




# Zillah Schools

## September menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<b>4</b> <b>Labor Day Holiday</b> <b>No School</b>	<b>5</b> WG Donut Fruit & Fruit Juice  Pepperoni Pizza Romaine & Broccoli Snap Peas & Dip Pears & Kiwi	<b>6</b> Yogurt & Granola Fruit Juice & Fruit  Chicken Quesadilla Romaine & Snap Peas Banana & Applesauce	<b>7</b> Ham Combo w/crackers Juice & Fruit  Beef burrito Chips Broccoli & Carrots-dip Salsa Apple & Pears	<b>8</b> Breakfast Pizza Juice & fruit  Wg Corn Dog Pudding Carrots & Cauliflower-dip Orange & Peaches
<b>11</b> Honey bun Fresh Fruit & Fruit Juice  Beef Nuggets Roll Mashed Potatoes Carrots & Broccoli-dip Peach & Pears	<b>12</b> Sausage Pup Fresh Fruit & Fruit Juice  Italian Dunkers Sauce Salad & Cucumbers Peach & Pears Rainbow Sherbert	<b>13</b> Yogurt & Granola Fresh Fruit & Fruit cup  Hamburger wg bun Baked Fries Corn Carrots & celery-dip Pear & Pineapple	<b>14</b> Blueberry Muffin W/Fresh Fruit & Craisins  Hot Dog wg bun Chili Pickles & Tomato Orange & Peaches	<b>15</b> French Toast Sticks Fresh Fruit & Fruit cup  Beef taco Snack Chef Salad & Snap Peas-dip Apple & Pears
<b>18</b> Bagel W/cc Fresh Fruit & Juice  Pepperoni Pizza Cookie Romaine Salad Snap Peas & Dip Pears & Kiwi	<b>19</b> Breakfast Sliders Fresh Fruit & juice  Beef Taco w/Proball Salsa Carrots/dip Golden Corn Orange & Peaches	<b>20</b> Biscuit w/egg/sausage Fresh Fruit & Juice  Wg Corn Dog Baked Beans Broccoli w/dip Banana & Pineapple	<b>21</b> Breakfast Pizza Fresh Fruit & Fruit cup  Chicken burger wg bun Baked Fries Carrots & Cauliflower-dip Apple & Peaches	<b>22</b> Sausage Pup Fresh Fruit & Fruit cup  Nachos w/cheese sauce Chef Salad Celery sticks Orange & Pears
<b>25 No School District Directed Day</b> 	<b>26</b> Ham Combo & crackers Fresh Fruit & Juice  Popcorn Chicken Roll Mashed Potatoes Carrots & Salad w/dip Apple & Pears	<b>27</b> Yogurt & Granola Fruit & Fruit cup  Hamburger wg bun Cauliflower Baked Fries Orange & Pineapple	<b>28</b> Muffin Fresh Fruit & Fruit cup  Beef Chili Wrap Chips Carrots & Broccoli Grapes & Pears	<b>29</b> Cinnamon Roll w/ fruit & Fruit cup  Italian Dunkers Sauce Chef Salad & Cucumbers Kiwi & Applesauce Birthday Treat
				



## Zillah Middle School

Washington School Nutrition Programs  
 We serve education programs everyday

Zillah School District is an equal opportunity provider and employer.

Staying within the New Guidelines for lunch each day, means whole fruits and grains. Fresh Fruit and Fresh Vegetables are part of our weekly School Menu.

We serve whole grain breads (wg) everyday. 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

Regular Breakfast Prices \$2.00

Adult \$2.25

Reduced breakfast is no charge

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.