




Zillah Schools

September Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
4 Labor Day No School 	5 Cocoa Puff Cereal & Crackers Fruit & Juice Pizza Pocket Romaine & Snap Peas Orange & Applesauce	6 Yogurt & crackers Fruit & Fruit cup Cheese Quesadilla Cucumbers-dip Baby Potato Banana & Fruit Salad	7 Sausage Pup Juice & Fruit Sub Sandwich Chips Broccoli & Carrots-dip Apple & Peaches	8 Fruity Cheerios Cereal Crackers Fruit & Juice Fish Nuggets Pudding Carrots & Cauliflower-dip Orange & Pears
11 Cinnamon Cereal Crackers/Fruit/Juice Beef Nuggets Probball Carrots & Cucumber-dip Fresh Peach & Pears	12 Breakfast Bagel Fresh Fruit & Juice Italian Dunkers w/sauce Carrots & Romaine-dip Fresh Pear & Applesauce	13 Yogurt & crackers Fruit & Fruit cup Hot Dog wg bun Chili Snap Peas & Broccoli-dip Banana & Fruit Salad	14 Blueberry muffin Fruit & Fruit cup Hamburger wg bun Baked Fries Celery & dip Orange & Pears	15 Lucky Charms Cereal & wg Toast Fruit /Craisins Bean Burrito Chips Salsa & Cauliflower-dip Fresh Apple & Peaches
18 Trix Cereal w/crackers Fresh Fruit & Juice Pepperoni Pizza Carrots & dip Corn Apple & Fruit Salad	19 Sausage Pup Fresh Fruit & Juice Chili Wrap Carrots & Cucumbers w/dip Sherbert Fresh Peach & Pears	20 Sausage & WG Toast Fresh Fruit & Juice WG Corn Dog Baked Beans Cauliflower-dip Banana & Fruit Salad	21 Pancakes w/ Fruit & Fruit & Fruit cup Chicken Burger Baked Fries Broccoli w/dip Orange & Applesauce	22 Cocoa Puff Cereal & WG Toast Fruit & Raisins Pretzel w/Cheese Sauce Celery & Snap Peas/dip Fresh Apple & Peaches
25 No School District Directed Day 	26 Cinna-Cereal/cracker Fresh Fruit & Juice Chicken Nuggets Crackers Corn Broccoli & dip Fresh Fruit & Peaches	27 Egg Slider Fruit & Fruit cup French Toast Sticks Sausage links Cauliflower & Carrots Banana & Pineapple	28 Breakfast Pizza Fruit & Fruit cup Hamburger Wg Bun Baked Fries Celery w/dip Grapes & Pears	29 Fruity Cheerios Cereal wg toast Fruit & Craisins Italian Dunkers w/sauce Romaine & Carrots/dip Orange & Applesauce
				

Zillah Intermediate School

Washington School Nutrition Programs
 We serve education programs everyday

Zillah School District is an equal opportunity provider and employer.

Staying within the New Guidelines for lunch each day, means whole fruits and fresh vegetables. Protein & Carbohydrates to give energy are part of our weekly School Menu.

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 \$2.25

Reduced breakfast is no charge

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.

Build a Healthy Lunch

