



# Zionsville High School Menu

2025-2026

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

Components are: Entree (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: 8:00 – 8:30 a.m. M, T, TH, F After School Snack: 3:40 – 4:00 M-Th**  
8:37 – 9:07 a.m. W

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>3 Cheese Cavatappi <sup>MEW</sup> w/Garlic Knot <sup>SW</sup></li> <li>Calzone <sup>MSW</sup></li> <li>Chicken Shack: Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup></li> <li>Deli Meat Sandwich?</li> <li>Egg Salad Sandwich <sup>EW</sup></li> <li>Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Green Beans</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>Peaches</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> <li>100% Fruit Juice Slushy</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p>4</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>French Toast Sticks <sup>MESW</sup> w/Pork Sausage Patties</li> <li>Rippers Pizza <sup>MSW</sup></li> <li>Chicken Nuggets <sup>MSW</sup> w/WG Dinner Roll <sup>W SS</sup></li> <li>Deli Meat Sandwich?</li> <li>Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <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> <li>Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <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>5</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>All Beef Cheeseburger <sup>MS</sup> or Hamburger on Bun <sup>W</sup></li> <li>Cheese <sup>MSW</sup> or Meat lovers <sup>MSW</sup> Pizza Slices</li> <li>Chicken Nuggets <sup>MSW</sup> w/WG Dinner Roll <sup>W SS</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Premium Specialty Salads?</li> <li>Premium Wraps?</li> <li>Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>BBQ Baked Beans</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</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>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>6</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Breaded Pork Tenderloin <sup>SW</sup> on Bun <sup>W SS</sup></li> <li>Rippers Pizza <sup>MSW</sup></li> <li>Chicken Shack: Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Premium Specialty Salads?</li> <li>Premium Wraps?</li> <li>Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Waffle Fries</li> <li>Relish Boats</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</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>Applesauce</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>7</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Bosco Breadsticks <sup>MW</sup></li> <li>Deep Dish Pizza <sup>MSW</sup></li> <li>Chicken Shack: Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Premium Specialty Salads?</li> <li>Premium Wraps?</li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Peas</li> <li>Relish Boats</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</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>Fruit Cocktail</li> <li>Assorted Fresh Fruit</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>10</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Soft Pretzel <sup>W</sup> w/Cheese Sauce <sup>M</sup></li> <li>Calzone <sup>MSW</sup></li> <li>Chicken Shack: Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup></li> <li>Deli Meat Sandwich?</li> <li>Egg Salad Sandwich <sup>EW</sup></li> <li>Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Corn</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>Applesauce</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> <li>100% Fruit Juice Slushy</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p>11</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>General Tso's Chicken <sup>MSW</sup> or Teriyaki Chicken <sup>MSW</sup> over Rice</li> <li>Rippers Pizza <sup>MSW</sup></li> <li>Chicken Nuggets <sup>MSW</sup> w/WG Dinner Roll <sup>W SS</sup></li> <li>Deli Meat Sandwich?</li> <li>Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Broccoli</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>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>12</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Rotini in Meat Sauce <sup>MW</sup> w/NY Garlic Toast <sup>MSW</sup></li> <li>Cheese <sup>MSW</sup> or Meat lovers <sup>MSW</sup> Pizza Slices</li> <li>Chicken Nuggets <sup>MSW</sup> w/WG Dinner Roll <sup>W SS</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Premium Specialty Salads?</li> <li>Premium Wraps?</li> <li>Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Green Beans</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</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>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>13</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Nacho Bar <sup>M</sup></li> <li>Rippers Pizza <sup>MSW</sup></li> <li>Chicken Shack: Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Premium Specialty Salads?</li> <li>Premium Wraps?</li> <li>Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Fiesta Black Beans</li> <li>Relish Boats</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</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>Peaches</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>14</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Breaded Mozzarella Sticks <sup>MW</sup></li> <li>Deep Dish Pizza <sup>MSW</sup></li> <li>Chicken Shack: Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Premium Specialty Salads?</li> <li>Premium Wraps?