

# 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.

Fresh Fruit and Fresh Vegetables are part of our weekly School Menu. 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 \$2.50

Reduced breakfast price \$0.00 because of a State Grant to cover these.

Regular Lunch \$ 3.00 Reduced .40  
Adults 3.75 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>3</b> Labor Day observed No Students  	<b>4</b> WG Donut or Ham Slider Fruit & Juice  Pepperoni Pizza or Italian Dunkers or Hamburger Snap Peas & Cucumbers Apple & Pineapple	<b>5</b> Yogurt & Granola or Breakfast Pizza Fruit & Juice  Chicken Quesadilla or Polish Dog or Hamburger Chef Salad & tomato Banana & Pears	<b>6</b> Sausage Biscuit or Churros Fruit Cup  Chili Wrap Salsa or Hamburger wg bun Baked Fries Broccoli & Carrots-dip Apple Sherbet Cup	<b>7</b> Funnel Cake or Bagel w/cheese Juice & fruit  Sub Sandwich Chips or Pizza Pocket Cookie Carrots & Cauliflower-dip Orange & Peaches
<b>10</b> Honey bun or French Toast stix Juice & fruit  Beef Nuggets Roll Mashed Potatoes or Pizza Hamburger Carrots & Broccoli Peach & Pears	<b>11</b> Sausage Pup or Chix Slider Juice & fruit  Italian Dunkers w/sauce or Egg Rolls or Hamburger Salad & Cucumbers w/dip Nectarine or Applesauce Ice Cream cup	<b>12</b> Yogurt & granola or Breakfast Pizza/Fruit/Cup  WG Corn Dog or Beef Burrito or Hamburger Corn Chef Salad & Carrots Pear & Pineapple	<b>13</b> Ham Combo or Sausage Biscuit Fruit or Fruit cup  Hamburger w/wg bun or WG Corn dog or Taco Quesadilla Baked Fries Cauliflower Orange & Peaches	<b>14</b> Banana Bread or Bagel w/cheese Fruit cup  Nachos or Hot Dog wg bun Chips Cookie Peppers & Snap Peas Apple & Fruit Mix
<b>17</b> French Toast Stix or WG Donut Fruit/juice  Polish Dog or Spicy Chicken Strips or Hamburger Broccoli & Carrots/dip Pears & Kiwi Ice Cream Cup	<b>18</b> Chicken Slider or Sausage Pup Fruit/juice  Beef Taco w/bread stick Salsa or Pizza Cauliflower & Romaine Banana & Peaches	<b>19</b> Yogurt & Granola or Breakfast Pizza cup/fruit  Beef Burrito or Sloppy Joe Chips Corn Chef Salad & Carrots Banana & Pineapple	<b>20</b> Sausage biscuit or Muffin Fruit Cup/fruit  Chicken Burger or Cheese Quesadilla Baked Fries Snap Peas Apple & Peaches	<b>21</b> Churros or Banana Bread Fruit & Cup  Pretzel & cheese sauce or Pizza Pocket Celery & Cucumber w/dip Orange & Pears
<b>24</b> District Directed Day No Students  	<b>25</b> Ham Slider or WG Donut fruit & juice  Chicken Nuggets Roll Mashed Potatoes or Pizza Carrots & Salad w/dip Apple & Pears Ice Cream Cup	<b>26</b> Yogurt & Granola or Breakfast Pizza fruit/cup  WG Corn dog Chips or Taco Snack or Hamburger Chef Salad Baked Beans Orange & Pineapple	<b>27</b> Sausage Biscuit or Berry Churros Fruit or Cup  Italian Dunkers Sauce or Chicken Burger Pickles Baked Tater Tots Broccoli w/dip Grapes & Pears	<b>28</b> Cinnamon Roll or Funnel Cake Fruit/ cup Nachos w/cheese sauce or Pizza Italian Dunkers & sauce or Pizza or Hamburger Salad & Cucumbers w/dip Kiwi & Applesauce Cookie