



ZACHARY COMMUNITY SCHOOLS  
**BREAKFAST & LUNCH MENU**  
JANUARY 29-FEBRUARY 2, 2024

**MON**

Mini Pancake Bites  
Fruity Yogurt  
Fresh Fruit  
Assorted Juice  
Chilled Milk

Red Beans & Sausage with  
Fluffy Rice  
Seasoned Turnip Greens  
Super Sweet Potatoes  
Warm Cornbread Muffin  
Fresh Fruit  
Ice-Cold Milk or Water

**TUE**

Ham & Cheese Egg Scramble  
Warm Biscuit  
Fresh Apples  
Assorted Juice  
Chilled Milk

Chicken Tacos/Salsa  
Fresh Tossed Salad  
Spanish Rice  
Fresh Fruit  
Ice-Cold Milk or Water

**WED**

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

Chicken Tenders & Mashed  
Potatoes (Elem./Midd)  
Asian Chicken Potstickers &  
Veggie Fried Rice (HS)  
Glazed Carrots  
Warm Roll  
Fresh Fruit  
Ice-Cold Milk or Water

**THUR**

Mini Waffles  
Fresh Mixed Fruit  
Assorted Juice  
Chilled Milk

Chicken/Sausage Gumbo  
Fluffy Rice  
Cool Potato Salad  
Steamed Broccoli  
Warm Roll  
Fresh Fruit  
Ice-Cold Milk or Water

**FRI**

Breakfast Croissan'wich  
Fresh Fruit  
Assorted Juice  
Chilled Milk

Classic Cheeseburger  
Oven Baked Fries  
Chilled Lettuce Cup  
Muffin Top Cookie  
Fresh Fruit  
Ice-Cold Milk or Water

\*All menus are subject to change