



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
<p>6</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Deep Dish Pizza ^{MSW} Fruit & Yogurt Parfait ^{MSW} 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>7</p> <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} 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"> Fruit Cocktail Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>8</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> All Beef Coney Dog on a Bun ^W Chef Salad ^{MEW} Deli Meat Sandwich ^{MSW SS} Protein Pack ^{M GF} PB&J Sandwich ^{PW} <p>Choice of 1 or 2 Vegetables:</p> <ul style="list-style-type: none"> Emoticon Potatoes 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>9</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Bosco Breadsticks ^{MW} Chef Salad ^{MEW} Deli Meat Sandwich ^{MSW SS} 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"> Pears Assorted Fresh Fruits 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"> 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"> 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"> Pineapple 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"> 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"> Mandarin Oranges Dried Fruits 100% Fruit Juice <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"> Chicken Tenders ^{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"> Mashed Potatoes ^M 100% Vegetable Juice Salsa Cups <p>Choice of 1 or 2 Fruits:</p> <ul style="list-style-type: none"> Fruit Cocktail Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>15</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Breaded Mozz Sticks ^{MW} Custom Salad Bar 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"> 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>16</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Walking Taco ^S 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"> Pineapple Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>17</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Meatball Sub ^{MSW 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"> Steamed Corn 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

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.

<p>20</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Ripper's 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"> Pears Dried Fruits 100% Fruit Juice Slushy <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>21</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>22</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Soft Pretzel ^{W w/ Cheese M} 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 and Carrots 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>23</p> <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"> Pineapple Assorted Fresh Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>24</p> <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"> California Blend 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>27</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Stuffed Crust 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"> Applesauce Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>28</p> <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"> Fruit Cocktail Dried Fruits 100% Fruit Juice <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>29</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Bosco Breadsticks ^{MW} Custom Salad Bar 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"> Green 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 Fruits Dried Fruits <p>Choice of 1 Milk:</p> <ul style="list-style-type: none"> Milk Variety ^M 	<p>30</p> 	<p>May 1</p> <p>Choice of 1 Entrée:</p> <ul style="list-style-type: none"> Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W Turkey Club Wrap ^{MSW} 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 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 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
Milk	\$0.65	Adult Purchases	A la Carte

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

Custom Salad Bar: Start with 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.

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!