



ZACHARY COMMUNITY SCHOOLS
BREAKFAST & LUNCH MENU
NOVEMBER 27-DECEMBER 1, 2023

MON

Crunchy Cereal
Fresh Mixed Fruit
Assorted Juice
Chilled Milk

Hot Pepperoni
Pizza/Marinara
Power Up Peas & Carrots
Tasty Turnip Greens
Fresh Fruit
Ice-Cold Milk or Water

TUE

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

Cheesy Beef-a-Roni
Fresh Salad
Cool Carrot Sticks/Ranch
Garlic Knots
Fresh Fruit
Ice-Cold Milk or Water

WED

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

Chicken Tenders (Elem./Midd)
Asian Chicken Potstickers
(High School)
Veggie Fried Rice
Steamed Broccoli
Fresh Fruit
Ice-Cold Milk or Water

THUR

Warm Blueberry Muffins
Fresh Mixed Fruit
Assorted Juice
Chilled Milk

Chicken/Sausage Gumbo
Fluffy Rice
Cali Blend Veggies
Cool Potato Salad
Warm Roll
Fresh Fruit
Ice-Cold Milk or Water

FRI

Fluffy Pancake Minis
Savory Sausage Patties
Fresh Fruit
Assorted Juice
Chilled Milk

Classic Cheeseburger
Oven Baked Fries
Italian Blend Veggies
Chilled Lettuce Cup
Fresh Fruit
Ice-Cold Milk or Water

*All menus are subject to change