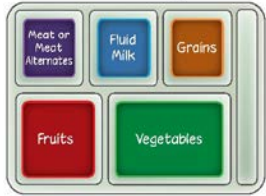




Build a Healthy Lunch



Zillah Schools

December Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
				1 Bagel w/cc or Cereal Fruit & Fruit slices Hot Dog Wg bun Chili Chef Salad & veggies Grapes & Fruit Mix
4 Funnel cake or Cereal w/cracker Juice & Fruit Chicken Nuggets/potatoes Dinner Roll Pudding Carrots & Cauliflower-dip Fruit Mix & Orange	5 Breakfast Bagel or Cereal Fresh Fruit & Juice Beef Taco Proball Refried Beans Salsa Carrots & Snap Peas-dip Fresh Pear & Applesauce	6 Yogurt & granola or Cereal Fruit & fruit cup Sub Sandwich Chips Pickles & Tomatoes Banana & Peaches Jello	7 Sausage & Egg Biscuit or Cereal Fruit & slices Mini Cheese Burger/ bun Baked Fries Cucumbers Broccoli/dip Fresh Apple & Pineapple	8 Bagel w/cc or Cereal Fruit & Fruit cup Nachos w/ cheese Chili Celery & Chef Salad Orange & Fruit Mix
11 WG Honey Bun or Cereal Juice & fruit Turkey Gravy Bread Stick Mashed Potatoes Green beans Apple Muffin Orange & Pears	12 UBR cookie or Cereal Fruit & Juice Chicken Burger wg bun Baked Fries Cookie Celery & Corn Fresh Apple & Fruit Mix	13 Yogurt & Granola or Cereal Fruit & fruit cup WG Corndog Baked Beans Carrots & Broccoli-dip Banana & Pineapple	14 French Toast Sticks or Cereal/Fruit/ fruit cup Sub Sandwich Chips Pickles & Tomatoes Fresh Pear & Peaches	15 Breakfast Burrito or cereal Fruit Cup or Slices Italian Dunkers Sauce Chef Salad & Cauliflower Fresh Fruit & Fruit Mix
18 Sausage pup or Cereal & Crackers Fruit & Juice Pepperoni Pizza Carrots & Cauliflower-dip Fruit mix & Oranges Frozen Fruit cup	19 Breakfast Pizza or Cereal Fruit & fruit juice Hot Dog/bun Chili Corn Chips Celery & Carrots Apple & Pears	Happy Holidays ! School is out on December 20 th and resumes January 2nd		

Zillah Middle School
Washington School Nutrition
Programs
We Serve education
Programs everyday

Zillah School District is an equal opportunity provider. Please make checks payable to Zillah Lunch Fund.

Fresh Fruit and Fresh Vegetables are part of our weekly Zillah Middle 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 \$ 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.

