



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