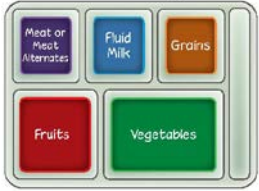




Build a Healthy Lunch



Zillah Schools

January Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 No School 	2 Cinnamon Cereal & Crackers Fruit & Juice Beef Nuggets Sauce Bread Stick Carrots & Broccoli-dip Fresh Banana & Pears	3 Egg Wrap Fruit slices Italian Dunkers Sauce Romaine & Cauliflower & Dip Cookie Apple & Fruit Mix	4 Blueberry Muffin Fresh Fruit & Fruit Cup Hamburger wg bun Baked Potato Smiles Pickles & Cauliflower Applesauce & Orange	5 Fruity Cheerios Cereal & wg Toast Fruit & raisins Bean & Cheese Burrito Chips Corn & Cucumbers-dip Peaches & Grapes
8 Lucky charms Cereal & Crackers Fruit & Juice Pepperoni Pizza Pudding Cucumber & Carrots-dip Peach Cup & Orange	9 Breakfast Bagel Fresh Fruit & Juice Cheese Quesadilla Corn & Broccoli/dip Banana & Applesauce	10 Waffle Fruit Cup & Fresh Fruit Chicken Burger/wg bun Snap Peas & Dip Baked Fries Pear & Fruit Mix	11 Breakfast Pizza Fresh Fruit & Fruit cup Hot Dog w wg bun Chili Carrots & Broccoli-dip Fresh Apple & Pears	12 Trix Cereal & wg Toast Fruit & Raisins Toasted Cheese Sandwich Celery-dip Tomato soup Orange & Frozen Fruit cup
15 No School Martin Luther King Day 	16 Cocoa Puffs Cereal Fresh Fruit & Juice WG Corn Dog Chips Baked Beans Cauliflower & dip Banana & Peaches	17 Yogurt & crackers Peaches & Fresh Fruit Taco Snack Celery & Snap Peas Orange & Fruit Mix Cookie	18 Sausage Pup Strawberries/Fresh Fruit Hamburger Wg bun Carrots & dip Baked Baby Potatoes Apple & Pineapple chunks	19 Cinnamon toast Cereal & wg Toast Fruit & raisins Chicken Crispitos Vegetable Soup & Broccoli Peas & Fresh Fruit
22 Cocoa Puff Cereal & Crackers Fruit & Juice Chicken Nuggets Sauce Green Beans Probball Carrots & dip Orange & Applesauce	23 French Toast Stix Fresh Fruit & Juice Bean Burrito Salsa Carrots & Broccoli w/dip Banana & Fruit Mix	24 Yogurt & crackers Fruit slices Chicken Burger wg bun Pickles & Baked Potato Wedges Satsuma Orange & Pears	25 Breakfast Pizza Fresh Fruit & Fruit cup Italian Dunkers sauce Romaine & cucumbers Grapes & Pineapple Pudding	26 Trix Cereal & wg Toast Fruit & Raisins Pretzel w/ Cheese Tomato Soup Snap Peas Apple & Peaches
29, 30 & 31st on Feb. Menu				

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.

