



ZACHARY COMMUNITY SCHOOLS
BREAKFAST & LUNCH MENU
AUGUST 29-SEPTEMBER 2, 2022

MON

Fluffy Mini Pancakes
Fresh Fruit
Assorted Juice
Chilled Milk

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

TUE

Cheesy Omelet
Flaky Biscuit Stick
Fresh Fruit
Assorted Juice
Chilled Milk

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

WED

Warm Cinnamon Rolls
Fresh Fruit
Assorted Juice
Chilled Milk

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

THUR

Crunchy Cereal Choice
Fresh Fruit
Assorted Juice
Chilled Milk

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

FRI

Cheesy Eggstravaganza
with Toast
Fresh Fruit
Assorted Juice
Chilled Milk

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