



ZACHARY COMMUNITY SCHOOLS
BREAKFAST & LUNCH MENU
JANUARY 30-FEBRUARY 3, 2023

MON

Fluffy Mini Pancakes
Fresh Fruit
Assorted Juice
Chilled Milk

Louisiana Red Beans, Rice
& Sausage
Seasoned Greens
Mashed Sweet Potatoes
Cornbread Muffin
Fresh Fruit
Ice-Cold Milk or Water

TUE

Cheesy Omelet
Fluffy Biscuit Sticks
Fresh Fruit
Assorted Juice
Chilled Milk

Beefy Nachos
Fiesta Fixin's
Ranchero Beans
Sweet Corn
Fresh Fruit
Ice-Cold Milk or Water

WED

Brown Sugar & Cinnamon
Oatmeal
Savory Sausage Patties
Fresh Fruit
Assorted Juice
Chilled Milk

Crispy Chicken
Sandwich
Sweet Potato Tots
Winter Blend Veggies
Canned & Fresh Fruits
Ice-Cold Milk or Water

THUR

Warm Cinnamon Rolls
Fresh Fruit
Assorted Juice
Chilled Milk

Homemade Meatloaf
Creamy Mashed Potatoes
Glazed Carrots
Fresh Fruit
Fluffy Roll
Ice-Cold Milk or Water

FRI

Chicken & Waffles
Fresh Fruit
Assorted Juice
Chilled Milk

Corn Dogs
Chili Cheese Fries
Cool Cucumber/Tomatoes
Fresh Fruit
Ice-Cold Milk or Water