



## October Menu

# Zillah Schools



## Hilton Elementary School

Washington School Nutrition Programs

We serve education programs everyday

ZSD is an equal opportunity provider.

Fresh Fruit and Fresh Vegetables are part of our weekly 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

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>
<p><b>2</b> Cinnamon Toast Cereal &amp; crackers Fruit &amp; Juice</p> <p>Pizza Pocket Cauliflower/Carrots &amp; dip Fresh Orange Pudding</p>	<p><b>3</b> Breakfast Pizza Raisins &amp; Juice</p> <p>Beef Taco Snack Bean Salsa Corn on cob Whole Pear</p>	<p><b>4</b> Yogurt &amp; Crackers Fresh Fruit &amp; slices</p> <p>Mini Cheese burgers Celery sticks/dip Baby Potatoes Whole Banana</p>	<p><b>5</b> Pancakes &amp; Fruit cup Fresh Fruit</p> <p>Hot Dog – wg bun Chips Snap Peas/Broccoli/dip Whole Apple</p>	<p><b>6</b> Trix Cereal &amp; wg Toast Fresh Fruit &amp; Craisins</p> <p>Sub Sandwich Chips Carrots &amp; Cukes-dip Fruit cup</p>
<p><b>9</b> Fruity Cheerios Cereal &amp; crackers Fruit &amp; Juice</p> <p>Italian Dunkers Sauce Romaine &amp; Carrots Fresh Orange</p>	<p><b>10</b> Sausage Pup Fresh Fruit &amp; Juice</p> <p>Bean Burrito Fresh Made Bean Salsa &amp; Snap peas-dip Applesauce cup</p>	<p><b>11</b> Yogurt &amp; Crackers Fresh Fruit &amp; slices</p> <p>Cheese Quesadilla Cookie Carrots &amp; Broccoli-dip Whole Banana</p>	<p><b>12</b> Granola Round Fresh Fruit &amp; Raisins</p> <p>Chicken burger wg bun Potato Smiles &amp; Pickles Whole Apple</p>	<p><b>13 State Inservice for Teachers No Students</b></p>
<p><b>16</b> Lucky Charm Cereal &amp; Crackers Fruit &amp; Juice</p> <p>Chicken Nuggets Cracker Carrots &amp; Broccoli-dip Fresh Orange</p>	<p><b>17</b> Breakfast Bagel Craisins &amp; Juice</p> <p>WG Corn Dog Corn on Cob Cauliflower-dip Whole Apple Pudding</p>	<p><b>18</b> French Toast Sticks Fresh Fruit &amp; slices</p> <p>Waffles &amp; Sausage link Celery Sticks/Snap Peas Whole Banana</p>	<p><b>19</b> Breakfast Pizza Fresh Fruit &amp; Fruit cup</p> <p>Hamburger WG bun Baby Potato &amp; dip Pickle Chips Nectarine</p>	<p><b>20</b> Fruity Cereal wg Toast Fresh Fruit &amp; Fruit cup</p> <p>Bean Burrito Fresh Bean Salsa Carrots &amp; dip Fresh Pear</p>
<p><b>23</b> Cinnamon toast cereal &amp; Crackers fruit &amp; juice</p> <p>Cheese Quesadilla Carrots &amp; Broccoli-dip Fresh Orange Birthday Treat</p>	<p><b>24</b> Sausage pup Fruit &amp; Juice</p> <p>Chicken Burger wg bun Snap Peas w/dip Pickle chips Whole Apple</p>	<p><b>25</b> Egg on Toast Raisins &amp; Fruit slices</p> <p>Sub Sandwich Chips Carrots &amp; Cauliflower –dip Apricot cup</p>	<p><b>26 Parent/Teacher Conferences Non Student Day</b></p>	<p><b>27 Parent/Teacher Conferences Non Student Day</b></p> 