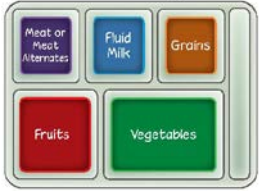




Build a Healthy Lunch



Zillah Schools

December Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
3 Lucky charms Cereal & Crackers Fruit & Juice Chicken Nuggets Green Beans Bread Stick Carrots-dip Peach Cup & Orange	4 French toast sticks Fresh Fruit & Juice Italian Dunkers Sauce Corn & Cauliflower/dip Banana & Applesauce	5 Yogurt & crackers Fruit Cup & Fresh Fruit Chicken Drumstick Sport Cookies Carrots & Broccoli - dip Fresh pear & Fruit Mix	6 Breakfast Pizza Fresh Fruit & Fruit cup Hamburger wg/ bun Pickle chips Baked Fries Fresh apple & Peaches	7 Trix Cereal & wg Toast Fruit & Dried Fruit Pretzel W/cheese cup Snap peas & Cucumbers Orange & Pineapple
10 Cocoa Puff Cereal & Crackers Fruit & Juice Pepperoni Pizza Carrots & Cauliflower – dip Orange & Peaches Pudding	11 Breakfast Bagel Fresh Fruit & Juice WG Corn Dog Baked Beans Cauliflower & dip Banana & Peaches	12 Waffle & Peaches & Fresh Fruit Chicken Burger Wg bun Baby Baker Potato Carrots & Broccoli-dip Apple & Fruit Mix	13 Sausage Pup Strawberries/Fresh Fruit Bean & cheese Burrito Salsa & Snap Peas Fresh Pear & Pineapple Cookie	14 Cinnamon toast Cereal & wg Toast Fruit & craisins Turkey Sub Sandwich Chips Celery-dip Tomato soup Pears & Applesauce cup
Happy Holidays ! School is out on December 17th and resumes January 2nd		Jan 2 Cereal Bar Fruit juice or cup Pizza Pocket Fruit Roll-up Carrots & Broccoli-dip Orange or Fruit mix	Jan 3 Sausage pup Fruit Juice or cup WG Corn Dog Chips Cauliflower & Carrots Pear & Peaches	Jan 4 Fruity Cheerios Cereal & wg Toast Fruit Cheese Quesadilla Soup & Snap Peas Apple & Pineapple chunks
				

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 \$ 2.85 Reduced .40
 Adults 3.50 Milk .50

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

