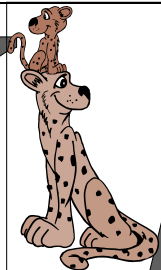


# ZILLAH



## Zillah Middle School

Washington School Nutrition Programs  
We serve education programs everyday

**Zillah School District is an equal opportunity provider and employer.**

We give students a mix of proteins and carbohydrates to boost energy and keep them going thru the day. Fresh Fruit and Fresh Vegetables are part of our daily School Menu.

We serve 51% whole grain breads every day. 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, Dietary Manager

Regular Breakfast Prices \$2.00  
Adult \$2.25

Lunch Regular \$ 3.00 Reduced .40  
Adults 3.50 Milk .50  
Breakfast and Lunches are served with eight fluid ounces of 1% white or non-fat chocolate milk.



Mon	Tue	Wed	Thu	Fri
		<b>August 2017</b>	<b>Welcome Back Staff And Students</b>	
	<b>All Staff Inservice</b>		<b>24</b> Cook's choice Fresh Fruit & Juice  Pepperoni Pizza Carrots & Cucumbers-dip Orange & Pears Pudding	<b>25</b> Cook's choice      Fresh Fruit & cup  WG Corn Dog    Chips Carrot Sticks & Snap Peas-dip Apple & Peaches
<b>28</b> WG Donut Bar Fresh Fruit & Juice  Chicken Drumstick    Bread Stick      Potato Salad Cauliflower w/dip Pear & Applesauce	<b>29</b> Sausage Pup Fruit & Fruit cup  Hot Dog w/wg bun    Chili Carrots & Cucumbers-dip Orange & Peaches	<b>30</b> Yogurt & Granola Fresh Fruit & Juice  Hamburger wg bun Pickle chips    Baked Fries Banana & Pears	<b>31</b> Breakfast Pizza Fresh Fruit & cup  Sub Sandwich wg bun Chips Broccoli & Snap peas w/dip Grapes & Fruit Mix	<b>Sept 1</b> Bagel w/cc    Fresh Fruit & Juice  Beef Burrito    Chips Chef Salad & Carrots Apple & Pineapple Sherbert cup
<b>Sept 4 Labor Day No School</b>				