



ZACHARY COMMUNITY SCHOOLS
BREAKFAST & LUNCH MENU

JANUARY 9-13, 2023

MON

Ham & Cheese
Eggstravaganza
Buttered Toast
Fresh Fruit
Assorted Juice
Chilled Milk

Louisiana Jambalaya
Smothered Okra
Seasoned Mixed Veggies
Fluffy Roll
Fresh Fruit
Ice-Cold Milk or Water

TUE

Warm Cinnamon Rolls
Savory Sausage Links
Fresh Fruit
Assorted Juice
Chilled Milk

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

WED

Breakfast Croissan'wich
Fresh Fruit
Assorted Juice
Chilled Milk

Herbed Baked Chicken
Roasted Red Potatoes
Delicious Green Beans
Fresh Fruit
Fluffy Roll
Ice-Cold Milk or Water

THUR

Yummy Breakfast Pizza
Fresh Fruit
Assorted Juice
Chilled Milk

Spirally Spaghetti
Cool Cucumber/Tomato Cup
Steamed Broccoli
Fresh Fruit
Garlic Knots
Ice-Cold Milk or Water

FRI

Chicken & Waffles
Fresh Fruit
Assorted Juice
Chilled Milk

Cheesy Pizza w/ Marinara
Power-Up Peas & Carrots
Tossed Salad
Fresh Fruit
Frozen Strawberry Delight
Ice-Cold Milk or Water