

Zillah Schools

September menu



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.

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