

**LUNCH PRICES**

MS Meal  
\$2.65  
Adult Meal  
\$3.70  
Milk Only  
50¢

**Zeeland Middle Schools  
Lunch Menu  
February 2017  
All Meals include Milk**

**Salad Bar Available Daily:**  
Romaine Lettuce  
Broccoli  
Peppers  
Carrots  
Tomatoes  
Cucumber  
Optional Fruit Choice

			Wednesday, Feb 1	Thursday, Feb 2	Friday, Feb 3
<b>Week 3</b>			A. French Toast & Sausage Links B. Corn Dog C. Stuffed Crust Pizza D. Ham & Cheese on Pretzel Bun  Fresh Red Peppers & Pineapple Tidbits	A. Crispy Chicken Tenders & Chocolate Chip Muffin B. Cheeseburger on Bun C. Pepperoni Calzone D. PBJ Uncrustable Sandwich  French Fries & Diced Peaches	A. Pizza Sticks & Marinara B. Chicken Fajita (shells & meat) C. Waffle Stix & Cheddar Cheese Omelet D. Hamburger on Bun  Salsa, Corn & Fresh Apple
	<b>Monday, Feb 6</b>	<b>Tuesday, Feb 7</b>	<b>Wednesday, Feb 8</b>	<b>Thursday, Feb 9</b>	<b>Friday, Feb 10</b>
<b>Week 1</b>	A. Breaded Chicken Patty on Bun B. Cheese Pizza C. Meatball Sub D. Corn Dog  Celery Sticks w/Ranch & Raisins	A. Chicken Nuggets & Garlic Bread B. Cheese Ravioli in Spaghetti Sauce & Garlic Bread C. Buffalo Chicken Pizza D. Hamburger on Bun  Corn Cob & Diced Peaches	A. Pepperoni Pizza B. Meatballs & Brown Gravy w/Twisted Breadstick C. Chicken Quesadilla & Marinara D. Ham & Cheese Calzone  Whipped Potatoes & Mandarin Oranges	A. Nachos Supreme (Meat, Chips, Lettuce, & Tomato) B. Turkey & Cheese on Croissant C. Baked Mozzarella Cheese Sticks & Marinara D. Bosco Stick, Cheese Stick & Marinara Sauce  Baked Beans & Fresh Apple	<b>½ Day No Lunch</b>
	<b>Monday, Feb 13</b>	<b>Tuesday, Feb 14</b>	<b>Wednesday, Feb 15</b>	<b>Thursday, Feb 16</b>	<b>Friday, Feb 17</b>
<b>Week 2</b>	A. Burrito & Taco Sauce B. Pepperoni Calzone C. Bosco Stick, Cheese Stick & Marinara Sauce D. Spicy Chicken Patty on Bun  Homemade Bean Salad & Sliced Peaches	A. Chicken Noodle Soup & (4) Mini Corn Dogs B. Round Cheese Pizza C. Pizza Sticks & Marinara D. Cheeseburger on Bun  Cucumbers & Applesauce	A. Blueberry Pancakes & Sausage Links B. Baked Mozzarella Cheese Sticks & Marinara C. Chicken Alfredo & Noodles w/Garlic Bread D. Pepperoni French Bread Pizza  Carrot Sticks & Pineapple Tidbits	A. Sloppy Joe on Bun B. Hot Dog on Bun C. Lasagna Roll Up & Banana Muffin D. Cheeseburger on Bun  Hashbrown Starz & Grapes	A. Pepperoni Pizza B. Chicken Fries & Cheddar Bosco Stick C. Breaded Chicken Patty on Bun D. Ham & Cheese Calzone  Green Beans & Fresh Orange
	<b>Monday, Feb 20</b>	<b>Tuesday, Feb 21</b>	<b>Wednesday, Feb 22</b>	<b>Thursday, Feb 23</b>	<b>Friday, Feb 24</b>
<b>Week 3</b>	A. Taco's (Shells, Meat, & Cheese) B. Bosco Stick, Cheese Stick & Marinara Sauce C. Pepperoni Pizza D. Spicy Chicken Patty/Bun  Cherry Tomatoes & Diced Pears	A. Mac & Cheese & Bread Slice & Margarine B. Ham & Cheese Wrap C. Burrito & Taco Sauce D. Mini Corn Dogs  Spinach & Romaine Salad w/Red Beans & Mandarin Oranges	A. French Toast & Sausage Links B. Corn Dog C. Stuffed Crust Pizza D. Ham & Cheese on Pretzel Bun  Fresh Red Peppers & Pineapple	A. Crispy Chicken Tenders & Chocolate Chip Muffin B. Cheeseburger on Bun C. Pepperoni Calzone D. PBJ Uncrustable Sandwich  French Fries & Diced Peaches	A. Pizza Sticks & Marinara B. Chicken Fajita (shells & meat) C. Waffle Stix & Cheddar Cheese Omelet D. Hamburger on Bun  Salsa, Corn & Fresh Apple
	<b>Monday, Feb 27</b>	<b>Tuesday, Feb 28</b>			
<b>Week 1</b>	A. Breaded Chicken Patty on Bun B. Cheese Pizza C. Meatball Sub D. Corn Dog  Celery Sticks w/Ranch & Raisins	A. Chicken Nuggets & Garlic Bread B. Cheese Ravioli in Spaghetti Sauce & Garlic Bread C. Buffalo Chicken Pizza D. Hamburger on Bun  Corn Cob & Diced Peaches			



