



ZACHARY COMMUNITY SCHOOLS
BREAKFAST & LUNCH MENU
NOVEMBER 7-11, 2022

MON

Yummy Breakfast Pizza
Fresh Fruit
Assorted Juice
Chilled Milk

Gumbo w/ Rice
Smothered Okra
Potato Salad
Fresh Fruit
Fluffy Roll
Ice-Cold Milk or Water

TUE

ELECTION DAY

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WED

Fluffy Chicken Biscuit
Fresh Fruit
Assorted Juice
Chilled Milk

Homemade Meatloaf
Creamy Mashed Potatoes
Sweet Corn
Fresh Fruit
Fluffy Roll
Ice-Cold Milk or Water

THUR

French Toast Sticks
Fresh Fruit
Assorted Juice
Chilled Milk

Cheesy Lasagna
Creamed Spinach
Tossed Salad
Fresh Fruit
Garlic Knots
Ice-Cold Milk or Water

FRI

Vanilla English Scone
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