

ZILLAH

AUGUST MEALS



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

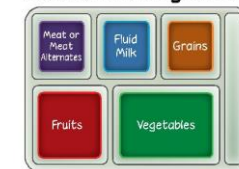
Regular Breakfast Prices \$2.00



Adult \$2.25

Reduced breakfast is no charge because of a State Grant to cover these.

Regular Lunch \$ 3.00 Reduced .40
Adults 3.75 Milk .50
Breakfast and Lunches are served with eight fluid ounces of 1% white or non-fat chocolate milk.

Build a Healthy Lunch



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
26 Welcome Back staff District Directed day 	27	28 Cinamaon Toast Cereal w/crackers Fruit & Juice Pizza Pocket Pudding Cauliflower & Snap Peas Pears	29 Cocoa Puffs Cereal Crackers Fruit & Juice Bean Burrito chips Broccoli & Carrots-dip Apple	30 Fruity Cheerios Cereal Crackers Fruit & cup WG Corn Dog Carrots & Celery-dip Orange
2 No School Labor Day Observed	3 Sausage Pup Fruit & Juice Italian Dunkers Sauce Romaine & Broccoli/dip Pear	4 Yogurt & crackers Fruit slices & Fruit Hot Dog wg bun Pickle Spear Corn on cob Banana	5 Churro & Crackers Fruit & Fruit Cup Hamburger wg bun Snap Peas & Cauliflower w/dip Peach	6 Lucky charms Cereal & wg Toast Fruit & Cup Sub Sandwich Chips Carrots & Cukes-dip Apple
9 Cinnamon Toast Cereal w/crackers Fruit & Juice Chicken Nuggets Crackers Carrots & Califlower-dip Orange	10 Breakfast Bagel Fresh Fruit & Juice Cheese Quesadilla Carrots & Broccoli w/dip Banana Cookie	11 Yogurt & crackers Fruit slices & Fruit Chicken Burger wg bun Romaine Ranch dressing Baby Potato Grapes	12 Breakfast Pizza Fruit & Fruit Cup WG Corn Dog Snap Peas & Celery w/dip Apple	13 Trix Cereal & wg Toast Fruit & fruit cup Pretzel w/Cheese Sauce Cucumbers & Broccoli/dip Pear cup
16 Cinnamon flakes cereal crackers Fresh Fruit/ Juice Pizza Pocket Pudding Carrots/Broccoli & dip Orange	17 Waffle w/Fruit & Fruit Juice Taco Snack Bean Salsa Snap Peas & dip Banana	18 Sausage & wg toast Fruit slices & Fruit Hamburger wg bun Cauliflower & Baby Potato w/dip Fruit cup	19 French Toast sticks Fruit & Fruit Cup Hot Dog w/WG bun Celery /dip Corn on Cob Pear	20 Cocoa Puffs Cereal wg toast Fruit & Cup Italian Dunkers Sauce Romaine & Carrots/dip Apple
23 District Directed Day 	24 Cereal Bar Fruit & Juice cup WG Corn Dog Carrots & Broccoli w/dip Peach Sport Cookies	235 Sausage Pup Fresh Fruit & slices Chicken burger wg bun Pickle chips Baby Potato w/dip Banana	26 Churro & Crackers Fruit & Fruit Cup Bean Burrito Bean Salsa Carrots & dip Pear	27 Fruity Cheerios Cereal & wg toast Fruit & Cup Sub Sandwich Chips Snap Peas & Cucumbers w/dip Apple