



ZACHARY COMMUNITY SCHOOLS

BREAKFAST & LUNCH MENU

NOVEMBER 28-DECEMBER 2, 2022

MON

Maple French
Toast Sticks
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

Warm Muffins
Fruity Yogurt
Fresh Fruit
Assorted Juice
Chilled Milk

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

WED

Flaky Croissan'wich
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

Warm Cinnamon Rolls
Fresh Fruit
Assorted Juice
Chilled Milk

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

FRI

Chicken & Waffles
Fresh Fruit
Assorted Juice
Chilled Milk

Classic Corn Dogs
Baked French Fries
Cucumber & Tomato Salad
Fresh Fruit
Ice-Cold Milk or Water