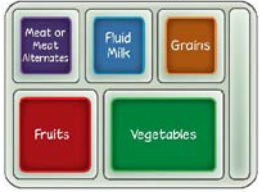




Build a Healthy Lunch



Zillah Schools

December Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
Nov 27 No School District Directed Non-Student Day	Nov 28	Nov 29	Nov 30	1 Fruity Cheerios Cereal & wg Toast Fruit & Raisins Bean & Cheese Burrito Corn & Cucumbers-dip Peaches & Grapes Chips
4 Lucky charms Cereal & Crackers Fruit & Juice Chicken Drumsticks Green Beans Proball Carrots-dip Peach Cup & Orange	5 French toast sticks Fresh Fruit & Juice Italian Dunkers Sauce Corn & Cauliflower/dip Banana & Applesauce	6 Yogurt & crackers Fruit Cup & Fresh Fruit Mini Cheese Burger/ bun Pickle chips Baked Fries Fresh pear & Fruit Mix	7 Breakfast Pizza Fresh Fruit & Fruit cup Chicken Taquitos Carrots & Broccoli-dip Fresh Apple & Pears	8 Trix Cereal & wg Toast Fruit & Dried Fruit Pretzel W/cheese Snap peas & Cucumbers Orange & Pineapple
11 Cocoa Puff Cereal & Crackers Fruit & Juice Chicken Nuggets Cracker Carrots & Romaine - dip Orange & Pears	12 Breakfast Bagel Fresh Fruit & Juice WG Corn Dog Baked Beans Cauliflower & dip Banana & Peaches	13 Waffle & Peaches & Fresh Fruit Chicken Burger Wg bun Baby Potato Carrots & Broccoli-dip Apple & Fruit Mix	14 Sausage Pup Strawberries/Fresh Fruit Bean & cheese Burrito Corn & Snap Peas Fresh Pear & Pineapple Cookie	15 Cinnamon toast Cereal & wg Toast Fruit & raisins Turkey Sub Sandwich Chips Celery-dip Tomato soup Pears & Applesauce cup
18 Fruity Cheerios Cereal & Crackers fruit & juice Pepperoni Pizza Carrots & Cauliflower – dip Orange & Peaches Birthday Treat	19 Apple muffin Fresh Fruit & Juice Hot Dog Wg bun Chips Broccoli & Carrots – dip Apple & Pears	Happy Holidays ! School is out on December 20th and resumes January 2nd		

Zillah Intermediate School
Washington School Nutrition
Programs
 We serve education
 Programs everyday

Zillah School District is an equal opportunity provider. Make Checks payable to Zillah Lunch Fund.

Fresh Fruit and Fresh Vegetables are part of our weekly Zillah Intermediate School Menu.

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 \$ 2.75 Reduced .40
 Adults 3.50 Milk .50

Breakfast and Lunches are served with eight fluid ounces of 1% white or non-fat chocolate milk.

