



## November Menu

# Zillah Schools



## Zillah High School



Washington School Nutrition Programs  
We serve education programs everyday

ZSD is an equal opportunity provider  
Please make checks out to Zillah Lunch Fund and pay on lunch account in the kitchen. Fresh Vegetables are part of our weekly Menu at Zillah High School. Fresh Fruit is offered everyday for breakfast & lunch. We serve Whole Grain (WG) Breads. 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

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

Regular 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.

| <i>Mon</i>  | <i>Tue</i>   | <i>Wed</i>  | <i>Thu</i>   | <i>Fri</i>   |
|---|--|---|--|--|
| <b>Oct 30</b> WG Donut or Sausage Pup Fruit & Juice<br><br>Chicken Nuggets/Potatoes Garlic Bread or Polish Dog w/chips Broccoli-dip Fresh Apple & Peaches | <b>Oct 31</b> Ham/egg Slider or Banana Bread Fruit/Juice<br><br>WG Corn dog or Pulled Pork sandwich or Hamburger Baked Fries Cookie Cauliflower -dip Pear & Applesauce | <b>1</b> Yogurt/Granola or PB&J Graham Fruit & Fruit cup<br><br>Italian Dunkers Sauce or Chicken burger Chips Carrots & Chef Salad Banana & Pears                 | <b>2</b> Blueberry Muffin or Biscuit w/egg Fresh Fruit<br><br>Beef burrito or Hot Dog w/chili or Baked Potatoes Pudding Romaine & Snap Peas-dip Grapes & Pears | <b>3</b> Funnel Cake or Bagel w/cc Fruit cup & fruit<br><br>Nachos w/cheese sauce Salsa or Pizza Cucumber-dip Fruit Jello Orange & Peaches         |
| <b>6</b> WG Cinnamon Roll or Chorizo Burrito Juice<br><br>Beef Nuggets Roll or Egg Rolls Mashed potato Cauliflower-dip Fruit Salad & Kiwi                 | <b>7</b> Sausage Pup or Ham & Egg Slider Fruit/Fruit Juice<br><br>Chicken burger or WG Corn Dog Baked Fries Banana & Peaches Ice Cream Cup                             | <b>8</b> Yogurt /Granola or WG Honey Bun Fruit/cup<br><br>Pepperoni Pizza Cookie or Beef Taco Snack w/chips or Hamburger Chef Salad & Carrots Grapes & Applesauce | <b>9</b> Breakfast Pizza or Egg Biscuit Fresh Fruit<br><br>Pretzel w/ cheese or Taco Quesadilla Broccoli/Cucumbers Pineapple Cubes & Pears                     | <b>10</b> No School<br>Veterans day <b>observed</b>  |
| <b>13</b> WG Honey bun or Sausage Pup Fruit & Juice<br><br>Italian Dunkers or Polish Dog w/chips Broccoli & Carrots Orange & Peaches Cookie               | <b>14</b> Ham Slider or Cinnamon Roll Juice & fresh fruit<br><br>Chix Rice Bowl Bread Stick or Beef Burrito Lettuce & Snap peas-dip Grapes & Pears                     | <b>15</b> Yogurt/ granola or Fruit & Fruit cup<br><br>Taco Quesadilla or Sloppy Joe w/chips Carrots Chef Salad Banana & Peaches Ice cream bar                     | <b>16</b> Breakfast Bagel fruit or Biscuit w/egg Fruit cup<br><br>Chicken Burger wg bun or Hamburger Baked Tots Cucumber-dip Orange & Pineapple                | <b>17</b> Bagel w/ CC or Funnel Cake Fresh Fruit & cup<br><br>Sub Sandwich Chips or Pizza Pocket Carrots /dip Potato salad Whole Pear & Applesauce |
| <b>20</b> WG Donut Fruit or Chorizo Burrito Juice<br><br>Pepperoni Pizza or Turkey Gravy w/potato Carrots & Broccoli/ dip Apple & Pineapple               | <b>21</b> WG Donut or Ham & Egg Slider Fruit & Juice<br><br>Hamburger wg Bun or Baked Fries or WG Corn Dog Carrots & Cukes/dip Orange & Pears Cookie                   | <b>22 Thanksgiving Holiday No School</b>  | <b>23 Non Student Day</b><br><br>  | <b>24 Non Student Day</b><br><br>                             |
| <b>27 No School</b>   | <b>28-Dec 1 on next menu</b>   |   |  |  |