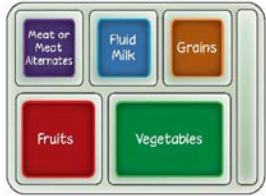




Build a Healthy Lunch



Zillah Schools

January 2017 Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 No School 	2 WG Honey Bun or Cereal Fruit & Juice Chicken Nuggets Cheesy Bread Mashed Potatoes Broccoli w/ dip Banana & Peaches	3 Sausage & Egg biscuit or Cereal Juice & fruit Hamburger WG bun Tater tots Tomato & Pickles Baked Beans Fresh Apple & Pears	4 French Toast or Cereal Fruit & Fruit cup Italian Dunkers Sauce Cauliflower Carrots-dip Applesauce or Orange Cookie	5 Sausage Pup or Cereal Fruit & Fruit slices Beef Burrito Salsa Corn & Chef Salad Grapes & Fruit Mix
8 WG Donut or Cereal w/cracker Juice & Fruit Pepperoni Pizza Pudding Carrots & Cauliflower-dip Fruit Mix & Orange	9 Breakfast Bagel or Cereal Fresh Fruit & Juice Taco Quesadilla Carrots & Snap Peas-dip Banana & Applesauce	10 Yogurt & Granola or Cereal Fruit &fruit cup WG Corn Dog Baked Beans Pickles & Tomatoes Fresh Pear & Peaches	11 Blueberry Muffins or Cereal Fruit & slices Chicken burger/wg bun Baked Fries Cucumbers Broccoli/dip Fresh Apple & Pineapple	12 Bagel w/cc or Cereal Fruit & Fruit cup Toasted cheese sandwich Celery & Chef Salad Tomato Soup Orange & Fruit Mix
15 No School Martin Luther King Day 	16 Breakfast Pizza Fruit & Juice Beef Taco Proball Refried Beans Salsa Carrots & Broccoli-dip Banana & Fruit Mix	17 Yogurt & Granola or Cereal Fruit & fruit cup Hot Dog/bun Chili Celery w/dip Fresh Apple & Pineapple	18 French Toast Sticks or Cereal/Fruit/ fruit cup Sub Sandwich Chips Golden Corn Snap Peas Fresh Pear & Peaches	19 Egg Wrap Fruit Cup or Slices Pepperoni Pizza Chef Salad & Cauliflower Fruit Mix Frozen Fruit cup
22 Cinnamon Roll or Cereal Juice & fruit Chicken Nuggets Roll Mashed Potatoes Broccoli & dip Green beans Orange & Pears	23 Sausage Pup or Cereal Fruit & Fruit Juice Beef Burrito Chips Carrots & Celery w/dip Banana & Peaches	24 Breakfast burrito or Cereal Fruit & Juice Chicken Burger wg bun Baked Fries & Cucumbers w/ dip Applesauce & Grapes Cookie	25 Sausage egg Biscuit or Cereal Fruit Cup or Fruit Nachos w/cheese Carrots & Cauliflower w/dip Pears & Apple	26 Funnel Cake or Cereal Fruit or Craisins Italian Dunkers Sauce Chef Salad w/tomatoes Orange & Fruit Mix
29, 30 & 31st on Feb. Menu				

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.

