



October Menu

Zillah Schools



Zillah High School



Washington School Nutrition Programs
We serve education programs everyday

ZSD is an equal opportunity provider.

Fresh Vegetables are part of our weekly School Menu. Fresh Fruit is offered at breakfast & lunch. Hamburgers are available almost everyday at ZHS. 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

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.

Mon	Tue	Wed	Thu	Fri
<p>2 Egg Wrap or French tst Sticks Fruit & Juice</p> <p>Chicken Nuggets Roll or Polish Dog Mashed Potatoes Carrots & Romaine Pudding Fruit Salad & Kiwi</p>	<p>3 Ham Slider or WG Honey bun Fruit & Juice</p> <p>Chix Fajita Bread stick Salsa or Baked Potato bar or Hamburger Refried beans Cauliflower & Romaine Orange & Fruit Mix</p>	<p>4 Yogurt Parfait or Sausage Pup Fruit</p> <p>Hamburger or Chicken Burger Chips Sherbet Chef Salad Broccoli/dip Banana & Peaches</p>	<p>5 Biscuit w/egg & sausage or Honey bun Fresh Fruit</p> <p>WG Corn Dog Baked Fries or Spicy Chicken Burger Baked beans Pineapple & Pears</p>	<p>6 Breakfast Pizza or Bagel W/cc Fresh Fruit</p> <p>Sub Sandwich Chips or Pizza Rippers Carrots & Celery/dip Pear & Applesauce</p>
<p>9 WG Donut bar or French tst stix Juice</p> <p>Italian Dunkers Sauce or Egg rolls or Hamburger Broccoli & Carrots Orange & Peaches Cookie</p>	<p>10 Ham Slider or Sausage Pup Juice & fresh fruit</p> <p>Beef Burrito or Hot dog Wg bun Chili or Hamburger Chips Romaine & Snap peas-dip Grapes & Pears</p>	<p>11 Yogurt Parfait or Breakfast Bagel Fruit cup</p> <p>Taco Snack Or Quesadilla or Hamburger Chips Cauliflower & Chef Salad Banana & Peaches</p>	<p>12 Biscuit w/egg, sausage or WG Donut Fresh fruit</p> <p>Chicken Burger or Hamburger wg bun Baked Fries Cucumber-dip Ice Cream cup Orange & Pineapple</p>	<p>13 State Inservice for Teachers No Students</p>
<p>16 French toast stix or Sausage Pup Juice</p> <p>Chicken Nuggets Roll or Polish Dog Mashed Potatoes Carrots & dip Pudding Apple & Pineapple</p>	<p>17 Egg Wrap or Ham Slider Fruit Juice</p> <p>WG Corn Dog or Sloppy Joe Chips or Baked Potato Bar Cauliflower Orange & Peaches</p>	<p>18 Ham Combo w/cracker or Yogurt Parfait Fruit</p> <p>Hamburger wg bun Chips or Pepperoni Pizza Carrots-dip Chef Salad Banana & Pears Cookie</p>	<p>19 Biscuit w/egg & patty or Banana Bread Fruit</p> <p>Taco Quesadilla or Spicy Chicken Burger or Hamburger Baked Fries Cucumbers -dip Pear & Pineapple</p>	<p>20 Breakfast Pizza or Bagel w/CC Fruit cup</p> <p>BBQ Pork/Bun Chips or Pretzel w/Cheese sauce Snap Peas/Carrots/dip Grapes & Applesauce</p>
<p>23 French toast stix or WG Honey Bun Juice</p> <p>Pepperoni Pizza or Egg Rolls or Hamburger Chips Carrots/Broccoli & Dip Fresh Fruit & Fruit Mix Cookie</p>	<p>24 Ham Slider or Sausage Pup Fruit Juice</p> <p>Beef Burrito Chips or Hot Dog wg bun Chili or Baked Potato Salad & Cukes Orange & Peaches</p>	<p>25 Yogurt Parfait or Bagel w/CC Fruit cup</p> <p>Chicken burger wg bun Baked Fries or Hamburger or Chili Wrap Chef Salad Carrots Banana & Pears Birthday treat</p>	<p>26 Parent/Teacher Conferences Non Student Day</p> <p> Chicken burger wg bun Baked Fries or Hamburger or Chili Wrap</p>	<p>27 Parent/Teacher Conferences Non Student Day</p> <p></p>