

# Zillah Schools

## September menu



### Zillah High School

Washington School Nutrition Programs  
We serve education programs everyday

Zillah Schools is an equal opportunity provider and employer.

Staying within the New Guidelines for lunch each day, means whole fruits and daily lunch calorie counts of 850 daily averaged over one week. Fresh Fruit and Fresh Vegetables are part of our weekly School Menu. Hamburgers are offered almost everyday at lunch. Cereal & crackers are offered everyday at breakfast.

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

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>4</b> Labor Day observed No Students  	<b>5</b> WG Donut or Breakfast Burrito Fruit & Juice  Pepperoni Pizza or Italian Dunkers or Hamburger Snap Peas & Cucumbers Apple & Pineapple	<b>6</b> Yogurt & Granola Fruit & Juice  Chicken Quesadilla or Polish Dog or Hamburger Chef Salad & tomato Banana & Pears	<b>7</b> Biscuit W/egg/sausage Sausage pup Fruit Cup  Beef Burrito or Quesadilla or Hamburger Salsa Baked Fries Broccoli & Carrots-dip Apple Sherbet Cup	<b>8</b> Breakfast Pizza or Bagel w/cheese Juice & fruit  Nachos or Wg Corn Dog Chips Cookie Carrots & Cauliflower-dip Orange & Peaches
<b>11</b> Honey bun or Egg Burrito Juice & fruit  Beef Nuggets Roll Mashed Potatoes or Pizza Hamburger Carrots & Broccoli Peach & Pears	<b>12</b> Sausage Pup or Wg Donut Juice & fruit  Italian Dunkers w/sauce or Egg Rolls or Hamburger Salad & Cucumbers w/dip Nectarine or Applesauce Ice Cream cup	<b>13</b> Yogurt & granola or Breakfast Pizza/Fruit/Cup  Hot Dog w/wg bun Chili or Beef Burrito or Hamburger Corn Chef Salad & Carrots Pear & Pineapple	<b>14</b> Ham Combo Fruit or Sausage Egg Biscuit Fruit  Hamburger w/wg bun or WG Corn dog or Hamburger Baked Fries Cauliflower Orange & Peaches	<b>15</b> French Toast Sticks or Bagel w/cheese/Fruit/cup  Sub Sandwich Chips or Pizza or Hamburger Pepper & Snap Peas Apple & Fruit Mix Cookie Peaches
<b>18</b> Bagel w/cc or Banana Bread Fruit/juice  Pepperoni Pizza or Spicy Chicken Strips or Hamburger Broccoli & Carrots/dip Pears & Kiwi Ice Cream Cup	<b>19</b> Ham Egg Cheese Patty or Sausage Pup/Fruit/juice  Beef Taco w/bread stick Salsa or Chix Fajita or Hamburger Cauliflower & Romaine Banana & Peaches	<b>20</b> Yogurt & Granola or Breakfast Pizza cup/fruit  Beef Burrito or Polish Dog Chips Corn Chef Salad & Carrots Banana & Pineapple	<b>21</b> Egg sausage biscuit or Muffin Fruit Cup/fruit  Chicken Burger or Hamburger w/wg bun Baked Fries Snap Peas Apple & Peaches	<b>22</b> French Toast or Bagel W/cheese Fruit & Cup  Nachos w/cheese sauce or Pizza Salad bar Celery & Cucumber w/dip Orange & Pears
<b>25</b> District Directed Day No Students  	<b>26</b> Sausage Pup or WG Donut fruit & juice  Chicken Nuggets Roll Mashed Potatoes or Pizza Carrots & Salad w/dip Apple & Pears Ice Cream Cup	<b>27</b> Yogurt & Granola or Churros fruit/cup  WG Corn dog Chips or Burrito or Hamburger Chef Salad Baked Beans Orange & Pineapple	<b>28</b> Sausage Egg Biscuit or Break-Pizza Fruit Cup  Hamburger or Chicken Burger Pickles Baked Tater Tots Broccoli w/dip Grapes & Pears	<b>29</b> Cinnamon Roll or Bagel W/cheese Fruit/Fruit cup  Italian Dunkers & sauce or Pizza or Hamburger Salad & Cucumbers w/dip Kiwi & Applesauce Cookie
		