



# OCTOBER 2024

ZIELANIS ELEMENTARY & MIDDLE SCHOOL  
(menu subject to change without notice due to food product unavailability)

LUNCH \*COMPLETE MEAL PRICE  
MIDDLE SCHOOL = \$3.40  
ZIELANIS ELEM= \$3.25  
MILK ONLY = \$.50]

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**NEW**  
PB & JELLY  
UNCRUSTABLE  
offered DAILY

CHEESE PIZZA SLICE 1  
HAM & CHEESE SUB  
Carrots  
Grapes & Strawberries

MINI CORN DOGS 2  
OR SOFT PRETZEL  
Macaroni & Cheese  
Peas  
Side Kick & Apple Slices

CHICKEN NUGGETS 3  
OR CHEESE QUESADILLA  
Mashed Potatoes  
Corn  
Orange Wedges & Banana

BREAKFAST SANDWICH 4  
OR BBQ PORK /BUN  
Hash Brown Patty  
California Blend  
Pineapple & Peaches

GRILLED CHICKEN/BUN 7  
OR PIZZA DIPPERS  
Baked Fries  
Peas & Carrots  
Side Kick & Pears

SOFT SHELL TACOS 8  
TURKEY & CHEESE SUB  
Refried Beans & Corn  
Orange Wedges & Apple  
Slices

FRENCH TOAST STICKS 9  
Sausages OR  
PIZZA CALZONE  
Broccoli  
Strawberries & Grapes

SPAGHETTI & MEATBALLS 10  
Garlic Toast  
OR TACO PIZZA TRIANGLES  
Green Beans  
Peaches & Applesauce

NO SCHOOL 11

POPCORN CHICKEN 14  
or SHRIMP POPPERS  
Macaroni & Cheese  
California Blend Veg  
Pineapple & Oranges

BBQ PULLED PORK/BUN 15  
or BOSCO PIZZA STICK  
Tator Tots  
Green Beans  
Applesauce & Side Kick

CHICKEN FAJITAS 16  
Refried Beans  
or HAM & CHEESE SUB  
Peas  
Strawberries & Banana

CHICKEN EGG ROLLS or 17  
PEPPERONI PIZZA TRIANGLES  
Chicken Noodle Soup  
Carrots  
Pears & Grapes

BREAKFAST PIZZA 18  
PIZZA DIPPERS  
Corn  
Apple Slices & Peaches

CHICKEN ALFREDO 21  
Pasta & Garlic Toast  
or CHEESE QUESADILLA  
Carrots  
Pineapple & Pears

MEATBALLS & GRAVY 22  
Mashed Potatoes  
SLOPPY JOE / BUN - Fries  
Green Beans  
Applesauce & Peaches

BIG DADDY PIZZA 23  
or HAM & CHEESE SUB  
Peas  
Grapes & Banana

ORANGE CHICKEN 24  
Rice OR Ramen Woodles  
HAM & CHEESE SUB  
Stir Fry Vegetable  
Applesauce & Strawberries

GRILLED CHEESE 25  
TURKEY & CHEESE SUB  
Tomato Soup  
Broccoli  
Side Kick & Oranges

HAMBURGER / BUN 28  
BBQ PORK/BUN  
Baked Fries  
Carrots  
Pineapple & Peaches

RAIDER NACHOS 29  
Refried Beans & Corn  
TURKEY & CHEESE SUB  
California Blend Veg  
Orange Wedges & Pears

CHICKEN & GRAVY 30  
Mashed Potato  
or CORN DOG (on a stick)  
Green Beans  
Applesauce & Side Kick

HOT DOG / BUN 31  
OR CHICKEN PATTY / BUN  
Baked Chips  
Baked Beans  
Strawberries & Banana

KASD IS AN EQUAL OPPORTUNITY PROVIDER

\*\*3-Main Meal options offered daily.(one being PB & J Uncrustable)

Student must choose 3 of the 5 food components with one being 1/2c fruit &/or vegetables.

This is required to be considered a \*Complete Meal

Garden Salad Bar Served Daily

Two choices of Milk offered

