




Zillah Schools

September Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
3 Labor Day No School 	4 Cocoa Puff Cereal & Crackers Fruit & Juice Pepperoni Pizza Romaine & Snap Peas Orange & Applesauce	5 Yogurt & crackers Fruit & Fruit cup Cheese Quesadilla Cucumbers-dip Baby Potato Banana & Fruit Salad	6 Sausage Pup Juice & Fruit Sub Sandwich Chips Broccoli & Carrots-dip Apple & Peaches	7 Fruity Cheerios Cereal Crackers Fruit & Juice WG Corn Dog Pudding Carrots & Cauliflower-dip Orange & Pears
10 Cinnamon Cereal Crackers/Fruit/Juice Beef Nuggets Proball Carrots & Cucumber-dip Fresh Peach & Pears	11 Breakfast Bagel Fresh Fruit & Juice Italian Dunkers w/sauce Carrots & Romaine-dip Fresh Pear & Applesauce	12 Yogurt & crackers Fruit & Fruit cup Hot Dog wg bun Chili Snap Peas & Broccoli-dip Banana & Fruit Salad	13 Blueberry muffin Fruit & Fruit cup Chicken Burger wg bun Baked Fries Celery & dip Orange & Pears	14 Lucky Charms Cereal & wg Toast Fruit /Craisins Bean Burrito Chips Salsa & Cauliflower-dip Fresh Apple & Peaches
17 Trix Cereal w/crackers Fresh Fruit & Juice Chicken Nuggets Crackers Carrots & dip Corn Apple & Fruit Salad	18 Sausage Pup Fresh Fruit & Juice Chili Wrap Carrots & Cucumbers w/dip Sherbert Fresh Peach & Pears	19 Sausage & WG Toast Fresh Fruit & Juice WG Corn Dog Baked Beans Cauliflower-dip Banana & Fruit Salad	20 Pancakes w/ Fruit & Fruit & Fruit cup Hamburger wg bun Baked Fries Broccoli w/dip Orange & Applesauce	21 Cocoa Puff Cereal & WG Toast Fruit & Raisins Pretzel w/Cheese Sauce Celery & Snap Peas/dip Fresh Apple & Peaches
24 No School District Directed Day 	25 Cinna-Cereal/cracker Fresh Fruit & Juice Pepperoni Pizza Corn Broccoli & dip Fresh Fruit & Peaches	26 Egg Slider Fruit & Fruit cup French Toast Sticks Sausage links Cauliflower & Carrots Banana & Pineapple 	27 Breakfast Pizza Fruit & Fruit cup Chicken Burger wg bun Baked Fries Celery w/dip Grapes & Pears	28 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 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 \$2.50

Reduced breakfast price \$0.00 because of a State Grant to cover these.

Regular Lunch \$ 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.

Build a Healthy Lunch

