

Zeeland Public Schools
Middle School Lunch Menu
September 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
		Salad Bar Available Daily: Romaine Lettuce Tri Colored Peppers Carrots Tomatoes Cucumber Optional Fruit Choice		VALUE LUNCH PRICES (Includes Milk) \$2.75 full pay \$0.40 reduced pay Adult Meal \$3.80 Milk Only 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
	4	5	6	7	8
Week 1		Welcome Back! 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	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
	11	12	13	14	15
Week 2	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 Rings 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
	18	19	20	21	22
Week 3	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
	25	26	27	28	29
Week 1	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 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				BREAKFAST PRICES Value Breakfast (Includes Milk) \$2.00 full pay \$0.30 reduced pay Adult Meal \$2.75 Milk Only \$0.50 for all students
Week 1	4	5	6	7	8
	LABOR DAY 	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

Lunch accounts can be paid at school with cash or check or online at www.sendmoneytoschool.com

Free & Reduced Lunch Applications can be submitted online at 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.