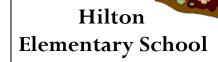




## October Menu

## Zillah Schools

Mon	Tue	Wed	Thu	Fri
1 Cinnamon Toast Cereal & crackers Fruit & Juice	<b>2</b> Breakfast Pizza Raisins & Juice	3 Yogurt & Crackers Fresh Fruit & slices	<b>4</b> Pancakes & Fruit cup	5 Trix Cereal & wg Toast Fresh Fruit & Craisins
& Crackers Fruit & Juice	Raisilis & Juice	Fresh Fruit & slices	Fresh Fruit	Fresh Fruit & Craisins
Pizza Pocket	Beef Taco Snack Bean	Mini Cheese burgers	Hot Dog – wg bun Cookie	Turkey Sandwich Chips
Cauliflower/Carrots & dip	Salsa Corn on cob	Celery sticks/dip Baby	Snap Peas/Broccoli/dip	Carrots & Cukes-dip
Fresh Orange Pudding	Whole Pear	Potatoes Whole Banana	Whole Apple	Fruit cup
8 Fruity Cheerios Cereal &	<b>9</b> Sausage Pup Fresh	10 Yogurt & Crackers	11 Egg Wrap	12 State Inservice for
crackers Fruit & Juice	Fruit & Juice	Fresh Fruit & slices	Fresh Fruit & Raisins	Teachers No Students
Italian Dunkers Sauce	Bean Burrito Fresh Made	Chicken Drumstick Sport	Chicken burger wg bun	
Romaine & Carrots	Bean Salsa & Snap peas-dip	Cookies	Potato Smiles & Pickles	
Fresh Orange	Applesauce cup	Carrots & Broccoli-dip	Whole Apple	
45	46 - 16	Whole Banana	40	40
15 Lucky Charm Cereal &	<b>16</b> Breakfast Pizza	17 French Toast Sticks	18 Sausage Pup	19 Fruity Cereal wg Toast
Crackers Fruit & Juice	Craisins & Juice	Fresh Fruit & slices	Fresh Fruit & Fruit cup	Fresh Fruit & Fruit cup
Chicken Nuggets Cracker	WG Corn Dog Corn	Waffles & Sausage link	Hamburger WG bun	Turkey Ham Sandwich
Carrots & Broccoli-dip	on Cob Cauliflower-dip	Celery Sticks/Snap Peas	Baby Potato & dip	Chips Cauliflower &
Fresh Orange	Whole Apple Pudding	Whole Banana	Pickle Chips Nectarine	Carrots- dip
22 0	22 - 16 1 1	24	25 Daniel / Tarakan	Fresh Pear
22 Cinnamon toast cereal	23 Breakfast Bagel Fruit	<b>24</b> Egg Wrap Raisins & Fruit slices	25 Parent/Teacher	26 Parent/Teacher
& Crackers fruit & juice	& Juice	Raisins & Fruit slices	Conferences	Conferences Non
Beef Nuggets	Chicken Burger wg bun	Bean Burrito Fresh	Non Student Day	Student Day
Carrots & Broccoli-dip	Snap Peas w/dip	Bean Salsa Carrots & dip		War I
Fresh Orange	Pickle chips	Applesauce cup		36
Sport Cookie	Whole Banana			



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

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

Supervisor

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.