

*All menus are subject to change



ZACHARY COMMUNITY SCHOOLS
BREAKFAST & LUNCH MENU
SEPTEMBER 29-OCTOBER 03, 2025

MON

Cosmo Crunch Cereal
Fruity Yogurt
Fresh Bananas
Assorted Juice
Chilled Milk

Dippin' Chicken Nuggets
Cheesy Mac & Cheese
Growing Green Beans
Smart Sweet Potatoes
Fresh Fruit
Ice-Cold Milk or Water

TUE

Warm Buttered Toast & Jelly
Cheesy Grits
Fresh Fruit
Assorted Juice
Chilled Milk

Cheesy Chicken Quesadilla
Fun Fiesta Beans
Freshly Tossed Salad
Mexicali Corn
Fresh Fruit
Ice-Cold Milk or Water

WED

Beefy Cheese Sunrise Burrito
Chilled Fruit
Assorted Juice
Chilled Milk

Marvelous Meatloaf
Creamy Mashed Potatoes
Mighty Mustard Greens
Captain Carrot Coins
Fresh Fruit
Ice-Cold Milk or Water

THUR

Crispy Chicken & Waffles
Warm Syrup
Fresh Fruit
Assorted Juice
Chilled Milk

Mega Meat Pizza
Mighty Mixed Veggies
Cool Cucumbers/Ranch
Fresh Fruit
Ice-Cold Milk or Water

FRI

Warm Fruity Muffins
Chilled Fruit
Assorted Juice
Chilled Milk

Crispy Chicken Sandwich
Oven Baked Fries
Cali Blend Veggies
Fresh Lettuce/Tomatoes
Seasonal Fruit
Ice-Cold Milk or Water

THIS IS AN EQUAL OPPORTUNITY INSTITUTION