

Elementary Lunch Menu

October 2026

All Michigan School Meals are FREE. Milk Only is \$0.75 Adult Lunch \$5.50

PRINT

A qualifying student lunch includes a choice of entrée supplying protein and grain, fruit or vegetable sides and a choice of milk.

Monday		Tuesday		Wednesday		Thursday		Friday					
						1		2					
						Whole Grain Apple Cinnamon French Toast w/ Breakfast Sausage or Grilled Chicken Caesar Salad w/ Local MI Romaine Lettuce & Whole Grain Dinner Roll Sweet Potato Fries Broccoli Florets Local MI Apple Fresh Blueberries Local MI Milk		Whole Grain Pepperoni Pizza or Grilled Chicken Caesar Salad w/ Local MI Romaine Lettuce & Whole Grain Dinner Roll Steamed Carrots Cauliflower Florets Red Seedless Grapes 100% Fruit Juice Wiggle Cup Local MI Milk					
						5		6		7		8	
						9		10		11		12	
Cheesy Sloppy Joe Scoops or Grilled Chicken Caesar Salad w/ Local MI Romaine Lettuce & Whole Grain Dinner Roll Cheesy Scalloped Potatoes Cucumber Slices Local MI Apple Fresh Watermelon Cubes Local MI Milk		Whole Grain Mini Cheese Quesadillas w/ Salsa Cup or Grilled Chicken Caesar Salad w/ Local MI Romaine Lettuce & Whole Grain Dinner Roll Seasoned Black Beans Local MI Romaine Lettuce Fresh Strawberries Mixed Fruit Local MI Milk		Whole Grain Corn Dog or Grilled Chicken Caesar Salad w/ Local MI Romaine Lettuce & Whole Grain Dinner Roll Steamed Corn Fresh Grape Tomatoes Fresh Cantaloupe Cubes Local MI 100% Fruit Juice Local MI Milk		Teriyaki Beef w/ Whole Grain Chow Mein Noodles & Whole Grain Fortune Cookie or Grilled Chicken Caesar Salad w/ Local MI Romaine Lettuce & Whole Grain Dinner Roll Steamed Broccoli Florets Baby Carrots Craisins Fresh Blueberries Local MI Milk		HALF DAY - NO LUNCH					
Cafeteria Circus: Where Nutrition Takes Center Stage!													
Step Right Up! 12		Nacho Average Show 13		The Great Juggler's Act 14		Sweet Treat Thursday 15				The Grand Finale 16			
Big Top Whole Grain Breaded Chicken Sandwich or Red, White & Blue Yogurt Parfait w/ Whole Grain Cheez-Its & String Cheese Local MI Baked Beans Broccoli Florets Fresh Oranges Frozen Strawberry Cup Local MI Milk		Carnival Beef & Cheese Nachos or Red, White & Blue Yogurt Parfait w/ Whole Grain Cheez-Its & String Cheese Steamed Broccoli Florets Baby Carrots Caramel Apple Fruit Cup Mixed Fruit Mallow Local MI Milk		Whole Grain Sweet & Sour Chicken Dumplings- Tossed to Perfection! or Red, White & Blue Yogurt Parfait w/ Whole Grain Cheez-Its & String Cheese Steamed Local MI Vegetable Blend (Green Beans, Peas & Carrots) Celery Sticks Fresh Watermelon Cubes Local MI 100% Fruit Juice Local MI Milk		Ringmaster's Whole Grain Apple Cinnamon French Toast w/ Breakfast Sausage or Red, White & Blue Yogurt Parfait w/ Whole Grain Cheez-Its & String Cheese Sweet Potato Fries Cauliflower Florets Local MI Apple- <i>Apple Crunch Day!</i> Freshly Quartered Kiwi Local MI Milk				Circus Star Cheeseburger or Red, White & Blue Yogurt Parfait w/ Whole Grain Cheez-Its & String Cheese Curly Fries Cucumber Slices Red Seedless Grapes Mandarin Orange Cup Local MI Milk			
19		20		21		22		23					
Whole Grain Sloppy Joe Sandwich or Red, White & Blue Yogurt Parfait w/ Whole Grain Cheez-Its & String Cheese Cheesy Scalloped Potatoes Celery Sticks Fresh Strawberries Tropical Fruit Cup Local MI Milk		Whole Grain Chicken Crisпитos w/ Salsa Cup or Red, White & Blue Yogurt Parfait w/ Whole Grain Cheez-Its & String Cheese Seasoned Black Beans Local MI Romaine Lettuce Local MI Apple Frozen Peach Cup Local MI Milk		Whole Grain Macaroni & Cheese w/ Whole Grain Pretzel or Red, White & Blue Yogurt Parfait w/ Whole Grain Cheez-Its & String Cheese Steamed Green Beans Fresh Grape Tomatoes Fresh Cantaloupe Cubes Local MI 100% Fruit Juice Local MI Milk		Whole Grain Orange Chicken w/ Brown Rice & Whole Grain Fortune Cookie or Red, White & Blue Yogurt Parfait w/ Whole Grain Cheez-Its & String Cheese Steamed Local MI Vegetable Blend (Cauliflower, Brussel Sprouts & Sweet Potatoes) Baby Carrots Craisins Diced Pears Local MI Milk		Whole Grain Bosco Sticks w/ Marinara Sauce or Red, White & Blue Yogurt Parfait w/ Whole Grain Cheez-Its & String Cheese Steamed Carrots Cauliflower Florets Local MI Apple Pineapple Tidbits Cup Local MI Milk					
26		27		28		29		30					
Cheeseburger or Apple Dunker Box (Whole Grain Pumpkin Bread, Wowbutter, String Cheese & Apple Slices) Curly Fries Celery Sticks Diced Peaches Frozen Strawberry Cup Local MI Milk		Whole Grain Mini Cheese Pizzas w/ Marinara Sauce Cup or Apple Dunker Box (Whole Grain Pumpkin Bread, Wowbutter, String Cheese & Apple Slices) Local MI Baked Beans Fresh Grape Tomatoes Fresh Pear Mixed Fruit Mallow Local MI Milk		Whole Grain Bat Shaped Chicken Nuggets w/ Whole Grain Pretzel or Apple Dunker Box (Whole Grain Pumpkin Bread, Wowbutter, String Cheese & Apple Slices) Steamed Corn Baby Carrots Fresh Watermelon Cubes EEK Frozen Sidekick Local MI Milk		HALF DAY - NO LUNCH		NO SCHOOL - NO LUNCH					

