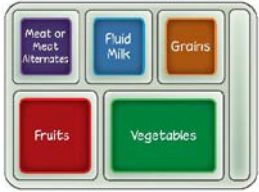




Build a Healthy Lunch



Zillah Schools

January Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 No School 	2 Cinnamon Cereal & Crackers Fruit & Juice Beef Nuggets Fish Crackers Carrots & Broccoli-dip Banana	3 Egg & cheese slider Fruit Juice & fresh fruit Italian Dunkers Sauce Cauliflower & Carrots-dip Fresh Apple	4 Blueberry Muffin Fresh Fruit & Fruit Cup Hamburger Wg bun Corn on cob Pickle Spear Cookie Satsuma	5 Fruity Cheerios Cereal & wg Toast Fruit & Raisins Bean & cheese Burrito Chips Bean Salsa & Snap Peas-dip Fruit salad
8 Lucky charms Cereal & Crackers Fruit & Juice Pepperoni Pizza Pocket Romaine & Carrots-dip Fruit Cup Pudding	9 Breakfast Bagel Fresh Fruit & Juice Cheese Quesadilla Cauliflower & Carrots-dip Banana	10 Yogurt & crackers Fruit Juice & Raisins Chicken burger/wg bun Baby Potato & Pickles Dip Fresh Pear	11 Sausage Pup Fresh Fruit & Fruit cup Waffle w/sausage Snap Peas & Broccoli-dip Fresh Apple	12 Trix Cereal & wg Toast Fruit & Fruit Cup Hot Dog wg bun Corn on Cob Cucumber-dip Orange
15 No School Martin Luther King Jr. Day 	16 Cocoa Puff Cereal & Crackers Fruit & Juice WG Corn Dog chips Carrots & Cauliflower-dip Whole Orange	17 Blueberry Muffin Fruit Juice & Fresh Fruit Taco Snack Bean Salsa & Snap Peas w/ dip Banana	18 Breakfast Pizza Fruit slices/Fresh Fruit Hamburger wg bun Potato Smiles Broccoli w/dip Satsuma	19 Cinnamon Toast Cereal & wg Toast Fruit & Craisins Toasted Cheese Sandwiches Carrots & Cucumber-dip Fresh Apple
22 Fruity Cheerios Cereal & Crackers Fruit & Juice Chicken Nuggets Probball Carrots & Romaine-dip Satsuma Orange	23 French Toast Stix Strawberries & Juice Been & Cheese Burrito Carrots & Cauliflower Dip Banana	24 Yogurt & Crackers Fruit Juice & fresh fruit Chicken burger wg bun Pickles & Baby Potatoes Applesauce cup	25 Sausage Pup Fruit Slices & Raisins Italian Dunkers Sauce Celery & Broccoli Orange	26 Trix Cereal & wg Toast Fruit & Fruit Cup Pretzel W/cheese Snap Peas & Cucumbers Fresh Apple
29, 30 & 31st on Feb Menu				

Hilton Elementary School
Washington School Nutrition
Programs
 We serve education
 Programs everyday

Zillah School District is an equal opportunity provider. Make checks payable to Zillah Lunch fund.

Fresh Fruit and Fresh Vegetables are part of our weekly Hilton Elementary School Menu.

We serve Whole Grain (WG) Breads everyday. Zillah SD does not buy crackers or chips with Trans Fats.

We reserve the right to change the menu when needed.

Menu prepared by Kathryn Bruhn
 Food Services Programs
 Supervisor, Dietary Manager

Breakfast Prices \$2.00

Reduced breakfast is no charge

Adult price \$2.25

Lunch \$ 2.75 Reduced .40

Adults 3.50 Milk .50

Breakfast and Lunches are served with eight fluid ounces of 1% white or non-fat chocolate milk.

