



ZACHARY COMMUNITY SCHOOLS
BREAKFAST & LUNCH MENU
OCTOBER 24-28, 2022

MON

Fluffy Mini Pancakes
Fresh Fruit
Assorted Juice
Chilled Milk

Kickin' Chicken Nuggets
Cheesy Mac-n-Cheese
Mighty Broccoli
Power-Up Peas & Carrots
Fresh Fruit
Ice-Cold Milk or Water

TUE

Cheesy Omelet
Fluffy Biscuit Sticks
Fresh Fruit
Assorted Juice
Chilled Milk

Mexican Pizza
Zesty Salsa
Cali Blend Veggies
Tossed Salad
Fresh Fruit
Ice-Cold Milk or Water

WED

Strawberry Boli Strudel
Fresh Fruit
Assorted Juice
Chilled Milk

Savory Salisbury Steak
Fluffy Rice & Gravy
Lively Lima Beans
Sweet Corn
Fresh Fruit
Buttery Roll
Ice-Cold Milk or Water

THUR

Crunchy Cereal Choice
Fresh Fruit
Assorted Juice
Chilled Milk

Creamy Chicken Pasta
Carrot Coins
Tossed Green Salad
Fresh Fruit
Fluffy Roll
Ice-Cold Milk or Water

FRI

Cheesy Egg Bites
with Toast
Fresh Fruit
Assorted Juice
Chilled Milk

Backyard BBQ Burgers
Baked French Fries
Fresh Salad Cup
Seasoned Mixed Veggies
Fresh Fruit
Ice-Cold Milk or Water