

Zeeland Christian September Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Qualifying meals are free to all students for this school year under the guidelines of the National School Lunch Program.</p>		<p>1</p> <p>A. Apple Cinnamon French Toast & (2) Sausage Links</p> <p>B. Apple Dunker Bistro Box (Apple slices, Sunbutter Cup, Cheese Cubes, Pumpkin Bread)</p> <p>Sides: Romaine Lettuce Red/Orange Peppers Michigan Apples Peaches</p>	<p>2</p> <p>A. Chicken Alfredo w/ Penne Pasta and Garlic Bread</p> <p>B. Apple Dunker Bistro Box (Apple slices, Sunbutter Cup, Cheese Cubes, Pumpkin Bread)</p> <p>Sides: Baked Beans Cucumber Slices Orange Wedges Pineapple</p>	<p>3</p> <p style="text-align: center;">NO SCHOOL</p>
Week 2	<p>6</p> <p style="text-align: center;">NO SCHOOL Labor Day</p>	<p>7</p> <p>A. Teriyaki Chicken Bites w/ cup of Asian Rice</p> <p>B. Taco Salad (Taco meat, Lettuce, Cheddar cheese, Tomatoes, Tortilla chips)</p> <p>Sides: Corn Celery Applesauce Cup Watermelon</p>	<p>8</p> <p>A. Chicken and Waffles</p> <p>B. Taco Salad (Taco meat, Lettuce, Cheddar cheese, Tomatoes, Tortilla chips)</p> <p>Sides: Romaine Lettuce Grape Tomatoes Pears Red Grapes</p>	<p>9</p> <p>A. Macaroni & Cheese w/ a Roll</p> <p>B. Taco Salad (Taco meat, Lettuce, Cheddar cheese, Tomatoes, Tortilla chips)</p> <p>Sides: Baked Beans Cucumber Slices Orange Wedges Pineapple</p>	<p>10</p> <p>A. Cheese Pizza</p> <p>B. Taco Salad (Taco meat, Lettuce, Cheddar cheese, Tomatoes, Tortilla chips)</p> <p>Sides: Seasoned Green Beans Cauliflower Florets Sidekick Frozen Juice Cup Peaches</p>
Week 3	<p>13</p> <p style="text-align: center;">Fortune Cookie Day</p> <p>A. Cheeseburger on Bun</p> <p>B. Veggie Good Bistro Box (Carrots, Celery, Hummus, Yogurt, Cinnamon Goldfish & Colored Goldfish)</p> <p>Sides: Baby Carrots Broccoli Michigan Apple Craisins (Cherry or Strawberry) TREAT -Fortune Cookie</p>	<p>14</p> <p>A. Chicken Nuggets w/ a Roll</p> <p>B. Veggie Good Bistro Box (Carrots, Celery, Hummus, Yogurt, Cinnamon Goldfish & Colored Goldfish)</p> <p>Sides: Mashed Potatoes Celery Mixed Fruit Watermelon</p>	<p>15</p> <p>A. Apple Cinnamon French Toast & (2) Sausage Links</p> <p>B. Veggie Good Bistro Box (Carrots, Celery, Hummus, Yogurt, Cinnamon Goldfish & Colored Goldfish)</p> <p>Sides: Romaine Lettuce Red/Orange Peppers Michigan Apples Peaches</p>	<p>16</p> <p>A. Walking Tacos</p> <p>B. Veggie Good Bistro Box (Carrots, Celery, Hummus, Yogurt, Cinnamon Goldfish & Colored Goldfish)</p> <p>Sides: Refried Beans Cucumber Slices Orange Wedges Pineapple</p>	<p>17</p> <p>A. Cheese Pizza Bites & Sauce</p> <p>B. Veggie Good Bistro Box (Carrots, Celery, Hummus, Yogurt, Cinnamon Goldfish & Colored Goldfish)</p> <p>Sides: Cauliflower Florets Baby Carrots Zee-Zee's Applesauce Cup Fresh Pear</p>
Week 4	<p>20</p> <p>A. Shredded BBQ Pork Sandwich</p> <p>B. Candy Corn Parfait w/ Granola, String Cheese, & Cheez its</p> <p>Sides: Baby Carrots Broccoli Michigan Apple Mandarin Oranges</p>	<p>21</p> <p>A. Corn Dog</p> <p>B. Candy Corn Parfait w/ Granola, String Cheese, & Cheez its</p> <p>Sides: Baked Beans Celery Applesauce Cup Watermelon</p>	<p>22</p> <p>A. Pancake & Omelet</p> <p>B. Candy Corn Parfait w/ Granola, String Cheese, & Cheez its</p> <p>Sides: Romaine Lettuce Grape Tomatoes Pears Red Grapes</p>	<p>23</p> <p>A. Turkey Gravy w/ Pumpkin Bread</p> <p>B. Candy Corn Parfait w/ Granola, String Cheese, & Cheez its</p> <p>Sides: Mashed Potatoes Cucumber Slices Orange Wedges Pineapple</p>	<p>24</p> <p style="text-align: center;">NO SCHOOL</p>
Week 1	<p>27</p> <p>A. Crispy Breaded Chicken Sandwich</p> <p>B. Apple Dunker Bistro Box (Apple slices, Sunbutter Cup, Cheese Cubes, Pumpkin Bread)</p> <p>Sides: Baby Carrots Broccoli Michigan Apple Craisins (Cherry or Strawberry)</p>	<p>28</p> <p>A. Mini Corn Dogs</p> <p>B. Apple Dunker Bistro Box (Apple slices, Sunbutter Cup, Cheese Cubes, Pumpkin Bread)</p> <p>Sides: Potato Smiles Celery Mixed Fruit Watermelon</p>	<p>29</p> <p>A. Apple Cinnamon French Toast & (2) Sausage Links</p> <p>B. Apple Dunker Bistro Box (Apple slices, Sunbutter Cup, Cheese Cubes, Pumpkin Bread)</p> <p>Sides: Romaine Lettuce Red/Orange Peppers Michigan Apples Peaches</p>	<p>30</p> <p>A. Chicken Alfredo w/ Penne Pasta and Garlic Bread</p> <p>B. Apple Dunker Bistro Box (Apple slices, Sunbutter Cup, Cheese Cubes, Pumpkin Bread)</p> <p>Sides: Baked Beans Cucumber Slices Orange Wedges Pineapple</p>	<p style="text-align: center;">Lunch must contain a ½ cup fruit or vegetable and at least 3 components to be a complete(qualifying) meal.</p> <p style="text-align: center;">Milk Only 75¢ for all students</p>

Online Deposits and Meal Applications can be found at <https://www.zps.org/parents/food-service/>
If you need log-in information, please contact us via email at foodservice@zps.org