

ZILLAH

NOVEMBER MEALS



Zillah Intermediate School





Washington School Nutrition Programs
We serve education programs everyday

Zillah School District is an equal opportunity provider. Please make checks out to Zillah Lunch Fund. November's Menu is following the 2010 Dietary Guidelines for Americans. Fresh Fruit and Fresh Vegetables are part of our weekly Hilton Elementary School Menu. We serve Whole Grain (WG) Breads. 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 \$ 2.85 Reduced .40
Adults 3.50 Milk .50
Breakfast and Lunches are served with eight fluid ounces of 1% white or non-fat chocolate milk.

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
Oct 29 Fruity Cheerios WG Crackers Fruit Juice Chicken Nuggets Bread Stick Carrots & Romaine Orange/Pears	Oct 30 Bagel w/cheese Fruit Juice WG Corn Dog Chips Corn Broccoli-dip Applesauce Cup /Grapes	Oct 31 Sausage on Toast Fruit cup Bean & Cheese Burrito Cucumbers & Carrots dip Banana/Applesauce	1 Egg Wrap Fresh Fruit Mini Cheese burger Baked Fries & Pickles Pear/Peaches Cookie	2 Lucky Charms cereal WG Toast Fruit Pretzel w/ cheese Celery sticks & Snap Peas Whole Apple/Pineapple
5 Cocoa Puff Cereal & Crackers Fruit Juice Pepperoni Pizza Carrots & Broccoli-dip Whole Orange/Fruit cup	6 Breakfast Pizza Fresh Fruit Juice Cheese Quesadilla Cauliflower & Carrots-Dip Fresh Pear/Pineapple	7 Yogurt & Crackers Fruit Juice Chicken Burger wg bun Baby Bakers Cucumber-dip Banana/Peaches	8 Blueberry Muffin Fresh Fruit Hot Dog WG Bun Chili Celery & Snap Peas Grapes/Pears Fruit Rollup	9 Cinnamon Cereal & Wg crackers Fruit Turkey Sandwich Soup Chips Carrots -dip Orange/Pineapple
12 No School Veterans Day  observed	13 French toast Sticks Fruit Juice Pizza Pocket Cookie Cucumbers & Snap peas Fresh Pear/Peaches	14 Yogurt & Crackers Fruit Juice Chicken Drumstick Chips Baked Beans Broccoli & Dip Banana/Fruit Salad	15 Sausage Pup Fresh Fruit Hamburger WG Bun Celery & Potato Smiles Applesauce cup	16 Fruity Cheerios Cereal Raisins Wg Toast Italian Dunkers w/Sauce Carrots & Romaine-dip Whole Apple/Pineapple
19 Lucky Charms cereal Crackers Fruit Juice Beef Nuggets-crackers Carrots & Cauliflower-dip Fresh Orange/Applesauce	20 Breakfast Pizza Fruit Juice Bean & Cheese Burrito Snap peas & Broccoli Pear/Peaches Chips	21 No School 	22 Happy Thanksgiving 	23 No School from Nov 22-Nov 27 
26 No School District Directed Optional Day	27 Cocoa Puff Cereal Fruit Juice Pizza Pocket Pudding Carrots & Cauliflower Whole Apple/Peaches	28 Breakfast Pizza Fruit Juice French Toast Sticks & Sausage links Celery stick & Snap peas Banana/fruit cup	29 Egg Wrap Fruit cup Chicken Burger wg bun Baked Fries Cucumber- dip Orange/Pears	30 Cinnamon Tst Cereal W/Toast Fruit WG Corn Dog Sport Cookies Carrots & Broccoli Pear/Pineapple