</li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Mixed Vegetables</li> <li>Relish Boats</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</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>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>17</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Corn Dog Nuggets <sup>SWE</sup></li> <li>• Calzone <sup>MSW</sup></li> <li>• Chicken Shack: Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup></li> <li>• Deli Meat Sandwich <sup>?</sup></li> <li>• Egg Salad Sandwich <sup>EW</sup></li> <li>• Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>• Protein Pack <sup>M GF</sup></li> <li>• PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• BBQ Baked Beans</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>• Pineapple</li> <li>• Dried Fruits</li> <li>• 100% Fruit Juice</li> <li>• 100% Fruit Juice Slushy</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety <sup>M</sup></li> </ul>	<p>18</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Mac and Cheese <sup>MEW</sup> w/Garlic Knot <sup>SW</sup></li> <li>• Rippers Pizza <sup>MSW</sup></li> <li>• Chicken Nuggets <sup>MSW</sup> w/WG Dinner Roll <sup>W SS</sup></li> <li>• Deli Meat Sandwich<sup>?</sup></li> <li>• Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>• Protein Pack <sup>M GF</sup></li> <li>• PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• California Blend</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>• 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>19</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Walking Tacos</li> <li>• Cheese <sup>MSW</sup> or Meat lovers <sup>MSW</sup> Pizza Slices</li> <li>• Chicken Nuggets <sup>MSW</sup> w/WG Dinner Roll <sup>W SS</sup></li> <li>• Cheese <sup>MSW</sup> or Meat lovers <sup>MSW</sup> Pizza Slices</li> <li>• Chef Salad <sup>MEW</sup></li> <li>• Premium Specialty Salads<sup>?</sup></li> <li>• Premium Wraps <sup>?</sup></li> <li>• Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>• Protein Pack <sup>M GF</sup></li> <li>• PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Steamed Peas</li> <li>• Fiesta Relish Boats</li> <li>• Assorted Fresh Vegetables</li> <li>• Mixed Greens Salad</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>• Fruit Cocktail</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>20</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Mashed Potato Chicken Bowl <sup>MSW</sup> w/ Biscuit <sup>MSW</sup> (*Complete meal with vegetable included)</li> <li>• Rippers Pizza <sup>MSW</sup></li> <li>• Chicken Shack: Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup></li> <li>• Rippers Pizza <sup>MSW</sup></li> <li>• Chef Salad <sup>MEW</sup></li> <li>• Premium Specialty Salads<sup>?</sup></li> <li>• Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>• Premium Wraps<sup>?</sup></li> <li>• Protein Pack <sup>M GF</sup></li> <li>• PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Steamed Corn</li> <li>• Relish Boats</li> <li>• Assorted Fresh Vegetables</li> <li>• Mixed Greens Salad</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>• 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>21</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Cheese Stuffed Breadsticks <sup>MESW</sup></li> <li>• Deep Dish Pizza <sup>MSW</sup></li> <li>• Chicken Shack: Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup></li> <li>• Chef Salad <sup>MEW</sup></li> <li>• Premium Specialty Salads<sup>?</sup></li> <li>• Premium Wraps <sup>?</sup></li> <li>• Protein Pack <sup>M GF</sup></li> <li>• PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Steamed Broccoli</li> <li>• Relish Boats</li> <li>• Assorted Fresh Vegetables</li> <li>• Mixed Greens Salad</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>• Applesauce</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>24</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• 3 Cheese Cavatappi <sup>MEW</sup> w/Garlic Knot <sup>SW</sup></li> <li>• Calzone <sup>MSW</sup></li> <li>• Chicken Shack: Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup></li> <li>• Deli Meat Sandwich<sup>?</sup></li> <li>• Egg Salad Sandwich <sup>EW</sup></li> <li>• Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>• Protein Pack <sup>M GF</sup></li> <li>• PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Green Beans</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>• Peaches</li> <li>• Dried Fruits</li> <li>• 100% Fruit Juice</li> <li>• 100% Fruit Juice Slushy</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety <sup>M</sup></li> </ul>	<p>25</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• French Toast Sticks <sup>MESW</sup> w/Pork Sausage Patties</li> <li>• Rippers Pizza <sup>MSW</sup></li> <li>• Chicken Nuggets <sup>MSW</sup> w/WG Dinner Roll <sup>W SS</sup></li> <li>• Deli Meat Sandwich<sup>?</sup></li> <li>• Premium Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>• Protein Pack <sup>M GF</sup></li> <li>• PB&amp;J Sandwich <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> <li>• Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <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>26</p>	<p>27</p>	<p>28</p>



#### 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.)

SF – Contains Shellfish  
T – Contains Tree Nuts  
P – Contains Peanuts  
F – Contains Fish  
? – Varies by Item, Ask Staff

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.

#### Pricing

Student Breakfast \$1.40  
Student Reduced Bkfst \$0.30  
Student Lunch \$2.85  
Student Reduced Lunch \$0.40  
Premium Lunch \$3.35  
Premium Reduced Lunch \$0.40  
Milk \$0.65  
Adult Purchases are A la Carte

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

Visit the Food Service link at [www.zcs.k12.in.us](http://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

10-24-25