

Trailside Elementary Pre-K Menu

2026-2027

To make a lunch meal, students have a choice of entrée (meat/meat alternate and grain) with a vegetable, a fruit and a milk.

Note: Pre-K entrée offerings may vary by school due to different serving methods.

Breakfast Served Daily from 7:45 am to 8:00 am.

International Week: 11/16 – 11/20 with main entrees inspired by the country listed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Choice of 1 Entrée: • Bosco Breadsticks MW • Fruit & Yogurt Parfait MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Green Beans Pineapple 1% White Milk M	3 Choice of 1 Entrée: • Mini Corn Dogs SWE • Fruit & Yogurt Parfait MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Steamed Peas and Carrots Pears 1% White Milk M	4 Choice of 1 Entrée: • All Beef Cheeseburger MS or Hamburger on Bun W • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW BBQ Baked Beans Applesauce 1% White Milk M	5  	6 Choice of 1 Entrée: • Chicken Nuggets MSW w/ WG Dinner Roll W • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Steamed Corn Apple Slices 1% White Milk M
9 Choice of 1 Entrée: • All Beef Hot Dog on Bun W • Fruit & Yogurt Parfait MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW BBQ Baked Beans Applesauce 1% White Milk M	10 Choice of 1 Entrée: • Pizza Cheese Crunchers MW • Fruit & Yogurt Parfait MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Steamed Carrots Pineapple 1% White Milk M	11 Choice of 1 Entrée: • French Toast Sticks MESW w/Pork Sausage Patty • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Tri-Taters Pears 1% White Milk M	12 Choice of 1 Entrée: • Breaded Chicken Sandwich MSW on Bun W • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Baby Carrots Apple Slices 1% White Milk M	13 Choice of 1 Entrée: • Soft Pretzel W w/ Cheese M • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Cucumber Slices Peaches 1% White Milk 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	$2.30
Adult Purchases	A la Carte
Milk	$0.65

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

This institution is an equal opportunity provider.

16	17	18	19	20
China Choice of 1 Entrée: • Egg Roll MESW w/ Fried Rice SW SS • Fruit & Yogurt Parfait MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Steamed Broccoli Pineapple 1% White Milk M	**Italy** Choice of 1 Entrée: • 3 Cheese Cavatappi MEW w/ Breadstick MW • Fruit & Yogurt Parfait MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Green Beans Mandarin Oranges 1% White Milk M	**Spain** Choice of 1 Entrée: • Arroz Con Pollo (Spanish Rice and Chicken) w/ Queso M • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Cherry Tomatoes Pears 1% White Milk M	**Vietnam** Choice of 1 Entrée: • Meatball Banh Mi MEW • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW Steamed Corn Applesauce 1% White Milk M	**England** Choice of 1 Entrée: • Fish and Chips (Breaded Fish Sticks FMW w/ French Fries) • WG Dinner Roll W • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • Bagel W and Yogurt M w/Sunflower Seeds • PB&J Sandwich PW French Fries Peaches 1% White Milk M
23	24	25	26	27
Choice of 1 Entrée: • Bosco Breadsticks MW • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • PB&J Sandwich PW Green Beans Pineapple 1% White Milk M	Choice of 1 Entrée: • Mini Corn Dogs SWE • Grilled Cheese MSW • Protein Pack w/String Cheese M and Sunflower Seeds GF • PB&J Sandwich PW Steamed Peas and Carrots Pears 1% White Milk M			

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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!