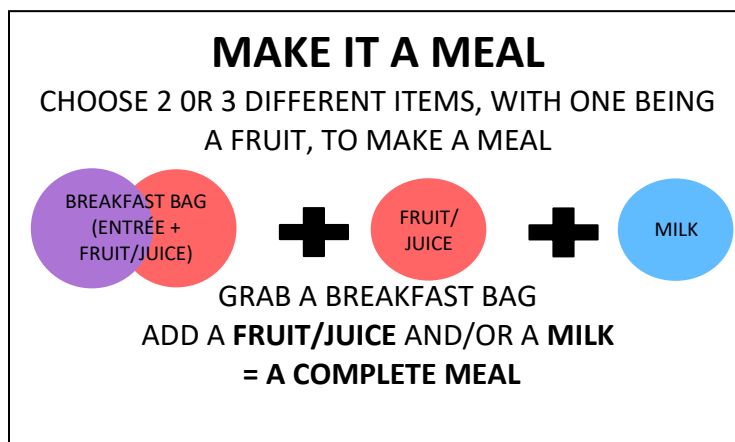


Elementary Breakfast in a Bag Menu

Boone Meadow, Eagle and Trailside Elementary

2026-2027

All \$1.40 breakfasts must include a fruit serving!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of 1 Breakfast Bag: • Snack'n Waffle ^{MEW} w/Craisins • Donut Holes ^{MESW} w/Craisins Choice of 1 Fruit: • Assorted Fruits/Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Breakfast Bag: • Breaded Chicken Slider ^{MSW} w/Chilled Fruit • Mini Cinnis ^{MW} w/Chilled Fruit Choice of 1 Fruit: • Assorted Fruits/Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Breakfast Bag: • Breakfast Bar ^{MESW} w/Fresh Fruit • Mini Maple Pancakes ^{MESW} w/ Fresh Fruit Choice of 1 Fruit: • Assorted Fruits/Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Breakfast Bag: • Breaded Chicken Slider ^{MSW} w/Chilled Fruit • Mini Cinnis ^{MW} w/Chilled Fruit Choice of 1 Fruit: • Assorted Fruits/Juice Choice of 1 Milk: • Milk Variety ^M	Choice of 1 Breakfast Bag: • Snack'n Waffle ^{MEW} w/Fresh Fruit • Donut Holes ^{MESW} w/Fresh Fruit Choice of 1 Fruit: • Assorted Fruits/Juice Choice of 1 Milk: • Milk Variety ^M

Breakfast Pricing

Student Breakfast \$1.40
 Student Reduced Breakfast \$0.30
 Extra Milk \$0.65
 Extra Entrée \$1.30
Snack items are available at an additional cost.

Visit the Food Service link at <https://www.zcs.k12.in.us/departments/food-services> to 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!

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 due to a disability or impairment.

Monday	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Waffle, Snack'n Blueberry	1 each	250	30	280	2.00	*N/A*	*N/A*	15.01	6.00	37.02	9.00	4.00
Donut Holes, WG Glazed	pouch	260	0	135	3.00	1.44	40.00	15.00	5.00	39.00	10.00	4.50
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	14.78	0.00	15.76	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
Mandarin Oranges	1/2 cup	105	0	12	1.16	0.42	0.00	25.59	1.16	26.76	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	11.07	0.00	14.08	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Grape	1 cup	80	0	10	0.00	0.00	20.00	18.00	0.00	19.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50

Tuesday	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Slider Bisc, breakfast	1 ea	330	25	850	2.00	2.52	20.00	2.00	12.00	34.00	16.00	7.00
Mini Cinnis	1 ea	230	0	280	3.00	1.44	20.00	14.00	5.00	41.00	7.00	2.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	14.78	0.00	15.76	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
Mandarin Oranges	1/2 cup	105	0	12	1.16	0.42	0.00	25.59	1.16	26.76	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	11.07	0.00	14.08	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Grape	1 cup	80	0	10	0.00	0.00	20.00	18.00	0.00	19.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50

