



**Zeeland Elementary Schools  
Lunch Menu  
November 2017**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	<p><b>VALUE LUNCH PRICES</b> (Includes Milk) \$2.50 full pay \$0.40 reduced pay <b>Adult Meal</b> \$3.85 <b>Milk Only</b> 50¢ for all students</p>	<p><b>Available Daily:</b> <b>Romaine Lettuce</b> <b>Tri Colored Peppers</b> <b>Carrots</b> <b>Tomatoes</b> <b>Celery</b> <b>Optional Fruit Choice</b></p>	<p style="text-align: right;"><b>1</b></p> <p>A. French Toast Minis &amp; Sausage Links w/ Syrup B. Corn Dog C. Soybutter &amp; Jelly Sandwich</p> <p style="text-align: center;">Sides: Fresh Red Peppers &amp; Pineapple Tidbits</p>	<p style="text-align: right;"><b>2</b></p> <p>A. Crispy Chicken Tenders &amp; Chocolate Muffin B. Cheeseburger on Bun C. Yogurt, String Cheese, &amp; Tortilla Chips</p> <p style="text-align: center;">Sides: French Fries &amp; Diced Peaches</p>	<p style="text-align: right;"><b>3</b></p> <p>A. Pizza Sticks &amp; Marinara B. Chicken Alfredo &amp; Garlic Bread C. Soybutter &amp; Jelly Sandwich</p> <p style="text-align: center;">Sides: Corn &amp; Fresh Apple</p>
Week 1	<p style="text-align: right;"><b>6</b></p> <p>A. Mini Cheeseburger Sliders B. Cheese Pizza C. Soybutter &amp; Jelly Sandwich</p> <p style="text-align: center;">Sides: Steamed Broccoli &amp; Mandarin Oranges</p>	<p style="text-align: right;"><b>7</b></p> <p>A. Chicken Nuggets B. Cheese Omelet &amp; Cinnamon Toast Cereal C. Yogurt, String Cheese, &amp; Muffin</p> <p style="text-align: center;">Sides: Smile Potatoes &amp; Diced Peaches</p>	<p style="text-align: right;"><b>8</b></p> <p style="text-align: center;"><b>½ Day No Lunch</b></p>	<p style="text-align: right;"><b>9</b></p> <p style="text-align: center;"><b>½ Day No Lunch</b></p>	<p style="text-align: right;"><b>10</b></p> <p style="text-align: center;"><b>No School Today</b></p>
Week 2	<p style="text-align: right;"><b>13</b></p> <p>A. Burrito &amp; Taco Sauce B. Bosco Stick &amp; Cheese Stick with Marinara Sauce C. Soybutter &amp; Jelly Sandwich</p> <p style="text-align: center;">Sides: Baked Beans, Peaches, &amp; Sidekick Frozen Dessert</p>	<p style="text-align: right;"><b>14</b></p> <p>A. Turkey Gravy, Roll, &amp; Margarine B. Chicken Rings C. Yogurt, String Cheese, &amp; Muffin</p> <p style="text-align: center;">Sides: Whipped Potatoes &amp; Applesauce</p>	<p style="text-align: right;"><b>15</b></p> <p>A. Blueberry Pancakes &amp; Sausage Links B. Baked Mozzarella Cheese Sticks &amp; Marinara C. Soybutter &amp; Jelly Sandwich</p> <p style="text-align: center;">Sides: Carrot Sticks &amp; Pineapple Tidbits</p>	<p style="text-align: right;"><b>16</b></p> <p>A. Sloppy Joe on Bun B. Hot Dog on Bun C. Yogurt, String Cheese, &amp; Tortilla Chips</p> <p style="text-align: center;">Sides: Hashbrown Starz &amp; Grapes</p>	<p style="text-align: right;"><b>17</b></p> <p>A. Pepperoni Pizza B. Chicken Fries &amp; Cheddar Pretzel Bosco C. Soybutter &amp; Jelly Sandwich</p> <p style="text-align: center;">Sides: Green Beans &amp; Mixed Fruit</p>
Week 3	<p style="text-align: right;"><b>20</b></p> <p>A. French Toast Minis &amp; Sausage Links w/ Syrup B. Corn Dog C. Soybutter &amp; Jelly Sandwich</p> <p style="text-align: center;">Sides: Cherry Tomatoes &amp; Diced Pears</p>	<p style="text-align: right;"><b>21</b></p> <p>A. Breaded Chicken Leg &amp; Cornbread Mini Loaf B. Cheese Pizza C. Yogurt, String Cheese, &amp; Muffin</p> <p style="text-align: center;">Sides: Whipped Potatoes, Applesauce Cup, &amp; Pumpkin Roll</p>	<p style="text-align: right;"><b>22</b></p> <p style="text-align: center;"><b>Thanksgiving Break</b></p>		
Week 1	<p style="text-align: right;"><b>27</b></p> <p>A. Breaded Chicken Patty on Bun B. Pepperoni Pizza C. Soybutter &amp; Jelly Sandwich</p> <p style="text-align: center;">Sides: Steamed Broccoli &amp; Mandarin Oranges</p>	<p style="text-align: right;"><b>28</b></p> <p>A. Chicken Nuggets B. Cheese Omelet &amp; Cinnamon Toast Cereal C. Yogurt, String Cheese, &amp; Muffin</p> <p style="text-align: center;">Sides: Smile Potatoes &amp; Diced Peaches</p>	<p style="text-align: right;"><b>29</b></p> <p>A. Pepperoni Pizza B. Meatballs in Brown Gravy w/ Twisted Breadstick C. Soybutter &amp; Jelly Sandwich</p> <p style="text-align: center;">Sides: Whipped Potatoes &amp; Melon</p>	<p style="text-align: right;"><b>30</b></p> <p>A. Nachos Supreme (Meat, Chips, Lettuce, &amp; Tomato) B. Turkey &amp; Cheese on Croissant C. Yogurt, String Cheese, &amp; Tortilla Chips</p> <p style="text-align: center;">Sides: Warm Fiesta Black Beans &amp; Fresh Apple</p>	<p style="text-align: center;"><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></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.

