

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 \$ 2.85 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 29 Fruity Cheerios WG Crackers Fruit Juice Chicken Nuggets-crackers Carrots & Romaine-dip Orange	Oct 30 Apple Muffin Fruit Juice WG Corn Dog Corn on Cob Broccoli-dip Fruit Cup Cookie	Oct 31 Sausage on Toast Fruit cup Bean & Cheese Burrito Fresh Bean Salsa Carrots & dip Banana	1 Egg Wrap Fresh Fruit Mini Cheese burger Potato Smiles & Pickles Grapes	2 Lucky Charms cereal WG Toast Fruit Juice Pretzel w/ cheese Celery sticks & Snap Peas Whole Apple
5 Cocoa Puff Cereal & Crackers Fruit Juice Pizza Pocket Pudding Carrots & Broccoli-dip Whole Orange	6 Breakfast Pizza Fresh Fruit Juice Cheese Taco Quesadilla Bean Salsa & Carrots-Dip Applesauce cup	7 Yogurt & Crackers Strawberry cup Chicken Burger wg bun Baby Baker Potatoes Cucumber-dip Banana	8 Blueberry Muffin Fresh Fruit Hot Dog WG Bun Celery & Snap Peas Whole Apple Fruit Roll-up	9 Cinnamon Cereal & Wg Toast Fruit Juice Turkey Sandwich Chips Carrots & Cucumbers-dip Orange
12 No School Veterans Day Observed 	13 Cocoa Puffs & crackers Fruit Juice Beef Taco Snack Cookie Fresh Bean Salsa Snap peas Fresh Pear	14 Yogurt & Crackers Fruit Cup Chicken Drumstick Crackers Broccoli & Carrots - Dip Banana	15 Sausage Pup Fresh Fruit Hamburger WG Bun Celery & Dip Baby Baker Potatoes Fruit cup	16 Fruity Cheerios Cereal Raisins Wg Toast Italian Dunkers w/Sauce Carrots & Romaine-dip Whole Apple
19 Lucky Charms cereal Crackers Fruit Juice Beef Nuggets-crackers Carrots & Cauliflower-dip Fresh Orange	20 Breakfast Bagel Fruit Juice Bean & Cheese Burrito Snap peas & Broccoli Pear Pudding	21 No School	22 Happy Thanksgiving 	23 No School from Nov 22-Nov 27 
26 No School District Directed Optional Day 	27 Cocoa Puff Cereal Fruit Juice Pizza Pocket Carrots & Cauliflower-dip Orange	28 Omlet & Toast Fruit Juice Pancakes & Sausage Link Celery stick & Snap peas Applesauce Cup	29 Sausage Pup Fruit cup Chicken Burger wg bun Baby Baker Potatoes Cucumber-dip Banana	30 Cinnamon Tst cereal Toast & Fruit Hot Dog Sport Cookies Carrots & Broccoli Apple