Menu subject to change without notice.

Please refer to our website www.zps.org/parents/food-service for menu changes, online deposits, and meal applications

Questions? Please email the Food Service Office at foodservice@zps.org or call 616-748-3128.

This institution is an equal opportunity provider.

Elementary Breakfast Menu

October 2026

All Michigan School Meals are FREE.

Milk Only \$0.75

Adult Breakfast - \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Whole Grain Sausage Breakfast Pizza or Whole Grain Cereal w/Whole Grain Cheez-Its Tater Tots Local MI 100% Fruit Juice Local MI Milk	Whole Grain Donut or Whole Grain Cereal Applesauce Diced Peaches Local MI Milk
			5	6
			7	8
			9	10
Whole Grain Apple Cinnamon French Toast w/ Syrup Cup or Whole Grain Cereal Baby Carrots Diced Pears Local MI Milk	Whole Grain Cinnamon Roll w/ Breakfast Sausage or Whole Grain Cereal w/ String Cheese Cucumber Slices Fresh Orange Local MI Milk	Whole Grain Maple Pancake Puffs w/ Syrup Cup or Whole Grain Cereal Broccoli Florets Local MI Apple Local MI Milk	Whole Grain Sausage Breakfast Pizza or Whole Grain Cereal w/Whole Grain Cheez-Its Tater Tots Local MI 100% Fruit Juice Local MI Milk	Whole Grain Donut or Whole Grain Cereal Applesauce Diced Peaches Local MI Milk
12	13	14	15	16
Whole Grain Apple Cinnamon French Toast w/ Syrup Cup or Whole Grain Cereal Baby Carrots Diced Pears Local MI Milk	Whole Grain Cinnamon Roll w/ Breakfast Sausage or Whole Grain Cereal w/ String Cheese Cucumber Slices Fresh Orange Local MI Milk	Whole Grain Maple Pancake Puffs w/ Syrup Cup or Whole Grain Cereal Broccoli Florets Local MI Apple Local MI Milk	Whole Grain Sausage Breakfast Pizza or Whole Grain Cereal w/Whole Grain Cheez-Its Tater Tots Local MI 100% Fruit Juice Local MI Milk	Whole Grain Donut or Whole Grain Cereal Applesauce Diced Peaches Local MI Milk
19	20	21	22	23
Whole Grain Apple Cinnamon French Toast w/ Syrup Cup or Whole Grain Cereal Baby Carrots Diced Pears Local MI Milk	Whole Grain Cinnamon Roll w/ Breakfast Sausage or Whole Grain Cereal w/ String Cheese Cucumber Slices Fresh Orange Local MI Milk	Whole Grain Maple Pancake Puffs w/ Syrup Cup or Whole Grain Cereal Broccoli Florets Local MI Apple Local MI Milk	Whole Grain Sausage Breakfast Pizza or Whole Grain Cereal w/Whole Grain Cheez-Its Tater Tots Local MI 100% Fruit Juice Local MI Milk	Whole Grain Donut or Whole Grain Cereal Applesauce Diced Peaches Local MI Milk
26	27	28	29	30
Whole Grain Apple Cinnamon French Toast w/ Syrup Cup or Whole Grain Cereal Baby Carrots Diced Pears Local MI Milk	Whole Grain Cinnamon Roll w/ Breakfast Sausage or Whole Grain Cereal w/ String Cheese Cucumber Slices Fresh Orange Local MI Milk	Whole Grain Maple Pancake Puffs w/ Syrup Cup or Whole Grain Cereal Broccoli Florets Local MI Apple Local MI Milk	Whole Grain Sausage Breakfast Pizza or Whole Grain Cereal w/Whole Grain Cheez-Its Tater Tots Local MI 100% Fruit Juice Local MI Milk	NO School - No Breakfast

Menu subject to change without notice

Please refer to our website www.zps.org/parents/food-service for menu changes, online deposits, and meal applications

Questions? Please email the Food Service Office at foodservice@zps.org or call 616-748-3128.

This institution is an equal opportunity provider.