



October Menu

Zillah Schools



Zillah Middle School

Washington School Nutrition
Programs

We serve education
programs everyday


ZSD is an equal opportunity provider.

Fresh Vegetables are part of our
weekly School Menu. Fresh Fruit is
offered every day for breakfast &
lunch. 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

Student Regular Breakfast Prices \$2.00
Reduced breakfast is no charge
Adult Price \$2.25

Regular 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.

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>2 Granola Bar Fruit & Juice</p> <p>Pepperoni Pizza Carrots & Cauliflower Apple & Kiwi Pudding</p>	<p>3 Breakfast Pizza Fruit & Juice</p> <p>Beef Taco/Salsa Probball Refried beans Carrots-dip Orange & Fruit Mix</p>	<p>4 French Toast Sticks Fruit/Fruit cup</p> <p>Mini Cheese Burgers Baked Tater Tots & Red peppers Banana & Peaches</p>	<p>5 Biscuit w/egg & patty Fresh Fruit & cup</p> <p>Sub Sandwich Chips Broccoli-Cucumbers-dip Fruit cup & Pears</p>	<p>6 Breakfast Bagel Fresh Fruit & Fruit cup</p> <p>Beef Hot Dog wg bun Chili Carrots & dip Chef Salad Whole Pear & Applesauce</p>
<p>9 Granola Round Fruit & Juice</p> <p>Italian Dunkers Tomato Soup Broccoli & Carrots-dip Whole Orange & Peaches</p>	<p>10 Sausage Pup Juice & fresh fruit</p> <p>Beef Burrito Chips Romaine & Snap peas-dip Grapes & Pears</p>	<p>11 Yogurt Parfait Fruit cup & Fresh Fruit</p> <p>Chicken Burger wg bun Baked Fries Pickles Banana & Applesauce cup</p>	<p>12 Egg Quesadilla Fresh fruit & cup</p> <p>Taco Quesadilla Refried Beans Cucumber-Tomatoes-dip Orange & Pineapple</p>	<p>13 State Inservice for Teachers No Students</p>
<p>16 WG Cinnamon Roll Juice & fresh fruit</p> <p>Chicken Nuggets Roll Carrots & dip Mashed Potatoes Pudding Apple & Pineapple</p>	<p>17 Breakfast Wrap Fruit & Juice</p> <p>WG Corn Dog Chips Baked Beans Cauliflower & Celery sticks Orange & Pears</p>	<p>18 Breakfast Combo Bar Fresh Fruit & Fruit cup</p> <p>Hamburger wg bun Baked Wedges Carrots & Broccoli /dip Banana & Peaches</p>	<p>19 Biscuit w/egg & patty Fruit cup & Fresh fruit</p> <p>Chicken Rice Bowl Cucumbers & Snap Peas-dip Bread Stick Pear & Pineapple</p>	<p>20 Bagel w/cc Fruit cup & Craisins</p> <p>Nachos W/Cheese sauce Chili Broccoli Chef Salad Grapes & Applesauce</p>
<p>23 Breakfast Burrito Fruit & Juice</p> <p>Pepperoni Pizza Carrots/Cauliflower Fresh Fruit & Fruit Cup Birthday treat</p>	<p>24 Breakfast Bagel Fresh Fruit & Juice</p> <p>Chicken Sandwich wg bun Lettuce & Pickles Baby Bakers Cucumbers Whole Orange & Peaches</p>	<p>25 Yogurt Parfait Fruit cup & Fresh Fruit</p> <p>Beef & Bean Burrito Chips Carrots & Broccoli w/dip Banana & Pears</p>	<p>26 Parent/Teacher Conferences Non Student Day</p>	<p>27 Parent/Teacher Conferences</p> <p> Non Student Day</p>