




Trailside Elementary School Menu

2025-2026

Students may take 3-5 components to make a meal.

Components are: Entrée (Meat/Meat Alternate and Grain) 1-2 Vegetables, 1-2 Fruits, and a Milk. All meals must include at least 1 Fruit or Vegetable.

Breakfast Served M – F at: PVE 7:45 – 8:10, All other schools 7:45 - 8:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Bosco Bread Sticks ^{MSW} Fruit & Yogurt Parfait ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Peas 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Applesauce Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>4</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Chicken Nuggets ^{MSW} w/ Corn Muffin ^{MEW} Fruit & Yogurt Parfait ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Green Beans 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Pineapple 100% Fruit Juice Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>5</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> All Beef Cheeseburger ^{MS} or Hamburger on Bun ^W Turkey and Cheese Sandwich ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> BBQ Baked Beans Relish Boats Assorted Fresh Vegetables Mixed Greens Salad Salsa Cups <p>Choice of 1 or 2 Fruits:</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>6</p> 	<p>7</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Cereal Bowl ^{VARIES} w/Pork Sausage Patty Turkey and Cheese Sandwich ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Tri-Taters Assorted Fresh Vegetables Mixed Green Salad Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Fruit Cocktail Assorted Fresh Fruit Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M
<p>10</p> <p>Peru</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Pollo Saltado (Chicken Stir-Fry) w/ Rice Fruit & Yogurt Parfait ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> French Fries 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Mandarin Oranges Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>11</p> <p>Middle East</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Kofta (Meatballs) ^M w/ WG Flatbread ^{MSW} and Hummus ^{SS} Fruit & Yogurt Parfait ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Corn 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Applesauce Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>12</p> <p>Italy</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Rotini in Meat Sauce ^{EW} w/ Garlic Toast ^{MSW} Grilled Cheese ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Broccoli Assorted Fresh Vegetables Mixed Greens Salad Salsa Cups <p>Choice of 1 or 2 Fruits:</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>13</p> <p>Belgium</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Belgian Waffle ^{MEW} w/ Cheese Omelet ^{ME} Grilled Cheese ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Tri-Taters Assorted Fresh Vegetables Mixed Greens Salad Salsa Cups <p>Choice of 1 or 2 Fruits:</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>14</p> <p>Japan</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Tonkatsu (Pork Cutlet) ^{SW} w/ Sauce ^S and WG Dinner Roll ^{W SS} Grilled Cheese ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> BBQ Baked Beans Assorted Fresh Vegetables Mixed Greens Salad Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Fruit Cocktail Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M

Allergen Legend:

W – Contains Wheat

S – Contains Soy

M – Contains Milk/Dairy

E – Contains Eggs

SS – Contains Sesame

GF – Naturally Gluten Free (Packaged in kitchens that prepare items containing gluten.)

Please speak with your school's café manager to obtain a Special Dietary Needs Medical Form. if your child requires a special menu or meal modification due to a disability or impairment.

SF – Contains Shellfish

T – Contains Tree Nuts

P – Contains Peanuts

F – Contains Fish

Pricing

1 Student Lunch \$2.65

1 Student Reduced Lunch \$0.40

Adult Purchases A la Carte

Milk \$0.65

Additional items beyond the first meal are charged as a la carte.

<p>17</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> All Beef Hot Dog on Bun ^W Fruit & Yogurt Parfait ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Peas and Carrots 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Pears 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 Entrée:</p> <ul style="list-style-type: none"> French Toast Sticks ^{MESW} w/ Pork Sausage Fruit & Yogurt Parfait ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Emoticons 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Peaches 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 Entrée:</p> <ul style="list-style-type: none"> Breaded Chicken Sandwich ^{MSW} on Bun ^W Turkey and Cheese Sandwich ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Corn Relish Boat Assorted Fresh Vegetables Mixed Greens Salad Salsa Cups <p>Choice of 1 or 2 Fruits:</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>20</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Walking Taco Turkey and Cheese Sandwich ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Refried Beans Fiesta Relish Boat Assorted Fresh Vegetables Mixed Greens Salad Salsa Cups <p>Choice of 1 or 2 Fruits:</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>21</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> 4X6 Pizza ^{MW} Turkey and Cheese Sandwich ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed California Blend Assorted Fresh Vegetables Mixed Greens Salad Salsa Cups <p>Choice of 1 or 2 Fruits:</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>24</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Bosco Bread Sticks ^{MW} Fruit & Yogurt Parfait ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Carrots 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>25</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Corn Dog Nuggets ^{SWE} Fruit & Yogurt Parfait ^{MSW} Protein Pack w/String Cheese ^M and Sunflower Seeds ^{GF} Bagel ^w and Yogurt ^M w/Sunflower Seeds PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> BBQ Baked Beans 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Peaches 100% Fruit Juice Slushie Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>26</p>	<p>27</p>	<p>28</p>



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Visit the Food Service link at www.zcs.k12.in.us where you will find info on:

- Contact names
- Meal assistance
- Nutritional / allergen information
- Cafeteria pricing
- School Pay and More

You can also learn about our **ZCS Family Portal** where you can view current balances, food purchase histories and MORE!

Menus Subject to Change

10-20-25