



Zillah Schools

September Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
4 Labor Day No School 	5 Cereal & Crackers Fruit & Juice Pizza Pocket Broccoli & Carrots w/dip Whole Orange	6 Yogurt & crackers Fruit slices & Fruit Cheese Quesadilla Celery Sticks & Carrots w/dip Banana	7 Sausage Pup Fruit & Cup Bean Burrito Chips Bean Salsa Cucumber-dip Whole Apple	8 Fruity Cheerios Cereal wg toast Fruit & Juice WG Corn Dog Pudding Baby Potatoes & Cauliflower-dip Grapes
11 Cinnamon Cereal w/crackers Fruit & Juice Beef Nuggets Proball Carrots & Broccoli-dip Whole Orange	12 Breakfast Bagel Fruit & Juice Italian Dunkers Sauce Romaine & Celery/dip Fresh Pear Cookie	13 Yogurt & crackers Fruit slices & Fruit Hot Dog wg bun Snap Peas & Cauliflower w/dip Banana	14 French Toast Sticks Fruit & Cup Hamburger wg bun Pickle Spear Corn on Cob Whole Peach	15 Lucky Charms Cereal & wg Toast Fruit & Craisins Sub Sandwich Chips Carrots & Cauliflower-dip Fresh Apple
18 Trix Cereal w/crackers Fresh Fruit & Juice Pizza Pocket Romaine & Carrots w/dip Whole Orange	19 Sausage Pup Fresh Fruit & Juice Taco Snack Bean Salsa Corn on the cob Fruit Cup Cookie	20 Sausage & WG Toast Fruit slices & Fruit WG Corn Dog Chips Carrot & Broccoli/dip Banana	21 Pancakes Fruit & Cup Chicken Burger Pickle chips Baby Potato Whole Apple	22 Cocoa Puff Cereal & wg Toast Fruit & Raisins Pretzel w/Cheese Sauce Cucumber & Snap Peas/dip Fresh Pear
25 No School District 	26 Cereal & Crackers Fruit Juice & fruit Chicken Nuggets Crackers Broccoli & Snap Peas w/dip Orange	27 Egg Slider Fruit slices & Fruit Waffles & Sausage link Cauliflower & Carrots w/dip Banana	28 Breakfast Pizza Fruit & Cup Hamburger wg bun Corn on Cob Celery w/dip Grapes	29 Fruity Cheerios Cereal wg toast Fruit & Craisins Italian Dunkers Sauce Romaine & Carrots w/dip Whole Apple

Hilton Elementary School

Washington School Nutrition Programs
We serve education programs everyday

Zillah School District is an equal opportunity provider and employer.

Staying within the New Guidelines for lunch each day, means whole fruits and fresh vegetables. Protein & Carbohydrates to give energy are part of our weekly School Menu.

We serve whole grain breads (wg) everyday. We don't purchase 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

Regular Breakfast Prices \$2.00

Adult \$2.25

Reduced breakfast is no charge

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.

Build a Healthy Lunch

