



## October Menu

# Zillah Schools



## Zillah Intermediate School

Washington School Nutrition Programs

We serve education programs everyday

ZSD is an equal opportunity provider.

Fresh Fruit and Fresh Vegetables are part of our weekly 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

Student Regular Breakfast Prices \$2.00  
Reduced breakfast is no charge  
Adult Price \$2.25

Regular 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.

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p><b>2</b> Cinnamon Toast Cereal &amp; crackers Fruit &amp; Juice</p> <p>Pepperoni Pizza Pudding Carrots &amp; Cauliflower/ dip Fresh Fruit &amp; Applesauce</p>	<p><b>3</b> Breakfast Pizza Fruit Juice &amp; Raisins</p> <p>Beef Taco Snack Salsa Broccoli-dip Corn Fruit Mix &amp; Orange</p>	<p><b>4</b> Yogurt &amp; crackers Fresh Fruit &amp; Fruit slices</p> <p>Mini Cheese Burgers Baby Potatoes &amp; Snap Peas Peaches &amp; Banana</p>	<p><b>5</b> Pancakes &amp; Fruit slices Fresh Fruit</p> <p>Hot Dog – wg bun Chili Celery/dip Pineapple Cubes &amp; Pears</p>	<p><b>6</b> Trix Cereal &amp; wg Toast Craisins &amp; Fruit slices</p> <p>Sub Sandwich Chips Carrots &amp; Snap Peas-dip Fresh Pear &amp; Grapes</p>
<p><b>9</b> Fruity Cheerios Cereal &amp; crackers Fruit &amp; Juice</p> <p>Italian Dunkers Sauce Cauliflower &amp; Carrots Whole Orange &amp; Peaches</p>	<p><b>10</b> Sausage Pup Fruit Juice &amp; fresh fruit</p> <p>Bean &amp; Cheese Burrito Salsa Broccoli &amp; Cucumber-dip Fruit cup &amp; Grapes</p>	<p><b>11</b> Yogurt &amp; Crackers Fresh Fruit &amp; Fruit slices</p> <p>Cheese Quesadilla Cookie Snap Peas &amp; Pickles Whole Banana &amp; Peaches</p>	<p><b>12</b> French Toast stix Fresh Fruit &amp; Raisins</p> <p>Chicken burger wg bun Carrots &amp; Potato smiles Apple &amp; Pineapple chunks</p>	<p><b>13 State Inservice for Teachers No Students</b></p>
<p><b>16</b> Lucky Charm Cereal &amp; Crackers Fruit &amp; Juice</p> <p>Chicken Nuggets Proball Carrots &amp; Broccoli-dip Fresh Apple &amp; Pineapple</p>	<p><b>17</b> Breakfast Bagel Fruit Juice &amp; Craisins</p> <p>French Toast Sticks &amp; Sausage patty Celery Sticks/Snap Peas Orange &amp; Peaches</p>	<p><b>18</b> Egg Slider Fresh Fruit &amp; Fruit slices</p> <p>WG Corn Dog Baked Beans Carrots &amp; Cucumbers w/ Ranch Whole Banana &amp; Pears</p>	<p><b>19</b> Sausage Pup Fresh Fruit &amp; Fruit slices</p> <p>Hamburger WG bun WG Pickle chips Baby BakerPotatoes Pear &amp; Applesauce cup</p>	<p><b>20</b> Fruity Cheerios Cereal wg Toast Fruit &amp; Fruit slice</p> <p>Sub Sandwich Chips Cucumbers &amp; Cauliflower-dip Grapes &amp; Peaches</p>
<p><b>23</b> Cinnamon toast cereal &amp; Crackers Fruit &amp; Juice</p> <p>Cheese Quesadilla Romaine &amp; Carrots-dip Fresh Fruit &amp; Applesauce Birthday treat</p>	<p><b>24</b> Breakfast Pizza Fruit Juice &amp; fresh fruit</p> <p>Chicken Burger wg bun Pickle chips Baked Fries Fruit Mix &amp; Orange</p>	<p><b>25</b> Sausage on toast Raisins &amp; Fruit slices</p> <p>Bean &amp; Cheese burrito Chips Carrots &amp; Cauliflower -dip Whole Banana &amp; Peaches</p>	<p><b>26 Parent/Teacher Conferences Non Student Day</b></p>	<p><b>27 Parent/Teacher Conferences Non Student Day</b></p> 