



# 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



Join us for National School Breakfast Week, March 2nd – 6th!

Special items include: Mandarin Orange Yogurt Parfaits (3/4) and Fresh Baked Cinnamon Rolls (3/6)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Choice of 1 Entrée:</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>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Carrots</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> </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>Pretzel Dog <sup>SW</sup></li> <li>Grilled Cheese <sup>MSW</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>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>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>Cheese Stuffed Breadsticks <sup>MESW</sup></li> <li>Chef Salad</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>Mixed Vegetables</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>5</p> 	<p>6</p> <p>Choice of 1 Entrée:</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>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>Mashed 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>Mandarin Oranges</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>9</p> <p>Choice of 1 Entrée:</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>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>Pears</li> <li>Dried Fruits</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>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>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>Applesauce</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>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>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>Steamed Peas &amp; Carrots</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>	<p>12</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>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>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>Fruit Cocktail</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>13</p> <p>Choice of 1 Entrée:</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>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>California Blend</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>

**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 due to a disability or impairment.

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.

This institution is an equal opportunity provider.

<p>16</p> <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>• 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>• 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>17</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>• 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>• 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>• 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>18</p> <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>19</p> <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>20</p> <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>
<p>23</p> <p>Choice of 1 Entrée:</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>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Steamed Carrots</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> </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>• Corn Dog Nuggets <sup>SWE</sup></li> <li>• Grilled Cheese <sup>MSW</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>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> <li>• Steamed Peas</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>25</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Chicken Tenders <sup>MSW</sup> w/WG Dinner Roll <sup>W SS</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>• BBQ Baked Beans</li> <li>• Assorted Vegetables</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 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>26</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> <li>• Cheese Stuffed Breadsticks <sup>MESW</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>• Steamed Broccoli Vegetables</li> <li>• Assorted Vegetables</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 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>27</p> 

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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!**