



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 \$ 2.85 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>
1 Cinnamon Toast Cereal & crackers Fruit & Juice Pepperoni Pizza Pudding Carrots & Cauliflower/ dip Fresh Fruit & Applesauce	2 Breakfast Pizza Fruit Juice & Raisins Taco Quesadilla Salsa Broccoli-dip Corn Fruit Mix & Orange	3 Yogurt & crackers Fresh Fruit & Fruit slices Mini Cheese Burgers Baked Fries & Snap Peas Peaches & Banana	4 Egg Wrap & Fruit slices Fresh Fruit Hot Dog – wg bun Chili Celery/dip Cookie Pineapple Cubes & Pears	5 Trix Cereal & wg Toast Craisins & Fruit slices Turkey Ham Sandwich Chips Carrots & Snap Peas-dip Fresh Pear & Grapes
8 Fruity Cheerios Cereal & crackers Fruit & Juice Italian Dunkers Sauce Cauliflower & Carrots Whole Orange & Peaches	9 Breakfast Bagel Fruit Juice & fresh fruit Bean & Cheese Burrito Salsa Broccoli & Cucumber-dip Fruit cup & Grapes	10 Yogurt & Crackers Fresh Fruit & Fruit slices Chicken Drumstick Bread stick Snap Peas & Pickles Whole Banana & Peaches	11 French Toast stix Fresh Fruit & Raisins Chicken burger wg bun Carrots & Baked Fries Apple & Pineapple chunks	12 State Inservice for Teachers No Students
15 Lucky Charm Cereal & Crackers Fruit & Juice Chicken Nuggets Cracker Carrots & Broccoli-dip Fresh Apple & Pineapple	16 Breakfast Pizza Fruit Juice & Craisins French Toast Sticks & Sausage patty Celery Sticks/Snap Peas Orange & Peaches	17 Egg Wrap Fresh Fruit & Fruit slices WG Corn Dog Baked Beans Carrots & Cucumbers w/ Ranch Whole Banana & Pears	18 Sausage Pup Fresh Fruit & Fruit slices Hamburger WG bun WG Pickle chips Potato Smiles Pear & Applesauce cup	19 Fruity Cheerios Cereal wg Toast Fruit & Fruit slice Turkey Ham Sandwich Chips Cucumbers & Cauliflower-dip Grapes & Peaches
22 Cinnamon toast cereal & Crackers Fruit & Juice Beef Nugget Sport cookie Romaine & Carrots-dip Fresh Fruit & Applesauce	23 Breakfast Bagel Fruit Juice & fresh fruit Chicken Burger wg bun Pickle chips Baked Fries Fruit Mix & Orange	24 Sausage on toast Raisins & Fruit slices Bean & Cheese burrito Chips Carrots & Cauliflower -dip Whole Banana & Peaches	25 Parent/Teacher Conferences Non Student Day	26 Parent/Teacher Conferences Non Student Day 