



November Menu

Zillah Schools



Zillah Middle School




Washington School Nutrition Programs
We serve education programs everyday

ZSD is an equal opportunity provider.

Please make checks out to Zillah Lunch fund. Fresh Vegetables are part of our weekly Menu at School. Fresh Fruit is offered everyday for breakfast & lunch. We serve Whole Grain (WG) Breads. 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>
Oct 29 French toast sticks Fruit & Juice Beef Nuggets/Potatoes Garlic Bread Broccoli & dip Golden Corn Apple & Peaches	Oct 30 Breakfast Bagel or Cereal/ Fresh Fruit/Juice WG Corn Dog Baked Beans Carrots & Cauliflower -dip Fresh Pears & Grapes	Oct 31 Sausage Pup or cereal Fruit & Fruit cup Hamburger wg bun Baked Fries Carrots & Pickles Banana & Pineapple Cookie	1 Churros or cereal Fruit cup & Fruit Sweet & Sour Chicken w/rice Wheat Roll Romaine & Snap Peas-dip Strawberry cup & Pear	2 Bagel w/cc or Cereal Fruit cup/fresh fruit Nachos w/Cheese Sauce Salsa Chili Cucumber-dip Orange & Peaches
5 WG Cinnamon Roll or cereal Fruit & Juice Chicken & cheese Sechzwan Pizza Carrots/Romaine Fruit Salad & Kiwi	6 Egg Slider or cereal Fruit/Fruit cup Taco Quesadilla Snap peas & Salad/dressing Banana & Peaches Pudding	7 Yogurt/fruit or Crackers & Cereal/fruit cup Chicken Burger wg bun Baked Tots Cauliflower Grapes & Applesauce	8 Biscuit w/ Sausage or cereal Fresh Fruit Sub Sandwich wg bun Chips Soup Carrots & Salad- dressing Pears & Pineapple	9 Honey bun or Cereal Fruit & Juice Italian Dunkers Sauce Romaine Salad Whole Orange & Peaches
12 No School Veteran's Day Observed 	13 Sausage Pup or Cereal Juice & fresh fruit Chicken Nuggets Mashed Potatoes Roll Carrots & Snap peas-dip Banana & Pears	14 Yogurt/fruit or Cereal & crackers/Fruit cup Hamburger wg bun Baked Fries Lettuce-tomato-pickles Whole Pear & Applesauce	15 Breakfast Pizza or Cereal Fresh fruit Hot Dog wg bun Chili Carrots & dip Cookie Orange & Pineapple	16 Bagel w/ cream cheese or Cereal Fresh Fruit Beef & Bean Burrito Chips Carrots & Cucumbers - dip Grapes & Fruit cup
19 WG Donut or Cereal Juice & fresh fruit Chicken Drumstick Roll Mashed Potatoes Broccoli & Carrots Apple & Pineapple	20 Breakfast Bagel or Cereal Fruit & Juice Turkey Sandwich Chips Carrots & Salad/dressing Orange & Pears Cookie	21 Thanksgiving Holiday No School	22 Happy Thanksgiving 	23 Non Student Day 
26 No School 	27 Blueberry Muffin Juice or fresh fruit Chicken Nuggets Roll Potatoes Carrots & Broccoli Fruit & Grapes	28 French toast stix or cereal Fruit cup & Fruit WG Corn Dog Chips Baked Beans & Celery Orange & Pineapple	29 Egg Wrap or Cereal Fresh fruit Beef Philly Sandwich Baked Fries Cauliflower Banana & Applesauce	30 Funnel Cake Strawberries Nachos w/Cheese Sauce Salsa Chili Veggies & dip Fruit cup & Apple