**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.

**BREAKFAST****PRICES**

MS Meal  
\$1.90  
Adult Meal  
\$2.65  
Milk Only  
50¢

# Zeeland Middle Schools Breakfast Menu February 2017 All Meals include Milk

Breakfast and Lunch must  
include a 1/2 cup fruit or  
vegetable to be a  
complete meal



				Wednesday, Feb 1	Thursday, Feb 2	Friday, Feb 3
Week 3				A. Mini Cinnamon Waffles & Syrup B. Cereal & Banana Muffin  Fresh Orange	A. Cherry Filled Frudel B. Cereal & Graham Crackers  Diced Pears	A. French Toast Sticks & Syrup B. Cereal & Cheese Stick  Applesauce
		Monday, Feb 6	Tuesday, Feb 7	Wednesday, Feb 8	Thursday, Feb 9	Friday, Feb 10
Week 1		A. Apple Frudel B. Cereal & Graham Crackers  Diced Peaches	A. French Toast Sticks B. Cereal & String Cheese  Fresh Orange	A. Breakfast Sausage Pizza B. Cereal & Teddy Grahams  Mixed Fruit	A. Mini Blueberry Waffles & Syrup B. Cereal & Poptart  Diced Pears	A. Pancake on a stick B. Cereal & Nutrigrain Bar  Applesauce
		Monday, Feb 13	Tuesday, Feb 14	Wednesday, Feb 15	Thursday, Feb 16	Friday, Feb 17
Week 2		A. Maple Waffle & Syrup B. Cereal & Animal Crackers  Diced Pears	A. Pancakes & Syrup B. Cereal & Blueberry Muffin  Diced Peaches	A. Breakfast Sausage Pizza B. Cereal & Graham Crackers  Applesauce	A. Blueberry Pancake on a stick B. Cereal & Nutrigrain Bar  Banana	A. Cinnamon Bagel-Ful Stick B. Cereal & Cheese Stick  Mixed Fruit
		Monday, Feb 20	Tuesday, Feb 21	Wednesday, Feb 22	Thursday, Feb 23	Friday, Feb 24
Week 3		A. Mini Bagel & Strawberry Cream Cheese B. Cereal & Teddy Grahams  Diced Peaches	A. Mini Pancake Wraps B. Cereal & Nutrigrain Bar  Mixed Fruit	A. Mini Cinnamon Waffles & Syrup B. Cereal & Banana Muffin  Fresh Orange	A. Cherry Filled Frudel B. Cereal & Graham Crackers  Diced Pears	A. French Toast Sticks & Syrup B. Cereal & Cheese Stick  Applesauce
		Monday, Feb 27	Tuesday, Feb 28			
Week 1		A. Apple Frudel B. Cereal & Graham Crackers  Diced Peaches	A. French Toast Sticks B. Cereal & String Cheese  Fresh Orange			

Free or Reduced Lunch Applications can be  
filled out any time at [www.lunchapp.com](http://www.lunchapp.com)

Download "My School Menus" for free from your app store or google play for menus, nutrition, translation, allergen info & more. You can also use the online version from your pc at [www.zps.org/food-service](http://www.zps.org/food-service)

This institution is an equal opportunity provider.