

Zillah Schools

September Menu

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

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

