



Zionsville Middle Schools 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

ZMS 8:25 – 8:40 ZWMS 8:30 – 8:45

After School Snack Served Mon. – Thur.

ZMS 3:50 – 4:05 ZWMS 3:45 – 4:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Deep Dish Pizza ^{MSW} Fruit & Yogurt Parfait ^{MSW} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} 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"> Mandarin Oranges 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"> General Tso's Chicken ^{MSW} over Rice Fruit & Yogurt Parfait ^{MSW} Deli Meat Sandwich ^{MSW SS} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Broccoli 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>5</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Cheese Stuffed Breadsticks ^{MESW} Chef Salad Deli Meat Sandwich ^{MSW SS} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Mixed Vegetables 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"> Chicken Tenders ^{MSW} w/WG Dinner Roll ^{W SS} Chef Salad ^{MEW} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} 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"> Pears Assorted Fresh Fruit Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M
<p>10</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> French Bread Pizza ^{MSW} Fruit & Yogurt Parfait ^{MSW} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} 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"> Applesauce Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>11</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Pancakes ^{MEW} with Cheese Omelet ^{ME} Fruit & Yogurt Parfait ^{MSW} Deli Meat Sandwich ^{MSW SS} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Potato Wedges 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>12</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Corn Dog Nuggets ^{SWE} Grilled Cheese ^{MSW} Chef Salad ^{MEW} Deli Meat Sandwich ^{MSW SS} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> California Blend 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 	<p>13</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Walking Taco with Fritos Chef Salad ^{MEW} Deli Meat Sandwich ^{MSW SS} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Refried Beans Fiesta Relish Boats 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>14</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W Chef Salad ^{MEW} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Emoticon Potatoes Relish Boats 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

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

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

Protein Pack Entrée Contains WG Corn Chips, a Low Fat String Cheese and Sunflower Seeds.

Bagel and Yogurt Entrée Contains WG Bagel with a Yogurt and Low Fat String Cheese.

17	18	19	20	21
<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Calzones ^{MSW} Fruit & Yogurt Parfait ^{MSW} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} 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"> Peaches Dried Fruits 100% Fruit Juice Slushy <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> French Toast Sticks ^{MESW} w/Pork Sausage Patties Cereal Bowls w/Pork Sausage Patties Fruit & Yogurt Parfait ^{MSW} Deli Meat Sandwich ^{MSW SS} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Tri-Taters 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>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> All Beef Cheeseburger ^{MS} or Hamburger on Bun ^W Chef Salad ^{MEW} Deli Meat Sandwich ^{MSW SS} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} 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"> Fruit Cocktail Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Ripper's Pizza ^{MSW} Chef Salad ^{MEW} Deli Meat Sandwich ^{MSW SS} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Peas 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>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Mac and Cheese ^{MEW} with Garlic Knot ^{SW} Chef Salad ^{MEW} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Corn 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
24	25	26	27	28
<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Deep Dish Pizza ^{MSW} Fruit & Yogurt Parfait ^{MSW} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} 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 Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Chicken Poppers ^{MSW} w/WG Dinner Roll ^{W SS} Fruit & Yogurt Parfait ^{MSW} Deli Meat Sandwich ^{MSW SS} Bagel and Yogurt ^{MW} Protein Pack ^{M GF} PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Steamed Broccoli 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 			

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Pricing

Student Breakfast	\$1.40	Student Reduced Bkfst	\$0.30
Student Lunch	\$2.85	Student Reduced Lunch	\$0.40
Milk	\$0.65	Adult Purchases	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 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!