Zeeland Elementary Schools  
Breakfast Menu  
November 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	<b><u>BREAKFAST PRICES</u></b> <b>Value Breakfast</b> <b>(Includes Milk)</b> <b>\$2.00 full pay</b> <b>\$0.30 reduced pay</b> <b>Adult Meal</b> <b>\$2.75</b>		<b>1</b> <b>A. Cinnamon Waffles &amp; Syrup</b> <b>B. Cereal &amp; Banana Muffin</b>  Fruit Choice: Fresh Orange	<b>2</b> <b>A. Cherry Filled Frudel</b> <b>B. Cereal &amp; Teddy Grahams</b>  Fruit Choice: Diced Pears	<b>3</b> <b>A. French Toast Sticks &amp; Syrup</b> <b>B. Cereal &amp; Cheese Stick</b>  Fruit Choice: Applesauce
Week 1	<b>6</b> <b>A. Apple Frudel</b> <b>B. Cereal &amp; WG Pop-tart</b>  Fruit choice: Mixed Fruit	<b>7</b> <b>A. Mini Cinnamon Pull-Apart Rolls</b> <b>B. Cereal &amp; String Cheese</b>  Fruit choice: Pears	<b>8</b> <b>A. Bosco Breakfast Stick</b> <b>B. Cereal &amp; Teddy Grahams</b>  Fruit choice: Pineapple	<b>9</b> <b>A. Mini Blueberry Waffles &amp; Syrup</b> <b>B. Cereal &amp; Goldfish Giant Grahams</b>  Fruit choice: Banana	<b>10</b>  <p style="text-align: center;"><b>No School Today</b></p>
Week 2	<b>13</b> <b>A. Maple Waffle &amp; Syrup</b> <b>B. Cereal &amp; Teddy Grahams</b>  Fruit choice: Diced Pears	<b>14</b> <b>A. Pancakes &amp; Syrup</b> <b>B. Cereal &amp; Blueberry Muffin</b>  Fruit choice: Diced Peaches	<b>15</b> <b>A. Mini Cinnamon Pull-Apart Rolls</b> <b>B. Cereal &amp; WG Pop-tart</b>  Fruit choice: Applesauce	<b>16</b> <b>A. Blueberry Pancake on a stick</b> <b>B. Cereal &amp; Nutrigrain Bar</b>  Fruit choice: Banana	<b>17</b> <b>A. Cinnamon Bagel-Ful Stick</b> <b>B. Cereal &amp; Cheese Stick</b>  Fruit choice: Mixed Fruit
Week 3	<b>20</b> <b>A. Mini Bagel &amp; Strawberry Cream Cheese</b> <b>B. Cereal &amp; Goldfish Giant Grahams</b>  Fruit Choice: Diced Peaches	<b>21</b> <b>A. Mini Pancake Wraps</b> <b>B. Cereal &amp; Nutrigrain Bar</b>  Fruit Choice: Mixed Fruit	<b>22</b>  <p style="text-align: center;"><b>Thanksgiving Break</b></p>		
Week 1	<b>27</b> <b>A. Apple Frudel</b> <b>B. Cereal &amp; WG Pop-tart</b>  Fruit choice: Mixed Fruit	<b>28</b> <b>A. Mini Cinnamon Pull-Apart Rolls</b> <b>B. Cereal &amp; String Cheese</b>  Fruit choice: Pears	<b>29</b> <b>A. Bosco Breakfast Stick</b> <b>B. Cereal &amp; Teddy Grahams</b>  Fruit choice: Pineapple	<b>30</b> <b>A. Mini Blueberry Waffles &amp; Syrup</b> <b>B. Cereal &amp; Goldfish Giant Grahams</b>  Fruit choice: Banana	<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>

This institution is an equal opportunity provider.

**Lunch accounts can be paid at school with cash or check or online [Online Deposit Website](#)**

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.

For online interactive Menus you may 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](http://www.zps.org/food-service)