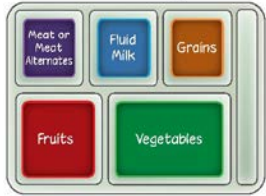




Build a Healthy Lunch



Zillah Schools

January Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 No School 	2 WG Honey Bun or Ham Slider Fruit & Juice Pepperoni Pizza or Polish Dog w/chips Ice cream Broccoli w/ dip Banana & Peaches	3 Breakfast Burrito or Banana Bread Juice Italian Dunkers Sauce or Spicy Chicken Burger Tater tots Chef Salad Fresh Apple & Pears	4 French Toast or Biscuit w/egg & Fruit cup Hamburger wg bun or Beef Burrito Baked Fries Carrots-dip Applesauce Pudding	5 Sausage Pup or Bagel or Cereal Fruit & Fruit cup WG Corn Dog or Sub Sandwich w/Chips Carrots Soup Cucumbers-dip Grapes & Fruit Mix
8 Breakfast Burrito or French toast Juice & Fruit Chicken Nuggets/Roll Mashed Potatoes or Polish dog w/ chips Carrots & Cauliflower-dip Fruit Mix & Orange	9 Breakfast Bagel or Ham Slider Fresh Fruit & Juice WG Corn Dog or BBQ Pork Sandwich w/chips Corn Carrots & Snap Peas-dip Fresh Pear & Applesauce	10 Smoothie & Crackers or WG Donut Fruit cup Beef Ravioli Bread stix or Hamburger wg bun Chef Salad & Tomatoes Banana & Peaches Cookie	11 Funnel cake or Biscuit w/egg Fruit Chicken burger/wg bun Or Beef Taco Snack Tater tots Cucumbers & Broccoli Fresh Apple & Pineapple	12 Breakfast Pizza or Bagel w/cc Fruit & Fruit cup Pizza Pocket or Toasted Cheese Sandwich Tomato soup Broccoli/dip Orange & Fruit Mix
15 No School Martin Luther King Day 	16 WG Honey bun or Ham Slider Juice Beef Taco Bread Stick Refried Beans Salsa or Chicken Quesadilla Carrots & Broccoli-dip Fresh Apple & Fruit Mix	17 Yogurt & Granola or Breakfast Bagel & fruit Pepperoni Pizza or Hamburger wg bun/chips Chef Salad Celery-dip Banana & Pineapple Cookie	18 French Toast Sticks or Egg Biscuit Fruit cup Spicy Chicken Burger or Beef & Cheese Burrito Baked Fries Snap Peas-dip Fresh Pear & Peaches	19 Funnel cake or Bagel w/cc Fruit & Fruit cup Pretzel w/cheese or Sub Sandwich Chips Salad & Cauliflower Fresh Fruit & Fruit Mix
22 Breakfast Burrito or Donut Bar Juice & Fruit Chicken Nuggets/Roll Mashed Potatoes or Polish dog w/ chips Carrots & Cauliflower-dip Fruit Mix & Orange	23 Sausage Pup or Chicken Slider Fruit & Fruit cup Beef Burrito Chips or Chicken Taquitos Carrots & Celery Banana & Peaches	24 Smoothie & Crackers or Breakfast Bagel & fruit Taco Quesadilla or Italian Dunkers Chef Salad & Cherry Tomatoes Applesauce & Grapes Cookie	25 Banana Bread or Biscuit w/egg & Fruit cup Mini Cheese Burger or Chicken Burger wg bun Cauliflower Baked Fries Pears & Apple	26 Breakfast Pizza or Bagel w/cc Fruit & Fruit cup Nachos W/Cheese Chili Italian Dunkers Sauce Romaine & Broccoli/dip Orange & Fruit Mix
29, 30 & 31 on next menu				

Zillah High School
 Washington School Nutrition Programs
 We Serve education Programs everyday

Zillah School District is an equal opportunity provider. Please make checks to Zillah Lunch Fund.

Fresh Fruit and Fresh Vegetables are part of our weekly Zillah High School Menu. Hamburgers are served almost everyday.

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 \$ 3.00 Reduced .40
 Adults 3.50 Milk .50
 Breakfast and Lunches are served with eight fluid ounces of 1% white or non-fat chocolate milk.

