

# 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>2</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>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>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>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>3</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>WSS</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>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>4</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Corn Dog Nuggets<sup>SWE</sup></li> <li>Cheese<sup>MSW</sup> or Meat lovers<sup>MW</sup> Pizza Slices</li> <li>Chicken Nuggets<sup>MSW</sup> w/WG Dinner Roll<sup>WSS</sup></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>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>5</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>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>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>6</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>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>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>9</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>Stuffed Crust Pepperoni Pizza<sup>MSW</sup></li> <li>BBQ Chicken Pizza<sup>MSW</sup></li> <li>Buffalo Chicken Pizza<sup>MSW</sup></li> <li>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>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>10</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Pancakes<sup>MEW</sup> with Cheese Omelet<sup>ME</sup></li> <li>Rippers Pizza<sup>MSW</sup></li> <li>Chicken Nuggets<sup>MSW</sup> w/WG Dinner Roll<sup>WSS</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>Potato Wedges</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>11</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>MW</sup> Pizza Slices</li> <li>Chicken Nuggets<sup>MSW</sup> w/WG Dinner Roll<sup>WSS</sup></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>Refried Beans</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>12</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Mashed Potato Chicken Bowl<sup>MW</sup> w/ Biscuit<sup>MW</sup> (*Complete meal with vegetable included)</li> <li>Rippers Pizza<sup>MSW</sup></li> <li>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 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>13</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>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>



16	17	18	19	20
<b>FEBRUARY BREAK - NO SCHOOL</b>				



## INTERNATIONAL MENU



23	24	25	26	27	
<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>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>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>	<b>China</b>	<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>Rippers Pizza <sup>MSW</sup></li> <li>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>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>Sweet Potato 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>	<b>Latin America</b>	
		<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Potstickers (Dumplings)<sup>SS</sup> w/ Fried Rice <sup>SW SS</sup></li> <li>Cheese <sup>MSW</sup> or Meat lovers <sup>MW</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<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 Broccoli</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>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>Chicken Flautas <sup>MW</sup> w/ Plantains</li> <li>Deep Dish Pizza <sup>MSW</sup></li> <li>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>Fiesta Black Beans</li> <li>Relish Boats</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</li> <li>100% Vegetable Juice</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>Pineapple</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>		

**Allergen Legend:**

W – Contains Wheat	SF – Contains Shellfish
S – Contains Soy	T – Contains Tree Nuts
M – Contains Milk/Dairy	P – Contains Peanuts
E – Contains Eggs	F – Contains Fish
SS – Contains Sesame	? – Varies by Item, Ask Staff

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.

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! «