Wednesday	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Breakfast Bar French Toast	1 ea	280	25	210	3.00	1.80	20.00	20.00	5.00	46.00	9.00	2.50
Breakfast Bars, Chocolate B	1 ea	280	15	220	3.00	1.80	20.00	23.00	5.00	47.00	8.00	3.00
Breakfast Bars, Chocolate C	1 bar	280	15	230	3.00	1.80	20.00	20.00	5.00	46.00	9.00	3.00
Pancakes, Mini Maple	1 each	200	0	210	4.00	3.60	40.00	10.00	4.00	35.00	6.00	1.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	14.78	0.00	15.76	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
Mandarin Oranges	1/2 cup	105	0	12	1.16	0.42	0.00	25.59	1.16	26.76	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	11.07	0.00	14.08	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Grape	1 cup	80	0	10	0.00	0.00	20.00	18.00	0.00	19.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50

Thursday	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Chicken Slider Bisc, breakfast	1 ea	330	25	850	2.00	2.52	20.00	2.00	12.00	34.00	16.00	7.00
Mini Cinnis	1 ea	230	0	280	3.00	1.44	20.00	14.00	5.00	41.00	7.00	2.00
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	14.78	0.00	15.76	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
Mandarin Oranges	1/2 cup	105	0	12	1.16	0.42	0.00	25.59	1.16	26.76	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	11.07	0.00	14.08	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Grape	1 cup	80	0	10	0.00	0.00	20.00	18.00	0.00	19.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50

Friday	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	G Total Sugars	G Protn	G Carb	G T-Fat	G S-Fat
Waffle, Snack'n Blueberry	1 each	250	30	280	2.00	*N/A*	*N/A*	15.01	6.00	37.02	9.00	4.00
Donut Holes, WG Glazed	pouch	260	0	135	3.00	1.44	40.00	15.00	5.00	39.00	10.00	4.50
Apple Slices	1 pkg	30	0	0	1.00	0.00	0.00	6.00	0.00	7.00	0.00	0.00
Orange - Whole	1 EACH	45	0	0	2.30	0.10	38.40	8.98	0.90	11.28	0.12	0.01
Bananas	1 EACH	105	0	1	3.07	0.31	5.90	14.43	1.29	26.95	0.39	0.13
Pineapple, Chunk	1/2 cup	69	0	0	0.99	0.35	0.00	14.78	0.00	15.76	0.00	0.00
Pears, Diced	1/2 cup	69	0	6	2.31	0.00	0.00	13.86	0.00	18.48	0.00	0.00
Peaches, Diced	1/2 CUP	68	0	6	1.14	0.41	0.00	14.82	0.00	15.96	0.00	0.00
Mandarin Oranges	1/2 cup	105	0	12	1.16	0.42	0.00	25.59	1.16	26.76	0.00	0.00
Fruit Cocktail	1/2 cup	60	0	5	1.01	0.30	8.05	11.07	0.00	14.08	0.00	0.00
Applesauce	1/2 cup	90	0	10	2.00	0.00	0.00	18.98	0.00	20.98	0.00	0.00
Raisins	1 box	129	0	11	1.94	0.77	26.66	28.03	1.42	34.11	0.11	0.04
Craisins, Watermelon	package	110	0	0	2.00	0.00	0.00	24.00	0.00	27.00	0.00	0.00
Juice, Apple Cup	1 ea	60	0	5	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Orange Cup	1 ea	60	0	0	0.00	0.00	0.00	12.00	0.00	14.00	0.00	0.00
Juice, Grape	1 cup	80	0	10	0.00	0.00	20.00	18.00	0.00	19.00	0.00	0.00
Milk, White, 1%, 8 oz	1 EACH	110	10	125	0.00	0.00	300.00	12.00	8.00	13.00	2.50	1.50
Milk, TruMoo, 1% Choc, 8 oz	1 EACH	150	10	220	0.00	0.40	300.00	22.00	8.00	24.00	2.50	1.50

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.