

ZILLAH

NOVEMBER MEALS



Hilton Elementary School

Washington School Nutrition Programs
We serve education programs everyday

Zillah School District is an equal opportunity provider. Please make checks out to Zillah Lunch Fund.


November's Menu is following the 2010 Dietary Guidelines for Americans. Fresh Fruit and Fresh Vegetables are part of our weekly Hilton Elementary School Menu.

We serve Whole Grain (WG) Breads. 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

Student Regular Breakfast Prices \$2.00
Reduced breakfast is no charge
Adult Price \$2.25

Regular 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.

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
Oct 30 Fruity Cheerios WG Crackers Fruit Juice Chicken Nuggets-crackers Carrots & Romaine-dip Orange	Oct 31 Apple Muffin Fruit Juice WG Corn Dog Corn on Cob Broccoli-dip Fruit Cup	1 Sausage on Toast Fruit cup Bean & Cheese Burrito Fresh Bean Salsa Carrots & dip Banana Cookie	2 Egg Slider Fresh Fruit Hamburger WG Bun Potato Smiles & Pickles Grapes	3 Lucky Charms cereal WG Toast Fruit Juice Pretzel w/ cheese Celery sticks & Snap Peas Whole Apple
6 Cocoa Puff Cereal & Crackers Fruit Juice Beef Nuggets Proball Carrots & Broccoli-dip Whole Orange	7 Breakfast Pizza Fresh Fruit Juice Cheese Quesadilla Bean Salsa & Carrots-Dip Fresh Pear	8 Yogurt & Crackers Strawberry cup Chicken Burger wg bun Baby Baker Potatoes Cucumber-dip Banana	9 Blueberry Muffin Fresh Fruit Hot Dog WG Bun Celery & Snap Peas Whole Apple Birthday treat	10 No School Veteran Day observed 
13 Cinnamon Cereal & Wg crackers Fruit Juice Italian Dunkers w/Sauce Carrots & Romaine-dip Orange	14 French toast Sticks Fresh Fruit Beef Taco Snack Cookie Fresh Bean Salsa Snap peas Fresh Pear	15 Yogurt & Crackers Fruit Cup WG Corn Dog Broccoli & Dip Corn on Cob Banana	16 Sausage Pup Fresh Fruit Hamburger WG Bun Celery & Dip Baby Baker Potatoes Grapes	17 Fruity Cheerios Cereal Raisins Wg Toast Sub Sandwich Chips Carrots & Cucumber dip Whole Apple
20 Lucky Charms cereal Crackers Fruit Juice Chicken Nuggets-crackers Carrots & Cauliflower-dip Fresh Orange	21 Breakfast Bagel Fruit Juice Bean & Cheese Burrito Snap peas & Broccoli Pear Pudding	22 No School	23 Happy Thanksgiving 	24 No School from Nov 22-Nov 27
27 No School District Directed Optional Day 	28 Cocoa Puff Cereal Fruit Juice Pizza Pocket Cookie Carrots & Cauliflower-dip Orange	29 French Toast stix Fruit Juice Waffle & Sausage patty Celery stick & Snap peas Applesauce Cup	30 Sausage Pup Fruit cup Chicken Burger wg bun Baby Baker Potatoes Cucumber-dip Banana	