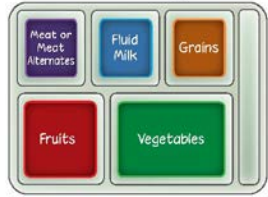




Build a Healthy Lunch



# Zillah Schools

## January Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p><b>7</b> Breakfast Burrito or French toast Juice &amp; Fruit</p> <p>Chicken Drumsticks/Roll Mashed Potatoes or Egg Rolls w/Rice Salad &amp; Veggies Fruit Mix &amp; Orange</p>	<p><b>8</b> Honey bun or Ham Slider Fresh Fruit &amp; Juice</p> <p>WG Corn Dog or BBQ Pork Sandwich Baked Fries Corn Salad &amp; Veggies Fresh Pear &amp; Applesauce</p>	<p><b>9</b> Smoothie &amp; Crackers or WG Donut Fruit cup</p> <p>Beef Ravioli Bread stix or Hamburger wg bun Chef Salad &amp; Veggies Banana &amp; Peaches Cookie</p>	<p><b>10</b> Banana Bread or Biscuit w/Sausage Fruit</p> <p>Chicken Burger wg bun Or Hot Dog w/Chili Chips Salad &amp; Veggies Fresh Apple &amp; Pineapple</p>	<p><b>11</b> Breakfast Pizza or Bagel w/cc Fruit &amp; Fruit cup</p> <p>Pepperoni Pizza or Italian Dunkers Marinara Sauce Salad &amp; Veggies Orange &amp; Fruit Mix Ice Cream bar</p>
<p><b>14</b> French Toast Stix or Donut Bar Juice &amp; Fruit</p> <p>Chicken Nuggets/Roll Mashed Potatoes or Hamburger w/chips Salad &amp; Veggies Fruit Mix &amp; Orange</p>	<p><b>15</b> WG Honey bun or Chicken Slider Juice</p> <p>Beef Taco Bread Stick or Chicken Quesadilla Salad &amp; Veggies Fresh Apple &amp; Fruit Mix</p>	<p><b>16</b> Yogurt &amp; Granola or Sausage Pup &amp; fruit</p> <p>Pepperoni Pizza or Hamburger wg bun/chips Chef Salad &amp; Veggies Banana &amp; Pineapple Cookie</p>	<p><b>17</b> Breakfast Pizza or Sausage Biscuit Fruit cup</p> <p>Spicy Chicken Burger or Beef &amp; Cheese Burrito or Hamburger Chips Salad &amp; Veggies Fresh Pear &amp; Peaches</p>	<p><b>18</b> Funnel cake or Bagel w/cc Fruit &amp; Fruit cup</p> <p>Pretzel w/cheese or Sub Sandwich Chips Salad &amp; Veggies Fresh Fruit &amp; Fruit Mix Ice Cream cup</p>
<p><b>21</b> No School Martin Luther King Jr Day</p> 	<p><b>22</b> Sausage Pup or Ham Slider Fruit &amp; Fruit cup</p> <p>Beef Nuggets Roll Mashed potatoes or Chicken Taquitos chips Salad &amp; Veggies Banana &amp; Peaches</p>	<p><b>23</b> Smoothie &amp; Crackers or Breakfast Pizza &amp; fruit</p> <p>Taco Quesadilla or Italian Dunkers Chef Salad &amp; Veggies Applesauce &amp; Grapes Cookie</p>	<p><b>24</b> Sausage Biscuit or Honey Bun &amp; Fruit cup</p> <p>Chili Wrap or Chicken Burger wg bun Chips Salad &amp; Veggies Pears &amp; Apple Fruit Rollup</p>	<p><b>25</b> Breakfast Pizza or Bagel w/cc Fruit &amp; Fruit cup</p> <p>Nachos W/Cheese Chili Pizza Salad &amp; Veggies Orange &amp; Fruit Mix</p>
<p><b>28</b> French Toast Stix or Donut Bar Juice &amp; Fruit</p> <p>Chicken Nuggets Roll Mashed Potatoes or WG Corn Dog w/chips Salad &amp; Veggies Orange &amp; Peaches</p>	<p><b>29</b> WG Honey bun or Chicken Slider Juice</p> <p>Pepperoni Pizza Pudding or Hamburger wg bun Baked Fries Salad &amp; Veggies Banana &amp; Pears</p>	<p><b>30</b> Yogurt &amp; Granola or Breakfast Bagel &amp; fruit</p> <p>Chicken Burger wg bun Or Taco Snack w/chips Salad &amp; Veggies Fresh Apple &amp; Pineapple</p>	<p><b>31</b> Sausage Biscuit or Sausage pup Fruit cup</p> <p>Hot Dog Wg bun Chili or Italian Dunkers Sauce Salad &amp; Veggies Grapes &amp; Fruit Mix Cookie</p>	

**Zillah High School**  
**Washington School Nutrition**  
**Programs**  
**We Serve education**  
**Programs everyday**

Zillah School District is an equal opportunity provider. Please make checks to Zillah Lunch Fund.

Fresh Fruit and Fresh Vegetables are part of our weekly Zillah High School Menu. Hamburgers are served almost everyday.

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, Dietary Manager

Breakfast Prices \$2.00  
 Reduced breakfast is no charge  
 Adult price \$2.25

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.

