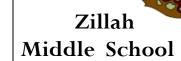




October Menu

Zillah Schools

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



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.