



# ZACHARY COMMUNITY SCHOOLS BREAKFAST & LUNCH MENU

MARCH 6-MARCH 10, 2023

**MON**

Apple Cinnamon  
Texas Toast  
Fresh Fruit  
Assorted Juice  
Chilled Milk

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

**TUE**

Fluffy Pancakes  
Savory Sausage Links  
Fresh Fruit  
Assorted Juice  
Chilled Milk

Tacos Tuesday!  
Fiesta Salad Cup  
Spanish Rice  
Sweet Corn  
Fresh Fruit  
Ice-Cold Milk or Water

**WED**

Breakfast Croissan'wich  
Fresh Fruit  
Assorted Juice  
Chilled Milk

Oven 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

Classic Chili Cheese Dogs  
Tasty Tater Tots  
Cool Cucumber/Tomatoes  
Bold Baked Beans  
Fresh Fruit  
Ice-Cold Milk or Water

**FRI**

Assorted Cereal Bar  
Fruity Yogurt  
Fresh Fruit  
Assorted Juice  
Chilled Milk

Louisiana Red Beans &  
Rice  
Seasoned Greens  
Mashed Sweet Potatoes  
Cornbread Muffin  
Fresh Fruit  
Ice-Cold Milk or Water