



ZACHARY COMMUNITY SCHOOLS  
**BREAKFAST & LUNCH MENU**  
SEPTEMBER 18-22, 2023

**MON**

**NO SCHOOL**

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**TUE**

Maple Belgian Waffles  
Warm Syrup  
Fresh Fruit  
Assorted Juice  
Chilled Milk

Beefy Tacos & Salsa  
Fresh Tossed Salad  
Fiesta Beans  
Cool Mixed Fruit  
Ice-Cold Milk or Water

**WED**

Cinnamon & Sugar Oatmeal  
Crispy Hashbrown Rounds  
Fresh Fruit  
Assorted Juice  
Chilled Milk

Creamy Chicken Alfredo  
Steamed Broccoli  
Tasty Turnip Greens  
Honey Butter Roll  
Fresh Fruit  
Ice-Cold Milk or Water

**THUR**

Crunchy Cereal  
Fresh Mixed Fruit  
Assorted Juice  
Chilled Milk

Hot Pepperoni  
Pizza/Marinara  
Power Up Peas & Carrots  
Cool Cucumbers & Tomatoes  
Fresh Fruit  
Ice-Cold Milk or Water

**FRI**

Z-Griddle Pancake Sausage  
Sandwich  
Fresh Fruit  
Assorted Juice  
Chilled Milk

Classic Cheeseburger  
Oven Baked Tots  
Busy Baked Beans  
Chilled Lettuce Cups  
Fresh Fruit  
Ice-Cold Milk or Water

\*All menus are subject to change