


**Zeeland Middle Schools  
Lunch Menu  
December 2017**

|        | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--------|--|---|---|---|---|
| Week 1 | <p>Available Daily:</p> <p>Romaine Lettuce<br/>Tri Colored Peppers<br/>Carrots<br/>Tomatoes<br/>Cucumber<br/>Optional Fruit Choice</p>   |    | <p><b>VALUE LUNCH PRICES</b><br/>(Includes Milk)<br/>\$2.75 full pay<br/>\$0 .40 reduced pay</p> <p><b>Adult Meal</b><br/>\$3.85</p> <p><b>Milk Only</b><br/>50¢ for all students</p>   |   | <p style="text-align: right;"><b>1</b></p> <p>A. Mini Corn Dogs<br/>B. Chicken Fajita<br/>C. Ham &amp; Cheese Calzone<br/>D. French Bread Pizza</p> <p style="text-align: right;">Sides:<br/>Salsa, Carrot Sticks &amp;<br/>Diced Pears</p>   |
| Week 2 | <p style="text-align: right;"><b>4</b></p> <p>A. Burrito &amp; Taco Sauce<br/>B. Bosco Stick, Cheese Stick &amp; Marinara<br/>C. Spicy Popcorn Chicken w/ Cornbread Mini Loaf<br/>D. Hamburger on a bun</p> <p style="text-align: right;">Sides:<br/>Baked Beans, Peaches, &amp;<br/>Sidekick Frozen Dessert</p> | <p style="text-align: right;"><b>5</b></p> <p>A. Turkey Gravy &amp; Twisted Breadstick<br/>B. Chicken Rings w/ Roll &amp; Margarine<br/>C. Pizza Sticks &amp; Marinara<br/>D. Cheeseburger on a bun</p> <p style="text-align: right;">Sides:<br/>Whipped Potatoes &amp;<br/>Applesauce</p>                        | <p style="text-align: right;"><b>6</b></p> <p>A. Blueberry Pancakes &amp; Sausage Links<br/>B. Baked Mozzarella Cheese Sticks &amp; Marinara<br/>C. Corn Dog<br/>D. Pepperoni French Bread Pizza</p> <p style="text-align: right;">Sides:<br/>Carrot Sticks &amp;<br/>Pineapple Tidbits</p> | <p style="text-align: right;"><b>7</b></p> <p>A. Sloppy Joe on a Bun<br/>B. Hot Dog on a Bun<br/>C. Lasagna Roll Up &amp; Banana Muffin<br/>D. Cheeseburger on a Bun</p> <p style="text-align: right;">Sides:<br/>Hashbrown Starz &amp;<br/>Grapes</p>  | <p style="text-align: right;"><b>8</b></p> <p>A. Pepperoni Pizza<br/>B. Chicken Fries &amp; Cheddar Pretzel Bosco<br/>C. PBJ Uncrustable Sandwich<br/>D. Ham &amp; Cheese Calzone</p> <p style="text-align: right;">Sides:<br/>Green Beans &amp;<br/>Mixed Fruit</p>                        |
| Week 3 | <p style="text-align: right;"><b>11</b></p> <p>A. Soft Shell Tacos<br/>B. Breaded Chicken Leg &amp; Cornbread Mini Loaf<br/>C. Spicy Chicken Patty on a bun<br/>D. Cheese Pizza</p> <p style="text-align: right;">Sides:<br/>Cherry Tomatoes &amp;<br/>Diced Pear</p>  | <p style="text-align: right;"><b>12</b></p> <p>A. Mac &amp; Cheese w/ Roll &amp; Margarine<br/>B. Ham &amp; Cheese on a Pretzel Bun<br/>C. Burrito &amp; Taco Sauce<br/>D. Mini Corn Dogs</p> <p style="text-align: right;">Sides:<br/>Spinach &amp; Romaine Salad<br/>w/Red Beans<br/>&amp; Mandarin Oranges</p> | <p style="text-align: right;"><b>13</b></p> <p>A. French Toast Minis &amp; (2) Sausage Links<br/>B. Corn Dog<br/>C. Stuffed Crust Pizza<br/>D. PBJ Uncrustable Sandwich</p> <p style="text-align: right;">Sides:<br/>Fresh Red Peppers &amp;<br/>Pineapple Tidbits</p>                      | <p style="text-align: right;"><b>14</b></p> <p>A. Crispy Chicken Tenders &amp; Chocolate Muffin<br/>B. Cheeseburger on a Bun<br/>C. Turkey &amp; Cheese on a Croissant<br/>D. 4-Meat Pizza</p> <p style="text-align: right;">Sides:<br/>French Fries &amp;<br/>Diced Peaches</p>  | <p style="text-align: right;"><b>15</b></p> <p style="text-align: center;"><b>½ Day<br/>No Lunch</b></p>  |
| Week 1 | <p style="text-align: right;"><b>18</b></p> <p>A. Breaded Chicken Patty on Bun<br/>B. Cheese Pizza<br/>C. Meatball Sub<br/>D. Chef salad w/ Banana Bread</p> <p style="text-align: right;">Sides:<br/>Steamed Broccoli &amp;<br/>Mandarin Oranges</p>  | <p style="text-align: right;"><b>19</b></p> <p>A. Pizza Sticks &amp; Marinara<br/>B. Mini Waffles &amp; Colby Cheese Omelet<br/>C. Buffalo Chicken Pizza<br/>D. Hamburger on a Bun</p> <p style="text-align: right;">Sides:<br/>Smile Potatoes &amp;<br/>Diced Peaches</p>  | <p style="text-align: right;"><b>20</b></p> <p>A. Pepperoni Pizza<br/>B. Meatballs &amp; Brown Gravy w/Twisted Breadstick<br/>C. Spicy Chicken Patty on a bun<br/>D. Cheeseburger on a bun</p> <p style="text-align: right;">Sides:<br/>Whipped Potatoes &amp;<br/>Mixed Fruit</p>          | <p style="text-align: right;"><b>21</b></p> <p>A. Nachos Supreme (Meat, Chips, Lettuce, &amp; Tomato)<br/>B. Turkey &amp; Cheese on Croissant<br/>C. Baked Mozzarella Cheese Sticks &amp; Marinara<br/>D. Bosco Stick, Cheese Stick &amp; Marinara Sauce</p> <p style="text-align: right;">Sides:<br/>Warm Fiesta Black Beans<br/>&amp; Fresh Apple</p> | <p style="text-align: right;"><b>22</b></p> <p>A. Roasted Chicken &amp; Banana Bread<br/>B. Mini Cheeseburger Slider<br/>C. Ham &amp; Cheese Calzone<br/>D. French Bread Pizza</p> <p style="text-align: right;">Sides:<br/>Carrot Sticks,<br/>Diced Pears, &amp;<br/>Chocolate Pudding</p> |


