



Zionsville Middle Schools Menu

2026-2027

Students may take 3-5 components to make a lunch 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 Daily Before Start of School. After School Snack Served M-TH.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/28 Choice of 1 Entrée: - Rotini in Meat Sauce ^{EW} w/ Garlic Toast ^{MSW} - Fruit & Yogurt Parfait ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Green Beans 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Applesauce - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	9/29 Choice of 1 Entrée: - Corn Dog ^{SWE} - Breaded Mozz Sticks ^{MW} - Fruit & Yogurt Parfait ^{MSW} - Deli Meat Sandwich ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Peas 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Mandarin Oranges - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	9/30 Choice of 1 Entrée: - Walking Taco with Fritos - Chef Salad ^{MEW} - Deli Meat Sandwich ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Refried Beans ^M - Fiesta Relish Boats - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pineapple - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	1 Choice of 1 Entrée: - Chicken Tenders ^{MSW} w/WG Dinner Roll ^W - Chef Salad ^{MEW} - Deli Meat Sandwich ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Mashed Potatoes ^M - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	2 Choice of 1 Entrée: - Deep Dish Pizza ^{MSW} - Chef Salad ^{MEW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Carrots - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M
5 Choice of 1 Entrée: - Calzone ^{MSW} - Fruit & Yogurt Parfait ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Corn 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Applesauce - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	6 Choice of 1 Entrée: - French Toast Sticks ^{MESW} w/Pork Sausage Patties - Cereal Bowl w/Pork Sausage Patties - Fruit & Yogurt Parfait ^{MSW} - Deli Meat Sandwich ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Tri-Taters 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Fruit Cocktail - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	7 Choice of 1 Entrée: - Breaded ^{MSW} or Spicy Chicken ^{SW} on Bun ^W - Chef Salad ^{MEW} - Deli Meat Sandwich ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - BBQ Baked Beans - Relish Boat - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	8 Choice of 1 Entrée: - All Beef Coney Dog on a Bun ^W - Chef Salad ^{MEW} - Deli Meat Sandwich ^{MSW SS} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Emoticon Potatoes - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	9 Choice of 1 Entrée: - Bosco Breadsticks ^{MW} - Chef Salad ^{MEW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Peas - Assorted Vegetables - Salsa Cups Choice of 1 or 2 Fruits: - Pineapple - Assorted Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M

Allergen Legend:

W – Contains Wheat
S – Contains Soy
M – Contains Milk/Dairy
E – Contains Eggs
SS – Contains Sesame

SF – Contains Shellfish
T – Contains Tree Nuts
P – Contains Peanuts
F – Contains Fish

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

1 Student Lunch	\$2.65
1 Student Reduced Lunch	\$0.40
Lunch Entrée Only	\$2.40
Adult Purchases	A la Carte
Milk	\$0.65

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

12	13	14	15	16
19 Choice of 1 Entrée: - Cheese Quesadilla ^{MSW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Corn 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Dried Fruits 100% Fruit Juice Slushy Choice of 1 Milk: - Milk Variety ^M	20 Choice of 1 Entrée: - General Tso's Chicken ^{MSW} over Rice - Deli Meat Sandwich ^{MSW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Broccoli 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Applesauce - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	21 Choice of 1 Entrée: - Mac and Cheese ^{MEW} with Garlic Knot ^{SW} - Chef Salad ^{MEW} - Deli Meat Sandwich ^{MSW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Peas and Carrots - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Fruit Cocktail - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	22 Choice of 1 Entrée: - All Beef Cheeseburger ^{MS} or Hamburger on Bun ^W - Chef Salad ^{MEW} - Deli Meat Sandwich ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - BBQ Baked Beans - Relish Boat - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pineapple - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M  Local Apples from Beasley's Orchard available today!	23 Choice of 1 Entrée: - Ripper's Pizza ^{MSW} - Chef Salad ^{MEW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - California Blend - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M
26 Choice of 1 Entrée: - Rotini in Meat Sauce ^{EW w/} Garlic Toast ^{MSW} - Fruit & Yogurt Parfait ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Green Beans 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Applesauce - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	27 Choice of 1 Entrée: - Soft Pretzel ^W w/ Cheese ^M - Fruit & Yogurt Parfait ^{MSW} - Deli Meat Sandwich ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Peas 100% Vegetable Juice - Salsa Cups Choice of 1 or 2 Fruits: - Mandarin Oranges - Dried Fruits 100% Fruit Juice Choice of 1 Milk: - Milk Variety ^M	28 Choice of 1 Entrée: - Walking Taco with Fritos - Chef Salad ^{MEW} - Deli Meat Sandwich ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Refried Beans ^M - Fiesta Relish Boats - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pineapple - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	29 Choice of 1 Entrée: - Chicken Tenders ^{MSW} w/WG Dinner Roll ^W - Chef Salad ^{MEW} - Deli Meat Sandwich ^{MSW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Mashed Potatoes ^M - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Peaches - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M	30 Choice of 1 Entrée: - Deep Dish Pizza ^{MSW} - Chef Salad ^{MEW} - Bagel and Yogurt ^{MW} - Protein Pack ^{M GF} - PB&J Sandwich ^{PW} Choice of 1 or 2 Vegetables: - Steamed Carrots - Assorted Fresh Vegetables - Mixed Greens Salad - Salsa Cups Choice of 1 or 2 Fruits: - Pears - Assorted Fresh Fruits - Dried Fruits Choice of 1 Milk: - Milk Variety ^M

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!



Indiana Apple Crunch is an initiative with the Indiana Department of Education and Purdue University Extension. It celebrates healthy eating while supporting farm-to-school and local food purchasing across Indiana. October is also National Apple Month. Indiana orchards grow more than 100 apple varieties. In October, students can enjoy a fresh apple from Beasley's Orchard in Danville, Indiana with their lunch.