

# ZILLAH MEALS



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	<b>1</b> Ham Slider or Banana Bread Fruit Juice or fruit  Pepperoni Pizza Pudding or Polish dog w/chips Cauliflower & Carrots-Dip Pear or Fruit Mix	<b>2</b> Breakfast Burrito or Yogurt & granola/Fruit/cup  Beef burrito or Chicken Quesadilla w/chips Chef Salad & Peppers Banana or Applesauce	<b>3</b> Sausage Egg Biscuit or Bagel Fresh Fruit/cup  Cheese Quesadilla or BBQ Chicken w/wg bun Baked Fries Cucumbers Orange or Pears Cookie	<b>4</b> Breakfast Bagel or Banana Bread Fruit/cup  Turkey Sandwich w/Chips or Pizza Rippers Celery Sticks w/dip Grapes or Peaches
<b>7</b> French Toast Stix or Honey bun Fruit or Juice  Chicken Wings Potatoes Bread Sticks Or Italian Dunkers Sauce Peas & Carrots w/dip Apple or Fruit Mix	<b>8</b> Chicken Slider or Sausage Pup Juice or fruit  Sloppy Joe on bun w/chips or Pizza Broccoli & Cucumbers/dip Applesauce cup or Kiwi	<b>9</b> Smoothie & Granola or Breakfast Pizza Fruit/cup  Taco Snack or Corn Dog Chef Salad & Tomatoes Banana or Peaches Cookie	<b>10</b> Sausage egg Biscuit or Bagel Fresh Fruit/cup  Chicken Burger wg bun Baked Fries or Pizza Quesadilla Cauliflower Orange or Pears	<b>11</b> P B & Jelly sandwich or Funnel Cake Fruit/cup  Pretzel w/cheese sauce or Pizza Pocket Romaine & Broccoli w/dip Peach or Pineapple Jello
<b>14</b> WG Donut or French toast Stix Juice or fruit  Pepperoni Pizza or Hot Dog Chili Snap Peas Pear or Applesauce	<b>15</b> Ham Slider or Bagel Fruit Juice or fruit  Spicy Chicken Burger or Beef Taco Bread Stick Romaine & Carrots Peaches or Grapes Cookie	<b>16</b> Breakfast Bagel or Yogurt Fruit cup/ Fruit  Chicken Quesadilla or Ravioli Garlic toast Chef Salad & Cauliflower Banana or Pineapple	<b>17</b> Ham Combo or Muffin Fresh Fruit/cup  Pizza or Chicken burger w/wg bun Baked Fries Carrots & Cucumbers Apple or Peaches	<b>18</b> WG Churros or Breakfast Bagel Fruit/cup  Nachos w/Cheese sauce or Italian Dunkers sauce Broccoli & carrots w/dip Orange or Pears Sherbet Cup
<b>21</b> French Toast stix orWG Honey bun juice or fruit  Chicken Nuggets Potatoes Dinner roll or Polish Dog W/chips Carrots w/dip Apple or Pears Ice cream cup	<b>22</b> Chicken Slider or Bagel Fruit Juice or fruit  WG Corn Dog or Beef Burrito w/chips Carrots & Broccoli Apple or Pears Ice cream cup	<b>23</b> Smoothie & Granola or Sausage pup Fruit cup  Chicken burger wg bun or Hamburger wg bun Baked Fries Chef Salad & Cucumbers Banana or Applesauce	<b>24</b> Sausage egg Biscuit or Churros Fresh Fruit/cup  Italian Dunkers w/sauce or Taco Snack Broccoli-dip Fruit Cup or Orange Cookie	<b>25</b> Breakfast Burrito or Banana Bread Fruit/cup  Turkey Sandwich w/chips or Pizza Pocket Celery Sticks w/dip Grapes or Peaches
<b>28 Memorial day</b>	<b>May 29-30-31 on next menu</b>			

## Zillah High School

Washington School Nutrition Programs  
 We serve education programs everyday

**Zillah School District is an equal opportunity provider and employer.**

We give students a mix of proteins and carbohydrates to boost energy and keep them going thru the day. Fresh Fruit and Fresh Vegetables are part of our daily Zillah High School Menu. We serve a great salad bar.

We serve whole grain breads 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, Dietary Manager

Regular Breakfast Prices \$2.00  
 Adult \$2.25

Lunch Regular \$ 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.

