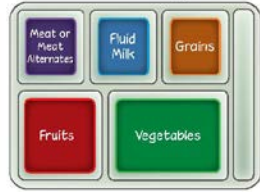



Build a Healthy Lunch



Zillah Schools

January Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	1	2	3	4
7 Lucky charms Cereal & Crackers Fruit & Juice Chicken Nuggets Green Beans Bread Stick Cucumber & Carrots-dip Peach Cup & Orange	8 Sausage pup Fresh Fruit & Juice Italian Dunkers Sauce Corn & Broccoli/dip Banana & Applesauce Pudding	9 Waffle Fruit Cup & Fresh Fruit Chicken Burger/wg bun Snap Peas & Dip Baked Crinkle Fries Pear & Fruit Mix	10 Breakfast Pizza Fresh Fruit & Fruit cup Hot Dog w wg bun Chili Carrots & Broccoli-dip Fresh Apple & Pears	11 Trix Cereal & wg Toast Fruit & Raisins Bean & Cheese Burrito Chips Corn & Celery Orange & Fruit cup
14 Cocoa Puff Cereal & Crackers Fruit & Juice Pepperoni Pizza Romaine Pudding Carrots & Cherry tomato Orange &	15 Churros Fresh Fruit & Juice WG Corn Dog Cheezits Baked Beans Cauliflower & dip Banana & Peaches	16 Yogurt & crackers Peaches & Fresh Fruit Taco w/ bread stick Celery & Snap Peas Orange & Fruit Mix Cookie	17 Sausage Pup Strawberries/Fresh Fruit Hamburger Wg bun Carrots & dip Potato Smiles Apple & Pineapple chunks	18 Cinnamon toast Cereal & wg Toast Fruit & craisins Chicken Drumstick Bread Stick Vegetable Soup Broccoli & dip Pears & Fruit cup
21 No School Martin Luther King Jr. Day	22 Lucky Charms Cereal & Crackers Fresh Fruit & Juice Bean & Cheese Burrito Salsa Crackers Carrots & Broccoli w/dip Banana & Fruit Mix	23 Yogurt & crackers Fruit slices Chicken Burger wg bun Pickles & Baby Bakers Satsuma Orange & Pears	24 Breakfast Pizza Fresh Fruit & Fruit cup Italian Dunkers sauce Romaine & cucumbers Grapes & Pineapple Pudding	25 Trix Cereal & wg Toast Fruit & Raisins Pretzel w/ Cheese Tomato Soup Snap Peas Apple & Peaches
28 Frosted Flakes cereal & crackers Juice & fruit Pepperoni Pizza Pudding Carrots & Cauliflower Orange & Applesauce	29 Sausage pup Juice & Fruit Chicken Drumstick w/bbg Bread Stick Broccoli & Snap peas Banana & Fruit cup	30 French toast sticks Juice & Fruit WG Corn Dog Baked Beans Corn Chips Celery & Carrots Grapes & Peaches	31 Apple Muffin Craisins Fruit cup Hamburger Wg bun Pickles & Tater Tots 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.

