


**Zeeland Middle Schools  
Lunch Menu  
November 2017**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	<b>VALUE LUNCH PRICES</b> <b>(Includes Milk)</b> \$2.75 full pay \$0.40 reduced pay <b>Adult Meal</b> \$3.85 <b>Milk Only</b> 50¢ for all students	<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>	<b>1</b> A. French Toast & Sausage Links B. Corn Dog C. Stuffed Crust Pizza D. PBJ Uncrustable Sandwich  Sides: Fresh Red Peppers & Pineapple Tidbits	<b>2</b> A. Crispy Chicken Tenders & Chocolate Muffin B. Cheeseburger on a Bun C. Turkey & Cheese on a Croissant D. 4-Meat Pizza  Sides: French Fries & Diced Peaches	<b>3</b> A. Pizza Sticks & Marinara B. Chicken Alfredo w/ Garlic Bread C. (2) Pepperoni Mini Bosco's & (1) Cheese Stick D. Hamburger on a Bun  Sides: Corn & Fresh Apple
Week 1	<b>6</b> A. Mini Cheeseburger Sliders B. Cheese Pizza C. Meatball Sub D. Chef salad w/ Banana Bread  Sides: Steamed Broccoli & Mandarin Oranges	<b>7</b> A. Chicken Nuggets w/ Roll & Margarine B. Mini Waffles & Colby Cheese Omelet C. Buffalo Chicken Pizza D. Hamburger on a Bun  Sides: Smile Potatoes & Diced Peaches	<b>8</b>  <div style="text-align: center; font-size: 1.2em;"> <b>½ Day No Lunch</b> </div>	<b>9</b>  <div style="text-align: center; font-size: 1.2em;"> <b>½ Day No Lunch</b> </div>	<b>10</b>  <div style="text-align: center; font-size: 1.2em;"> <b>No School Today</b> </div>
Week 2	<b>13</b> A. Burrito & Taco Sauce B. Bosco Stick, Cheese Stick & Marinara C. Spicy Popcorn Chicken w/ Cornbread Mini Loaf D. Hamburger on a bun  Sides: Baked Beans, Peaches, & Sidekick Frozen Dessert	<b>14</b> A. Turkey Gravy & Twisted Breadstick B. Chicken Rings w/ Roll & Margarine C. Pizza Sticks & Marinara D. Cheeseburger on a bun  Sides: Whipped Potatoes & Applesauce	<b>15</b> A. Blueberry Pancakes & Sausage Links B. Baked Mozzarella Cheese Sticks & Marinara C. Corn Dog D. Pepperoni French Bread Pizza  Sides: Carrot Sticks & Pineapple Tidbits	<b>16</b> A. Sloppy Joe on a Bun B. Hot Dog on a Bun C. Lasagna Roll Up & Banana Muffin D. Cheeseburger on a Bun  Sides: Hashbrown Starz & Grapes	<b>17</b> A. Pepperoni Pizza B. Chicken Fries & Cheddar Pretzel Bosco C. PBJ Uncrustable Sandwich D. Ham & Cheese Calzone  Sides: Green Beans & Mixed Fruit
Week 3	<b>20</b> A. French Toast Minis & Sausage Links w/ Syrup B. Corn Dog C. Spicy Chicken Patty on a bun D. Pepperoni Pizza  Sides: Cherry Tomatoes & Diced Pear	<b>21</b> A. Breaded Chicken Leg & Cornbread Mini Loaf B. Cheese Pizza C. Burrito & Taco Sauce D. Mini Corn Dogs  Sides: Whipped Potatoes, Applesauce Cup, & Pumpkin Roll	<b>22</b>  <div style="text-align: center; font-size: 1.5em;"> <b>Thanksgiving Break</b> </div>		
Week 1	<b>27</b> A. Breaded Chicken Patty on Bun B. Pepperoni Pizza C. Meatball Sub D. Chef salad w/ Banana Bread  Sides: Steamed Broccoli & Mandarin Oranges	<b>28</b> A. Chicken Nuggets w/ Roll & Margarine B. Mini Waffles & Colby Cheese Omelet C. Buffalo Chicken Pizza D. Hamburger on a Bun  Sides: Smile Potatoes & Diced Peaches	<b>29</b> A. Pepperoni Pizza B. Meatballs & Brown Gravy w/Twisted Breadstick C. Spicy Chicken Patty on a bun D. Cheeseburger on a bun  Sides: Whipped Potatoes & Melon	<b>30</b> 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  Sides: Warm Fiesta Black Beans & Fresh Apple	<div style="text-align: center; font-size: 0.9em;"> <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> </div>

**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 Middle 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 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.

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)