



ZACHARY COMMUNITY SCHOOLS BREAKFAST & LUNCH MENU

JANUARY 23-27, 2023

MON

Apple Cinnamon
Texas Toast
Turkey Bacon
Fresh Fruit
Assorted Juice
Chilled Milk

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

TUE

Southwestern-Style
Breakfast Burrito
Crispy Hashbrowns
Fresh Fruit
Assorted Juice
Chilled Milk

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

WED

Warm Muffins
Fruity Yogurt
Fresh Fruit
Assorted Juice
Chilled Milk

Cheesy Beef-a-Roni
Winter Blend Veggies
Cool Cucumber/Tomato Cup
Chilled Fruit
Italian Roll
Ice-Cold Milk or Water

THUR

Homemade Cheese
Grits & Toast
Fresh Fruit
Assorted Juice
Chilled Milk

Brunch for Lunch:

Fluffy Pancakes
Country Eggs & Sausage
Crispy Hashbrowns
Crunchy Carrots & Ranch
Fresh Fruit
Ice-Cold Milk or Water

FRI

Z-Griddle Pancake
Sausage Sandwich
Fresh Fruit
Assorted Juice
Chilled Milk

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