

**Zeeland Public Schools**  
**Middle School Lunch Menu**  
**September 2017**

	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Salad Bar Available Daily:</b> Romaine Lettuce Tri Colored Peppers Carrots Tomatoes Cucumber Optional Fruit Choice		<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	Breakfast and Lunch must contain a ½ cup fruit or vegetable and at least 3 components to be a complete meal at value pricing
Week 1	4	5	6	7	8
		<b>Welcome Back!</b> A. Corn Dog B. Pizza Sticks & Marinara C. Chicken Quesadilla D. Ham & Cheese Calzone  Sides: Corn & Diced Peaches	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 & Kiwi	<b>VALUE LUNCH PRICES</b> A. Nachos Supreme B. Turkey & Cheese on a Croissant C. Baked Mozzarella Cheese Sticks & Marinara D. Bosco Stick, Cheese Stick & Marinara Sauce  Sides: Warm Fiesta Black Beans & Fresh Apple	A. Breaded Chicken Patty on a bun B. Cheese Pizza C. Meatball Sub D. Chef Salad w/ Banana Bread  Sides: Carrot Sticks & Mandarin Oranges
Week 2	11	12	13	14	15
	A. Burrito & Taco Sauce B. Bosco Stick, Cheese Stick & Marinara C. Spicy Popcorn Chicken w/ Corn Bread D. Hamburger on a 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 a bun  Sides: Whipped Potatoes & Applesauce	A. Blueberry Pancakes & Sausage Links B. Baked Mozzarella Cheese Sticks & Marinara C. Corn Dog D. Pepperoni French Bread Pizza  Sides: Carrot Sticks & Pineapple Tidbits	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	A. Pepperoni Pizza B. Chicken Fries & Cheddar Pretzel Bosco C. PBJ Uncrustable Sandwich D. Ham & Cheese Calzone  Sides: Green Beans & Fresh Blueberries
Week 3	18	19	20	21	22
	A. Walking Tacos B. Breaded Chicken Leg & Cornbread Mini Loaf C. Spicy Chicken Patty on a bun D. Cheese Pizza  Sides: Cherry Tomatoes & Diced Pears	A. Mac & Cheese w/ Roll & Margarine B. Ham & Cheese on a Pretzel Bun C. Burrito & Taco Sauce D. Mini Corn Dogs  Sides: Spinach & Romaine Salad w/ Red Beans & Mandarin Oranges	A. French Toast & Sausage Links B. Corn Dog C. Stuffed Crust Pizza D. PBJ Uncrustable Sandwich  Sides: Fresh Red Peppers & Pineapple Tidbits	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	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	25	26	27	28	29
	A. Breaded Chicken Patty on a bun B. Cheese Pizza C. Meatball Sub D. Chef salad w/ Banana Bread  Sides: Steamed Broccoli & Mandarin Oranges	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	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	A. Nachos Supreme B. Turkey & Cheese on a Croissant C. Baked Mozzarella Cheese Sticks & Marinara D. Bosco Stick, Cheese Stick & Marinara Sauce  Sides: Warm Fiesta Black Beans & Fresh Apple	A. Scrambled Eggs & Cinnamon Roll B. Chicken Fajita C. Ham & Cheese Calzone D. French Bread Pizza  Sides: Salsa, Carrot Sticks & Diced Pears

**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.

## Middle School Breakfast Menu September 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast and Lunch must contain a ½ cup fruit or vegetable to be a complete meal at value pricing				<b>BREAKFAST PRICES</b> <b>Value Breakfast (Includes Milk)</b> <b>\$2.00 full pay</b> <b>\$0.30 reduced pay</b> <b>Adult Meal \$2.75</b> <b>Milk Only \$0.50 for all students</b>
Week 1	4	5	6	7	8
	<b>LABOR DAY</b> 	Cereal & Goldfish Giant Grahams  Fruit choice: Peaches	Cereal & String Cheese  Fruit choice: Fresh Blueberries	Cereal & WG Pop-tart  Fruit choice: Diced Pears	Cereal & Nutrigrain Bar  Fruit choice: Applesauce
Week 2	11	12	13	14	15
	A. Maple Waffle & Syrup B. Cereal & Teddy Grahams  Fruit choice: Diced Pears	A. Pancakes & Syrup B. Cereal & Blueberry Muffin  Fruit choice: Diced Peaches	A. Mini Cinnamon Pull-Apart Rolls B. Cereal & WG Pop-tart  Fruit choice: Applesauce	A. Blueberry Pancake on a stick B. Cereal & Nutrigrain Bar  Fruit choice: Banana	A. Cinnamon Bagel-Ful Stick B. Cereal & Cheese Stick  Fruit choice: Mixed Fruit
Week 3	18	19	20	21	22
	A. Mini Bagel & Strawberry Cream Cheese B. Cereal & Goldfish Giant Grahams  Fruit Choice: Diced Peaches	A. Mini Pancake Wraps B. Cereal & Nutrigrain Bar  Fruit Choice: Mixed Fruit	A. Cinnamon Waffles & Syrup B. Cereal & Banana Muffin  Fruit Choice: Fresh Orange	A. Cherry Filled Frudel B. Cereal & Teddy Grahams  Fruit Choice: Diced Pears	A. French Toast Sticks & Syrup B. Cereal & Cheese Stick  Fruit Choice: Applesauce
Week 1	25	26	27	28	29
	A. Apple Frudel B. Cereal & WG Pop-tart  Fruit choice: Mixed Fruit	A. Mini Cinnamon Pull-Apart Rolls B. Cereal & String Cheese  Fruit choice: Pears	A. Bosco Breakfast Stick B. Cereal & Teddy Grahams  Fruit choice: Pineapple	A. Mini Blueberry Waffles & Syrup B. Cereal & Goldfish Giant Grahams  Fruit choice: Banana	A. Pancake on a stick B. Cereal & Nutrigrain Bar  Fruit choice: Peaches

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)

**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.

This institution is an equal opportunity provider.