**Menu subject to change without notice:**

Please refer our website [www.zps.org/food-service](http://www.zps.org/food-service) in the event of a "snow day" or unplanned day off to review menu changes.

**Lunch accounts can be paid at school with cash or check or  
online at [www.sendmoneytoschool.com](http://www.sendmoneytoschool.com)**

Free & Reduced Lunch Applications can be submitted online at [www.lunchapp.com](http://www.lunchapp.com) If you do not have access to the internet you can request a printed application from your school office.

Zeeland Middle Schools  
Breakfast Menu  
December 2017

|        | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--------|--|---|---|---|--|
| Week 1 | <b>Breakfast and Lunch must contain a ½ cup fruit or vegetable and at least 3 components to be a complete meal at value pricing</b>                    |    | <u><b>BREAKFAST PRICES</b></u><br><b>Value Breakfast (Includes Milk)</b><br><b>\$2.00 full pay</b><br><b>\$0.30 reduced pay</b><br><b>Adult Meal</b><br><b>\$2.75</b> |   | <b>1</b><br><b>A. Pancake on a stick</b><br><b>B. Cereal &amp; Nutrigrain Bar</b><br><br>Fruit choice:<br>Peaches                |
| Week 2 | <b>4</b><br><b>A. Maple Waffle &amp; Syrup</b><br><b>B. Cereal &amp; Teddy Grahams</b><br><br>Fruit choice:<br>Diced Peaches                           | <b>5</b><br><b>A. Pancakes &amp; Syrup</b><br><b>B. Cereal &amp; Blueberry Muffin</b><br><br>Fruit choice:<br>Diced Peaches | <b>6</b><br><b>A. Mini Cinnamon Pull-Apart Rolls</b><br><b>B. Cereal &amp; WG Pop-tart</b><br><br>Fruit choice:<br>Applesauce   | <b>7</b><br><b>A. Blueberry Pancake on a stick</b><br><b>B. Cereal &amp; Nutrigrain Bar</b><br><br>Fruit choice:<br>Banana                | <b>8</b><br><b>A. Cinnamon Bagel-Ful Stick</b><br><b>B. Cereal &amp; Cheese Stick</b><br><br>Fruit choice:<br>Mixed Fruit        |
| Week 3 | <b>11</b><br><b>A. Mini Bagel &amp; Strawberry Cream Cheese</b><br><b>B. Cereal &amp; Goldfish Giant Grahams</b><br><br>Fruit Choice:<br>Diced Peaches | <b>12</b><br><b>A. Mini Pancake Wraps</b><br><b>B. Cereal &amp; Nutrigrain Bar</b><br><br>Fruit Choice:<br>Mixed Fruit      | <b>13</b><br><b>A. Cinnamon Waffles &amp; Syrup</b><br><b>B. Cereal &amp; Banana Muffin</b><br><br>Fruit Choice:<br>Raisins   | <b>14</b><br><b>A. Cherry Filled Frudel</b><br><b>B. Cereal &amp; Teddy Grahams</b><br><br>Fruit Choice:<br>Diced Peaches                 | <b>15</b><br><b>A. French Toast Sticks &amp; Syrup</b><br><b>B. Cereal &amp; Cheese Stick</b><br><br>Fruit Choice:<br>Applesauce |
| Week 1 | <b>18</b><br><b>A. Apple Frudel</b><br><b>B. Cereal &amp; WG Pop-tart</b><br><br>Fruit choice:<br>Mixed Fruit  | <b>19</b><br><b>A. Mini Cinnamon Pull-Apart Rolls</b><br><b>B. Cereal &amp; String Cheese</b><br><br>Fruit choice:<br>Pears | <b>20</b><br><b>A. Bosco Breakfast Stick</b><br><b>B. Cereal &amp; Teddy Grahams</b><br><br>Fruit choice:<br>Pineapple  | <b>21</b><br><b>A. Mini Blueberry Waffles &amp; Syrup</b><br><b>B. Cereal &amp; Goldfish Giant Grahams</b><br><br>Fruit choice:<br>Banana | <b>22</b><br><b>A. Pancake on a stick</b><br><b>B. Cereal &amp; Nutrigrain Bar</b><br><br>Fruit choice:<br>Peaches               |

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