



ZACHARY COMMUNITY SCHOOLS
BREAKFAST & LUNCH MENU
SEPTEMBER 12-16, 2022

MON

Yummy Breakfast Pizza
Fresh Fruit
Assorted Juice
Chilled Milk

Louisiana Pastalaya
Smothered Okra
Crunchy Carrots & Celery
Fresh Fruit
Fluffy Roll
Ice-Cold Milk or Water

TUE

Ham & Cheese
Eggstravaganza
Fluffy Biscuit
Fresh Fruit
Assorted Juice
Chilled Milk

Macho Beefy Nachos
Fiesta Fixin's
Ranchero Beans
Carrot Coins
Fresh Fruit
Ice-Cold Milk or Water

WED

Fluffy Chicken Biscuit
Fresh Fruit
Assorted Juice
Chilled Milk

Homemade Meatloaf
Creamy Mashed Potatoes
Sweet Corn
Fresh Fruit
Fluffy Roll
Ice-Cold Milk or Water

THUR

French Toast Sticks
Fresh Fruit
Assorted Juice
Chilled Milk

Spiraly Spaghetti
Seasoned Mixed Veggies
Mighty Broccoli
Fresh Fruit
Garlic Toast
Ice-Cold Milk or Water

FRI

Assorted Cereal
Fresh Fruit
Assorted Juice
Chilled Milk

Cheesy Pizza w/ Marinara
Power-Up Peas & Carrots
Tossed Salad
Fresh Fruit
Frozen Strawberry Delight
Ice-Cold Milk or Water