



ZACHARY COMMUNITY SCHOOLS

BREAKFAST & LUNCH MENU

OCTOBER 31-NOVEMBER 4, 2022

MON

Maple French
Toast Sticks
Fresh Fruit
Assorted Juice
Chilled Milk

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

TUE

Warm Muffins
Fruity Yogurt
Fresh Fruit
Assorted Juice
Chilled Milk

Beefy Tacos
Fiesta Fixin's
Ranchero Beans
Sweet Corn
Fresh Fruit
Ice-Cold Milk or Water

WED

Flaky Croissan'wich
Fresh Fruit
Assorted Juice
Chilled Milk

Cheesy Beef-a-Roni
Winter Blend Veggies
Fresh Tossed Salad
Chilled Fruit
Italian Roll
Ice-Cold Milk or Water

THUR

Warm Cinnamon Rolls
Fresh Fruit
Assorted Juice
Chilled Milk

Herbed Baked Chicken
Roasted Red Potatoes
Seasoned Green Beans
Fresh Fruit
Fluffy Roll
Ice-Cold Milk or Water

FRI

Chicken & Waffles
Fresh Fruit
Assorted Juice
Chilled Milk

Classic Corn Dogs
Baked French Fries
Cucumber & Tomato Salad
Fresh Fruit
Ice-Cold Milk or Water