

# Zionsville West Middle School (ZWMS) 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
<h2 style="margin: 0;">INTERNATIONAL MENU</h2>				
2	3	4	5	6
<p><b>Choice of 1 Entrée:</b></p> <ul style="list-style-type: none"> <li>French Bread Pizza <sup>MSW</sup></li> <li>Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p><b>Choice of 1 or 2 Vegetables:</b></p> <ul style="list-style-type: none"> <li>Steamed Carrots</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> </ul> <p><b>Choice of 1 or 2 Fruits:</b></p> <ul style="list-style-type: none"> <li>Applesauce</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p><b>Choice of 1 Milk:</b></p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p style="text-align: center;"><b>China</b></p> <p><b>Choice of 1 Entrée:</b></p> <ul style="list-style-type: none"> <li>Potstickers (Dumplings)<sup>SS</sup> w/ Fried Rice <sup>SW SS</sup></li> <li>Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Deli Meat Sandwich <sup>MSW SS</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p><b>Choice of 1 or 2 Vegetables:</b></p> <ul style="list-style-type: none"> <li>Steamed Broccoli</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> </ul> <p><b>Choice of 1 or 2 Fruits:</b></p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p><b>Choice of 1 Milk:</b></p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p><b>Choice of 1 Entrée:</b></p> <ul style="list-style-type: none"> <li>Chicken Tenders <sup>MSW</sup> w/WG Dinner Roll <sup>W SS</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Deli Meat Sandwich <sup>MSW SS</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p><b>Choice of 1 or 2 Vegetables:</b></p> <ul style="list-style-type: none"> <li>Mashed Potatoes <sup>M</sup></li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</li> <li>Salsa Cups</li> </ul> <p><b>Choice of 1 or 2 Fruits:</b></p> <ul style="list-style-type: none"> <li>Mandarin Oranges</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p><b>Choice of 1 Milk:</b></p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p style="text-align: center;"><b>Latin America</b></p> <p><b>Choice of 1 Entrée:</b></p> <ul style="list-style-type: none"> <li>Chicken Flauta <sup>MW</sup> w/ Plantains</li> <li>Chef Salad <sup>MEW</sup></li> <li>Deli Meat Sandwich <sup>MSW SS</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p><b>Choice of 1 or 2 Vegetables:</b></p> <ul style="list-style-type: none"> <li>Fiesta Black Beans</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</li> <li>Salsa Cups</li> </ul> <p><b>Choice of 1 or 2 Fruits:</b></p> <ul style="list-style-type: none"> <li>Pineapple</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p><b>Choice of 1 Milk:</b></p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p style="text-align: center;"><b>Germany</b></p> <p><b>Choice of 1 Entrée:</b></p> <ul style="list-style-type: none"> <li>Soft Pretzel <sup>W</sup> w/ Cheese <sup>M</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p><b>Choice of 1 or 2 Vegetables:</b></p> <ul style="list-style-type: none"> <li>Steamed Corn</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</li> <li>Salsa Cups</li> </ul> <p><b>Choice of 1 or 2 Fruits:</b></p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p><b>Choice of 1 Milk:</b></p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>
9	10	11	12	13
<p><b>Choice of 1 Entrée:</b></p> <ul style="list-style-type: none"> <li>Ripper's Pizza <sup>MSW</sup></li> <li>Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p><b>Choice of 1 or 2 Vegetables:</b></p> <ul style="list-style-type: none"> <li>Steamed Peas &amp; Carrots</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> </ul> <p><b>Choice of 1 or 2 Fruits:</b></p> <ul style="list-style-type: none"> <li>Pears</li> <li>Dried Fruits</li> <li>100% Fruit Juice Slushy</li> </ul> <p><b>Choice of 1 Milk:</b></p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p><b>Choice of 1 Entrée:</b></p> <ul style="list-style-type: none"> <li>General Tso's Chicken<sup>MSW</sup> over Rice</li> <li>Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>Deli Meat Sandwich <sup>MSW SS</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p><b>Choice of 1 or 2 Vegetables:</b></p> <ul style="list-style-type: none"> <li>Steamed Broccoli</li> <li>100% Vegetable Juice</li> <li>Salsa Cups</li> </ul> <p><b>Choice of 1 or 2 Fruits:</b></p> <ul style="list-style-type: none"> <li>Applesauce</li> <li>Dried Fruits</li> <li>100% Fruit Juice</li> </ul> <p><b>Choice of 1 Milk:</b></p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p><b>Choice of 1 Entrée:</b></p> <ul style="list-style-type: none"> <li>Breaded Mozz Sticks <sup>MW</sup></li> <li>Custom Salad Bar</li> <li>Chef Salad <sup>MEW</sup></li> <li>Deli Meat Sandwich <sup>MSW SS</sup></li> <li>Bagel and Yogurt <sup>MW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p><b>Choice of 1 or 2 Vegetables:</b></p> <ul style="list-style-type: none"> <li>Steamed Peas</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</li> <li>Salsa Cups</li> </ul> <p><b>Choice of 1 or 2 Fruits:</b></p> <ul style="list-style-type: none"> <li>Pineapple</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p><b>Choice of 1 Milk:</b></p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p><b>Choice of 1 Entrée:</b></p> <ul style="list-style-type: none"> <li>All Beef Cheeseburger <sup>MS</sup> or Hamburger on Bun <sup>W</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Deli Meat Sandwich <sup>MSW SS</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p><b>Choice of 1 or 2 Vegetables:</b></p> <ul style="list-style-type: none"> <li>BBQ Baked Beans</li> <li>Relish Boats</li> <li>Assorted Fresh Vegetables</li> <li>Mixed Greens Salad</li> <li>Salsa Cups</li> </ul> <p><b>Choice of 1 or 2 Fruits:</b></p> <ul style="list-style-type: none"> <li>Fruit Cocktail</li> <li>Assorted Fresh Fruits</li> <li>Dried Fruits</li> </ul> <p><b>Choice of 1 Milk:</b></p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul>	<p><b>Choice of 1 Entrée:</b></p> <ul style="list-style-type: none"> <li>Mac and Cheese <sup>MEW</sup> with Garlic Knot <sup>SW</sup></li> <li>Chef Salad <sup>MEW</sup></li> <li>Protein Pack <sup>M GF</sup></li> <li>PB&amp;J Sandwich <sup>PW</sup></li> </ul> <p><b>Choice of 1 or 2 Vegetables:</b></p> <ul style="list-style-type: none"> <li>California Blend</li> <li>Assorted Vegetables</li> <li>Salsa Cups</li> </ul> <p><b>Choice of 1 or 2 Fruits:</b></p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Assorted Fruits</li> <li>Dried Fruits</li> </ul> <p><b>Choice of 1 Milk:</b></p> <ul style="list-style-type: none"> <li>Milk Variety <sup>M</sup></li> </ul> <p style="text-align: center;"> <b>Make a meal to receive Presidents Snack Cookies <sup>MEW</sup></b> </p>

