

Build a Healthy Lunch



Zillah Schools

January Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	1	2	3	4
7 Lucky charms Cereal & Crackers Fruit & Juice Chicken Nuggets Crackers Carrots & Romaine-dip Satsuma Orange	8 Sausage pup Fresh Fruit & Juice Italian Dunkers Sauce Cauliflower & Celery-dip Banana	9 French Toast Stix Fruit Juice & Raisins Chicken burger/wg bun Baby Potato & Pickles Dip Fresh Pear	10 Breakfast Pizza Fresh Fruit & Fruit cup Waffle w/sausage Snap Peas & Broccoli-dip Fresh Apple	11 Trix Cereal & wg Toast Fruit & Fruit Cup Hot Dog wg bun Carrots & Cucumber-dip Orange
14 Cocoa Puff Cereal & Crackers Fruit & Juice Pizza Pocket Broccoli & Cucumber-dip Fruit Cup Pudding	15 Churros Fresh Fruit & Juice WG Corn Dog Cheezits Carrots & Cauliflower-dip Whole Orange	16 Yogurt & crackers Fruit Juice & Fresh Fruit Taco Snack Bean Salsa & Snap Peas w/ dip Banana	17 Sausage Pup Fruit slices/Fresh Fruit Hamburger wg bun Potato Smiles Broccoli w/dip Satsuma	18 Cinnamon Toast Cereal & wg Toast Fruit & Craisins Chicken Drumstick Crackers Carrots & Cucumber-dip Fresh Apple
21 No School Martin Luther King Jr. Day 	22 Lucky Charms Cereal & Crackers Fruit & Juice Bean & cheese burrito Crackers Bean Salsa Carrots & Cauliflower Dip Banana	23 Yogurt & Crackers Fruit Juice & fresh fruit Chicken burger wg bun Pickles & Baby Potatoes Applesauce cup	24 Breakfast Pizza Fruit Slices & Raisins Italian Dunkers Sauce Celery & Broccoli Orange	25 Trix Cereal & wg Toast Fruit & Fruit Cup Pretzel W/cheese Snap Peas & Cucumbers Fresh Apple
28 Cocoa Puffs cereal & crackers Fruit & Juice Pizza Pocket Broccoli & Carrots-dip Orange Pudding	29 Sausage Pup Fruit & Juice Chicken Drumstick Crackers Cauliflower & Carrots-dip Banana	30 Egg Wrap Fruit & Juice Wg Corn Dog Baby Bakers Celery Dip Fruit cup	31 Breakfast Bagel Fruit & Fruit cup Hamburger Wg bun Corn on cob Pickle Spear Cookie Satsuma	

Hilton Elementary School
Washington School Nutrition
Programs
 We serve education
 Programs everyday

Zillah School District is an equal opportunity provider. Make checks payable to Zillah Lunch fund.

Fresh Fruit and Fresh Vegetables are part of our weekly Hilton Elementary 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, Dietary Manager

Breakfast Prices \$2.00
 Reduced breakfast is no charge
 Adult price \$2.25

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.

