

# ZILLAH



## Zillah Intermediate School

Washington School Nutrition Programs  
We serve education programs everyday

Zillah School District is an equal opportunity provider and employer.

We give students a mix of proteins and carbohydrates to boost energy and keep them going thru the day. Fresh Fruit and Fresh Vegetables are part of our daily School Menu.

We serve 51 % whole grain breads every day. 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, Dietary Manager

Regular Breakfast Price \$2.00  
Reduced Breakfast Price \$0.00  
because of a State Grant to cover these.  
Adult \$2.50

Lunch Regular \$ 2.75 Reduced .40  
Adults 3.75 Milk .50  
Breakfast and Lunches are served with eight fluid ounces of 1% white or non-fat chocolate milk.



Mon	Tue	Wed	Thu	Fri
	<b>Welcome Back Staff &amp; Students</b>	<b>August 2018</b>		Make your check out to Zillah Lunch Fund for Breakfast or Lunch money.
	<b>All Staff Inservice</b>	<b>22</b> Cereal & wg Crackers Juice & fruit  WG Corn Dog Chips Carrots & Cauliflower Apple	<b>23</b> Sausage pup Juice & fruit  Pizza Pocket Snap Peas & Cucumbers Apple & Pineapple Pudding	<b>24</b> Cereal & wg Crackers Fruit slices & fruit  Bean & Cheese burrito Chips Broccoli & Carrots/dip Fresh Fruit & Pears
<b>27</b> Cereal & wg Crackers Juice & fruit  Chicken Drumsticks Proball Carrots & Broccoli w/dip Orange & Applesauce	<b>28</b> Blue berry Muffin w/fruit & Juice  Chicken Quesadilla Snap peas & Cauliflower Fresh Fruit & Peaches Sherbert	<b>29</b> Sausage link & wg Toast Fresh fruit & cup  Italian Dunkers Sauce Romaine & Cauliflower/dip Banana & Fruit Salad	<b>30</b> Breakfast Pizza Fresh fruit & cup  Hamburger wg bun Baked Fries Pickle Chips Fresh Fruit & Pears	<b>31</b> Cereal & wg Toast Fresh Fruit & Raisins  Sub Sandwich wg bun Fish Crackers Cucumbers & Carrots Apple & Peaches
<b>Sept 3 Labor Day No School</b>				