            |                        |              |                   |                              |                           |              |        |  |
| <table style="width: 100%;"> <tr> <td>Main Café</td> <td>Marlene Knisley</td> <td>317.873.3355</td> <td>x12974</td> </tr> <tr> <td>Food Court</td> <td>Tina Riley</td> <td>317.873.3355</td> <td>x62330</td> </tr> <tr> <td>Eagle Café @ Freshman Center</td> <td>Tina Riley</td> <td>317.873.3355</td> <td>x62974</td> </tr> </table>   |  | 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 |  |
| 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          |              |               |            |                        |              |                   |                              |                           |              |        |  |
| Tuesdays<br>10 roll package<br>\$6.75  |  |  |                 |              |               |            |                        |              |                   |                              |                           |              |        |  |
| <b>*LAST DAY FOR SUSHI IS MAY 14TH*</b>  |  |  |                 |              |               |            |                        |              |                   |                              |                           |              |        |  |

Menus Subject to Change

4-30-19