

Zeeland Public Schools High School Menu October 2017

Check out our C-Store
Open daily from 7:15am-3pm

LUNCH PRICES

Chix/Dux Value Meal

\$3.00

Extra Entrée

\$2.00

Adult

\$3.85

Milk

\$.50

Extra of any product may be purchased at a la-carte pricing



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

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.

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 for interactive
menus offering translation, allergens,
nutrient information and more.

	Home-Style Specials	Grab & Go Sassy Subs	Pizza Plus Hot Vegetable Available Daily	Available Daily
Monday	Meatball & Gravy or Turkey Gravy Potato Bowl w/ Twisted Breadstick Sides: Red Peppers & Melon	Mini Corn Dogs Spicy Chicken Patty on a Bun Pepperoni Sub Potato Choice: French Fries	Cheese Pizza Deluxe Vegetable Pizza	<ul style="list-style-type: none"> ◆ Build your own Burger Bar ◆ PBJ Sandwich ◆ Specialty Salads <p><u>Fruit & Veggie Bar</u> Romaine Lettuce, Celery, Carrots, Cucumber, Tomatoes, Broccoli, Cauliflower, Fresh Peppers & additional Fruit Choices</p>
Tuesday	Taco Bar Includes Beef, or Chicken Shells, Tortilla Chips, Salad Shell, & Cheese Sides: Corn & Diced Peaches	Corn Dog Chicken Tenders & Chocolate Muffin Chicken Teriyaki Sub	Pizza Sticks & Marinara Meat Pizza	
Wednesday	Breakfast for Lunch Dutch Waffle or Cinnamon Roll & Scrambled Eggs or Sausage Links Sides: Hash Browns & Applesauce	Gourmet Chicken Sausage on Bun Mozzarella Cheese Sticks & Marinara Pizza Sub Potato Choice: Hash Browns	Pepperoni Pizza Bosco Stick & Cheese Stick	
Thursday	Rice Bowl with Egg Roll Chicken or Pork, Fiesta Black Beans, Salsa, Sour Cream Sides: Mandarin Oranges	Stromboli Brat on Bun Turkey or Ham & Cheese Sub	Buffalo Chicken Pizza Cheese Pizza	
Friday	Ham Slice or Meatloaf w/ Wild Berry Bread Sides: Steamed Broccoli & Pears	Chicken Nuggets & Apple Filled Breadstick Toasted Cheese Sandwich Meatball Sub Potato Choice: Cheddar Munchers	Chicken Alfredo Pizza French Bread Pizza	

High School Breakfast
October 2017
Served 7:15 a.m. to 9:00 a.m.



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	<p align="right">2</p> <p>A. Maple Waffle & Syrup B. Cereal & Teddy Grahams C. Sausage & Cheese on English Muffin</p> <p>Fruit choice: Diced Pears</p>	<p align="right">3</p> <p>A. Pancakes & Syrup B. Cereal & Blueberry Muffin C. Egg & Bacon on a Biscuit</p> <p>Fruit choice: Diced Peaches</p>	<p align="right">4</p> <p>A. Mini Cinnamon Pull Apart B. Cereal & Pop Tart C. Mini Pancake Wraps</p> <p>Fruit choice: Applesauce</p>	<p align="right">5</p> <p>A. Blueberry Pancake on a stick B. Cereal & Nutrigrain Bar C. Breakfast Sausage Pizza</p> <p>Fruit choice: Banana</p>	<p align="right">6</p> <p>A. Donut Friday B. Cereal & Cheese Stick C. Sausage & Cheese on a Biscuit</p> <p>Fruit choice: Mixed Fruit</p>
Week 3	<p align="right">9</p> <p>A. Bagel & Cream Cheese B. Cereal & Goldfish Giant Grahams C. Sausage & Cheese on English Muffin</p> <p>Fruit Choice: Diced Peaches</p>	<p align="right">10</p> <p>A. Mini Pancake Wraps B. Cereal & Nutrigrain Bar C. Egg & Bacon on a Biscuit</p> <p>Fruit Choice: Mixed Fruit</p>	<p align="right">11</p> <p>A. Cinnamon Waffles & Syrup B. Cereal & Banana Muffin C. Pancake on a Stick</p> <p>Fruit Choice: Fresh Orange</p>	<p align="right">12</p> <p>A. Cherry Filled Frudel B. Cereal & Teddy Grahams C. Breakfast Sausage Pizza</p> <p>Fruit Choice: Diced Pears</p>	<p align="right">13</p> <p>A. Donut Friday B. Cereal & Cheese Stick C. Sausage & Cheese on a Biscuit</p> <p>Fruit Choice: Applesauce</p>
Week 1	<p align="right">16</p> <p>A. Apple Filled Frudel B. Cereal & Pop Tart C. Sausage & Cheese on English Muffin</p> <p>Fruit Choice: Diced Peaches</p>	<p align="right">17</p> <p>A. French Toast Sticks B. Cereal & String Cheese C. Egg & Bacon on a Biscuit</p> <p>Fruit choice: Diced Pears</p>	<p align="right">18</p> <p>A. Bosco Egg, Cheese, & Bacon Breakfast Stick B. Cereal & Teddy Grahams C. Mini Pancake Wraps</p> <p>Fruit choice: Pineapple</p>	<p align="right">19</p> <p>A. Mini Blueberry Waffles & Syrup Cereal & Goldfish Giant Grahams B. Breakfast Sausage Pizza</p> <p>Fruit choice: Banana</p>	<p align="right">20</p> <p>A. Donut Friday B. Cereal & Nutrigrain Bar C. Sausage & Cheese Biscuit</p> <p>Fruit choice: Applesauce</p>
Week 2	<p align="right">23</p> <p>A. Maple Waffle & Syrup B. Cereal & Teddy Grahams C. Sausage & Cheese on English Muffin</p> <p>Fruit choice: Diced Pears</p>	<p align="right">24</p> <p>A. Pancakes & Syrup B. Cereal & Blueberry Muffin C. Egg & Bacon on a Biscuit</p> <p>Fruit choice: Diced Peaches</p>	<p align="right">25</p> <p>A. Mini Cinnamon Pull Apart B. Cereal & Pop Tart C. Mini Pancake Wraps</p> <p>Fruit choice: Applesauce</p>	<p align="right">26</p> <p>A. Blueberry Pancake on a stick B. Cereal & Nutrigrain Bar C. Breakfast Sausage Pizza</p> <p>Fruit choice: Banana</p>	<p align="right">27</p> <p>A. Donut Friday B. Cereal & Cheese Stick C. Sausage & Cheese on a Biscuit</p> <p>Fruit choice: Mixed Fruit</p>
Week 3	<p align="right">30</p> <p>A. Bagel & Cream Cheese B. Cereal & Goldfish Giant Grahams C. Sausage & Cheese on English Muffin</p> <p>Fruit Choice: Diced Peaches</p>	<p align="right">31</p> <p>A. Mini Pancake Wraps B. Cereal & Nutrigrain Bar C. Egg & Bacon on a Biscuit</p> <p>Fruit Choice: Mixed Fruit</p>			

BREAKFAST
PRICES

High School
\$2.00

Adult
\$2.75

Milk Only
\$.50

Free and Reduced Priced Lunch Applications available online at www.lunchapp.com or a printed copy can be picked up from your school office. If a student ID number is needed you can email us at www.foodservice.com

Online Deposits can be made at www.sendmoneytoschool.com or you can pay with cash or

This establishment is an equal opportunity provider