

**Zeeland Elementary Schools
Lunch Menu
October 2017**

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Week 2	A. Burrito & Taco Sauce B. Bosco Stick & Cheese Stick with Marinara Sauce C. Soybutter & Jelly Sandwich Sides: Baked Beans, Peaches, & Sidekick Frozen Dessert	A. Turkey Gravy, Roll, & Margarine B. Chicken Rings C. Yogurt, String Cheese, & Muffin Sides: Whipped Potatoes & Applesauce	A. Blueberry Pancakes & Sausage Links B. Baked Mozzarella Cheese Sticks & Marinara C. Soybutter & Jelly Sandwich Sides: Carrot Sticks & Pineapple Tidbits	A. Sloppy Joe on Bun B. Hot Dog on Bun C. Yogurt, String Cheese, & Tortilla Chips Sides: Hashbrown Starz & Grapes	½ Day No Lunch
	9	10	11	12	13
Week 3	A. Walking Tacos B. Breaded Chicken Leg & Cornbread Loaf w/Honey C. Soybutter & Jelly Sandwich Sides: Cherry Tomatoes & Diced Pears	A. Mac & Cheese B. Ham & Cheese on Flatout Wrap C. Yogurt, String Cheese, & Muffin Sides: Spinach & Romaine Salad w/Red Beans & Mandarin Oranges	A. French Toast Minis & Sausage Links w/ Syrup B. Corn Dog C. Soybutter & Jelly Sandwich Sides: Fresh Red Peppers & Pineapple Tidbits	A. Crispy Chicken Tenders & Chocolate Muffin B. Cheeseburger on Bun C. Yogurt, String Cheese, & Tortilla Chips Sides: French Fries & Diced Peaches	A. Pizza Sticks & Marinara B. Chicken Alfredo & Garlic Bread C. Soybutter & Jelly Sandwich Sides: Corn & Fresh Apple
	16	17	18	19	20
Week 1	A. Breaded Chicken Patty on Bun B. Cheese Pizza C. Soybutter & Jelly Sandwich Sides: Steamed Broccoli & Mandarin Oranges	A. Chicken Nuggets B. Cheese Omelet & Cinnamon Toast Cereal C. Yogurt, String Cheese, & Muffin Sides: Smile Potatoes & Diced Peaches	A. Pepperoni Pizza B. Meatballs in Brown Gravy w/Twisted Breadstick C. Soybutter & Jelly Sandwich Sides: Whipped Potatoes & Melon	A. Nachos Supreme (Meat, Chips, Lettuce, & Tomato) B. Turkey & Cheese on Croissant C. Yogurt, String Cheese, & Tortilla Chips Sides: Warm Fiesta Black Beans & Fresh Apple	A. Mini Corn Dogs B. Chicken Fajitas C. Soybutter & Jelly Sandwich Sides: Salsa, Carrot Sticks & Diced Pears
	23	24	25	26	27
Week 2	A. Burrito & Taco Sauce B. Bosco Stick & Cheese Stick with Marinara Sauce C. Soybutter & Jelly Sandwich Sides: Baked Beans, Peaches, & Sidekick Frozen Dessert	A. Turkey Gravy, Roll, & Margarine B. Chicken Rings C. Yogurt, String Cheese, & Muffin Sides: Whipped Potatoes & Applesauce	A. Blueberry Pancakes & Sausage Links B. Baked Mozzarella Cheese Sticks & Marinara C. Soybutter & Jelly Sandwich Sides: Carrot Sticks & Pineapple Tidbits	A. Sloppy Joe on Bun B. Hot Dog on Bun C. Yogurt, String Cheese, & Tortilla Chips Sides: Hashbrown Starz & Grapes	A. Pepperoni Pizza B. Chicken Fries & Cheddar Pretzel Bosco C. Soybutter & Jelly Sandwich Sides: Green Beans & Mixed Fruit
	30	31			
Week 3	A. Walking Tacos B. Breaded Chicken Leg & Cornbread Loaf w/Honey C. Soybutter & Jelly Sandwich Sides: Cherry Tomatoes & Diced Pears	A. Mac & Cheese B. Ham & Cheese on Flatout Wrap C. Yogurt, String Cheese, & Muffin Sides: Spinach & Romaine Salad w/Red Beans & Mandarin Oranges	Available Daily: Romaine Lettuce Tri Colored Peppers Carrots Tomatoes Broccoli Optional Fruit Choice	VALUE LUNCH PRICES (Includes Milk) \$2.50 full pay \$0 .40 reduced pay Adult Meal \$3.85 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

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.

Elementary Breakfast Menu

October 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Week 2	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
	9	10	11	12	13
Week 3	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
	16	17	18	19	20
Week 1	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
	23	24	25	26	27
Week 2	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
	30	31			<u>BREAKFAST PRICES</u> Value Breakfast (Includes Milk) \$2.00 full pay \$0.30 reduced pay Adult Meal \$2.75
Week 3	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			

This institution is an equal opportunity provider.

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.

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