



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
1 Egg Wrap or French tst Sticks Fruit & Juice Chicken Nuggets Roll or Polish Dog Mashed Potatoes Carrots & Romaine Pudding Fruit Salad & Kiwi	2 Ham Slider or WG Honey bun Fruit & Juice Beef Taco-Bread stick Salsa or Pizza Rippers Corn Cauliflower & Romaine Orange & Fruit Mix	3 Yogurt Parfait or Sausage Pup Fruit Hamburger or Chicken Burger Chips Sherbet Chef Salad Broccoli/dip Banana & Peaches	4 Biscuit w/egg & sausage or Honey bun Fresh Fruit WG Corn Dog or Spicy Chicken Burger Baked Fries Veggies Pineapple & Pears	5 Breakfast Pizza or Bagel W/cc Fresh Fruit Sub Sandwich Chips or Pizza Pocket Carrots & Celery/dip Pear & Applesauce
8 WG Donut bar or French tst stix Juice Italian Dunkers Sauce or Egg Rolls w/rice Broccoli & Carrots Orange & Peaches Cookie	9 Ham Slider or Sausage Pup Juice & fresh fruit Pepperoni Pizza or Hot dog Wg bun Chili or Hamburger Chips Romaine & Snap peas-dip Grapes & Pears	10 Yogurt Parfait or Breakfast Bagel Fruit cup Sloppy Joe WG bun Or Quesadilla or Hamburger Chips Chef Salad Cauliflower Banana & Peaches	11 Biscuit w/egg, sausage or WG Donut Fresh fruit Chicken Burger or Taco Snack Baked Fries Cucumber-dip Ice Cream cup Orange & Pineapple	12 State Inservice for Teachers No Students
15 French toast stix or Sausage Pup Juice Chicken Nuggets Roll Mashed Potatoes or Pizza Pocket Carrots & dip Pudding Apple & Pineapple	16 Egg Wrap or Ham Slider Fruit Juice Beef Burrito Chips Hot Dog Wg bun chili or Hamburger wg bun Cauliflower & Carrots Orange & Peaches	17 Ham Combo w/cracker or Yogurt Parfait Fruit Hamburger wg bun Chips or Pepperoni Pizza Chef Salad Carrots & Dip Banana & Pears Cookie	18 Biscuit w/egg & patty or Banana Bread Fruit Ravioli w/ Roll or Spicy Chicken Burger Baked Fries Cucumbers -dip Pear & Pineapple	19 Breakfast Pizza or Bagel w/CC Fruit cup WG Corn Dog Chips or Pretzel w/Cheese sauce Snap Peas/Carrots/dip Grapes & Applesauce
22 French toast stix or WG Honey Bun Juice Pepperoni Pizza or Egg Rolls w/rice Carrots/Broccoli & Dip Fresh Fruit & Fruit Mix Cookie	23 Ham Slider or Sausage Pup Fruit Juice Chicken Rice Bowl w/Bread or Taco Quesadilla w/chips or Hamburger wg bun Salad & Cucumbers Orange & Peaches	24 Yogurt Parfait or Bagel w/CC Fruit cup Chicken burger wg bun Baked Fries or Italian Dunkers w/Chef Salad Carrots Banana & Pears Fruit Roll-up	25 Parent/Teacher Conferences Non Student Day 	26 Parent/Teacher Conferences Non Student Day 