

Zeeland Public Schools

Middle School Lunch Menu

May 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
Week 3	A. Tacos B. Bosco Stick, Cheese Stick & Marinara Sauce C. Pepperoni Pizza D. Spicy Chicken Patty/Bun Sides: Cherry Tomatoes & Diced Pears	A. Mac & Cheese w/ Roll B. Ham & Cheese on Pretzel Bun C. Burrito & Taco Sauce D. Mini Corn Dogs Sides: Spinach & Romaine Salad w/Red Beans & Mandarin Oranges	A. French Toast and Sausage Links B. Chicken Leg & Cornbread Mini Loaf C. Stuffed Crust Pizza D. Spicy Popcorn Chicken & Corn Bread Sides: Fresh Red Peppers & Pineapple Tidbits	A. Crispy Chicken Tenders & Choc Muffin B. Cheeseburger on Bun C. Turkey & Cheese on Croissant D. PBJ UnCrustable Sandwich Sides: Sidewinder Fries & Diced Peaches	A. Pizza Sticks & Marinara B. Chicken Fajita C. (2) Pepperoni Mini Bosco's & Cheese Stick D. Hamburger on Bun Sides: Salsa, Corn & Fresh Apple
	8	9	10	11	12
Week 1	A. Breaded Chicken Patty on Bun B. Cheese Pizza C. Meatball Sub D. Mini Twin Cheeseburger Sides: Celery Sticks w/Ranch, & Raisins	A. Chicken Nuggets w/ Roll & Margarine B. Cheese Omelet & Mini Waffles C. Buffalo Chicken Pizza D. Hamburger on Bun Sides: Corn Cob & Diced Peaches	 ½ Day No Lunch	 ½ Day No Lunch	 ½ Day No Lunch
	15	16	17	18	19
Week 2	A. Burrito & Taco Sauce B. Ham & Cheese on Croissant C. Mini Corn Dogs D. Spicy Chicken Patty on Bun Sides: Baked Beans, Peaches, & Sidekick Frozen Dessert	A. Turkey Gravy & Twisted Breadstick B. Chicken Nuggets w/Roll & Margarine C. Pizza Sticks & Marinara D. Cheeseburger on Bun Sides: Whipped Potatoes & Applesauce	A. Blueberry Pancakes & Sausage Links B. Baked Mozzarella Cheese Sticks & Marinara C. Chicken Alfredo & Noodles w/Garlic Bread D. Pepperoni French Bread Pizza Sides: Carrot Sticks & Pineapple Tidbits	A. Sloppy Joe on Bun B. Hot Dog on Bun C. Lasagna Roll Up & Banana Muffin D. Cheeseburger on Bun Sides: Hashbrown Starz & Grapes	A. Pepperoni Pizza B. Chicken Fries & Cheddar Pretzel Bosco C. Breaded Chicken Patty on Bun D. Ham & Cheese Calzone Sides: Green Beans & Melon
	22	23	24	25	26
Week 3	A. Tacos B. Bosco Stick, Cheese Stick & Marinara Sauce C. Pepperoni Pizza D. Spicy Chicken Patty/Bun Sides: Cherry Tomatoes & Diced Pears	A. Mac & Cheese w/ Roll B. Ham & Cheese Pretzel Bun C. Burrito & Taco Sauce D. Mini Corn Dogs Sides: Spinach & Romaine Salad w/Red Beans & Mandarin Oranges	A. French Toast and Sausage Links B. Chicken Leg & Cornbread Mini Loaf C. Stuffed Crust Pizza D. Spicy Popcorn Chicken & Corn Bread Sides: Fresh Red Peppers & Pineapple Tidbits	A. Crispy Chicken Tenders & Choc Muffin B. Cheeseburger on Bun C. Turkey & Cheese on Croissant D. PBJ UnCrustable Sandwich Sides: Sidewinder Fries & Diced Peaches	A. Pizza Sticks & Marinara B. Chicken Fajita C. (2) Pepperoni Mini Bosco's & Cheese Stick D. Hamburger on Bun Sides: Salsa, Corn & Fresh Apple
	29	30	31	Salad Bar Available Daily: Romaine Lettuce Tri Colored Peppers Carrots Tomatoes Cucumber Optional Fruit Choice	
Week 1	Memorial Day 	A. Chicken Nuggets w/ Roll & Margarine B. Cheese Omelet & Mini Waffles C. Buffalo Chicken Pizza D. Hamburger on Bun Sides: Smile Potatoes & Diced Peaches	A. Pepperoni Pizza B. Corn Dog C. Chicken Quesadilla & Marinara D. Ham & Cheese Calzone Sides: Carrot Sticks & Mandarin Oranges		

Menu subject to change without notice:

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

Middle School Breakfast Menu

May 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	1 A. Mini Bagel & Strawberry Cream Cheese B. Cereal & Teddy Grahams Fruit Choice: Diced Peaches	2 A. Mini Pancake Wraps B. Cereal & Nutrigrain Bar Fruit Choice: Mixed Fruit	3 A. Mini Cinnamon French Toast & Syrup B. Cereal & Banana Muffin Fruit Choice: Fresh Orange	4 A. Cherry Filled Frudel B. Cereal & Graham Crackers Fruit Choice: Diced Pears	5 A. French Toast Sticks & Syrup B. Cereal & Cheese Stick Fruit Choice: Applesauce
Week 1	8 A. Apple Frudel B. Cereal & Graham Crackers Fruit choice: Diced Peaches	9 A. French Toast Sticks B. Cereal & String Cheese Fruit choice: Fresh Orange	10 A. Mini Cinnamon Pull-Apart Rolls B. Cereal & Teddy Grahams Fruit choice: Mixed Fruit	11 A. Mini Blueberry Waffles & Syrup B. Cereal & Poptart Fruit choice: Diced Pears	12 A. Pancake on a stick B. Cereal & Nutrigrain Bar Fruit choice: Applesauce
Week 2	15 A. Maple Waffle & Syrup B. Cereal & Animal Crackers Fruit choice: Diced Pears	16 A. Pancakes & Syrup B. Cereal & Blueberry Muffin Fruit choice: Diced Peaches	17 A. Mini Cinnamon Pull-Apart Rolls B. Cereal & Graham Crackers Fruit choice: Applesauce	18 A. Blueberry Pancake on a stick B. Cereal & Nutrigrain Bar Fruit choice: Banana	19 A. Cinnamon Bagel-Ful Stick B. Cereal & Cheese Stick Fruit choice: Mixed Fruit
Week 3	22 A. Mini Bagel & Strawberry Cream Cheese B. Cereal & Teddy Grahams Fruit Choice: Diced Peaches	23 A. Mini Pancake Wraps B. Cereal & Nutrigrain Bar Fruit Choice: Mixed Fruit	24 A. Mini Cinnamon French Toast & Syrup B. Cereal & Banana Muffin Fruit Choice: Fresh Orange	25 A. Cherry Filled Frudel B. Cereal & Graham Crackers Fruit Choice: Diced Pears	26 A. French Toast Sticks & Syrup B. Cereal & Cheese Stick Fruit Choice: Applesauce
Week 1	29 	30 Cereal & Cooks Choice Fruit choice: Cooks Choice	31 Cereal & Cooks Choice Fruit choice: Cooks Choice	BREAKFAST PRICES Elementary Meal (Includes Milk) \$1.90 Adult Meal \$2.65 Milk Only .50	

Download "My School Menus" for free from your app store or google play. You can also use the online version from your pc at www.zps.org/food-service

Free or Reduced Lunch Applications can be filled out any time at www.lunchapp.com

This institution is an equal opportunity provider.