**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  |                         |
| 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

Custom Salad Bar: Choose a base of Romaine and Iceberg Blend. Add up to 2 meat/meat alternates, up to 4 vegetable toppings and a choice of grain item. An assortment of salad dressing will be available. (Allergens vary by item. Ask Food Service Staff.)

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.

16	17	18	19	20
<b>FEBRUARY BREAK - NO SCHOOL</b>				
23	24	25	26	27
<p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Deep Dish Pizza <sup>MSW</sup></li> <li>• 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>• Mandarin Oranges</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>• French Toast Sticks <sup>MESW</sup> w/Pork Sausage Patties</li> <li>• Cereal Bowls w/Pork Sausage Patties</li> <li>• Fruit &amp; Yogurt Parfait <sup>MSW</sup></li> <li>• Deli Meat Sandwich <sup>MSW SS</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>• 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>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Bosco Breadsticks <sup>MW</sup></li> <li>• Custom Salad Bar</li> <li>• Chef Salad <sup>MEW</sup></li> <li>• Deli Meat Sandwich <sup>MSW SS</sup></li> <li>• Bagel and Yogurt <sup>MW</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>• 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> </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>• All Beef Coney Dog on a Bun <sup>W</sup></li> <li>• Chef Salad <sup>MEW</sup></li> <li>• Deli Meat Sandwich <sup>MSW SS</sup></li> <li>• Bagel and Yogurt <sup>MW</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>• Emoticon Potatoes</li> <li>• Assorted Fresh Vegetables</li> <li>• Mixed Greens Salad</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> </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>• Breaded <sup>MSW</sup> or Spicy Chicken <sup>SW</sup> on Bun <sup>W</sup></li> <li>• Chef Salad <sup>MEW</sup></li> <li>• Bagel and Yogurt <sup>MW</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>• Relish Boats</li> <li>• Assorted Fresh Vegetables</li> <li>• Mixed Greens Salad</li> <li>• Salsa Cups</li> </ul> <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> <li>• Pineapple</li> <li>• Assorted Fresh Fruits</li> <li>• Dried Fruits</li> </ul> <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> <li>• Milk Variety <sup>M</sup></li> </ul>

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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](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! {