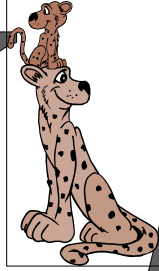


ZILLAH



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 Price \$2.00
Reduced Breakfast Price \$0.00 because of a State Grant
Adult \$2.50

Lunch Regular \$ 3.00 Reduced .40
Adults 3.75 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>
		August 2018	Welcome Back Staff And Students	For School Breakfast & Lunch money, make your check out to Zillah Lunch Fund
	All Staff Inservice	22 Cereal & Crackers Fresh Fruit & Juice Pepperoni Pizza Romaine & Cucumbers-dip Orange & Pears Sport Cookie	23 Cereal & Crackers Fresh Fruit & Juice Taco Quesadilla Broccoli & Cauliflower-dip Pear & Fruit mix	24 Cereal & Crackers Fresh Fruit & cup WG Corn Dog Chips Carrot Sticks & Snap Peas-dip Apple & Peaches
27 WG Donut Bar Fresh Fruit & Juice Chicken Drumstick Bread Stick Potato Salad Cauliflower w/dip Pear & Applesauce	28 Sausage Pup Fruit & Fruit cup Hot Dog w/wg bun Chili Carrots & Cucumbers-dip Orange & Peaches	29 Yogurt & Granola Fresh Fruit & Juice Hamburger wg bun Pickle chips Baked Fries Banana & Pears	30 Breakfast Pizza Fresh Fruit & cup Sub Sandwich wg bun Chips Broccoli & Snap peas w/dip Grapes & Fruit Mix	31 Bagel w/cc Fresh Fruit & Juice Beef Burrito Chips Chef Salad & Carrots Apple & Pineapple Sherbert cup
Sept 3 Labor Day No School				