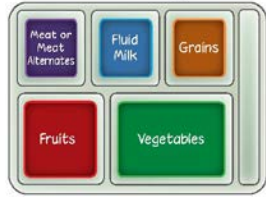


Build a Healthy Lunch



# Zillah Schools

## January Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
	<b>1 No School</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>7</b> WG Donut or Cereal w/cracker Juice & Fruit  Chicken Nuggets Cheesy Bread Mashed Potatoes Salad & Veggies Banana & Peaches	<b>8</b> Breakfast Pizza or Cereal Fresh Fruit & Juice  Italian Dunkers Sauce Salad & Veggies Applesauce or Orange Cookie	<b>9</b> Yogurt & Granola or Cereal Fruit & fruit cup  Hot Dog wg bun Chili Salad & Veggies Chips Fresh Pear & Peaches	<b>10</b> Sausage & Egg Slider or Cereal Fruit cup  Chicken burger/wg bun Baked Tater Tots Salad & Veggies Fresh Apple & Pineapple	<b>11</b> Bagel w/cc or Cereal Fruit & Fruit cup  Beef Burrito Salsa Corn & Chef Salad & Veggies Grapes & Fruit Mix
<b>14</b> French Toast Stix or Cereal Juice & Fruit  Pepperoni Pizza Pudding Salad & Veggies Orange & Pears	<b>15</b> Berry Churros or cereal Fruit & Juice  Beef Taco Bread Stick Corn Salsa Salad & Veggies Banana & Fruit Mix	<b>16</b> Cinnamon Roll or Cereal Fruit & fruit cup  Hamburger WG bun Baked Fries Salad & Veggies Fresh Apple & Pineapple Cookie	<b>17</b> Sausage Egg Slider or Cereal/Fruit/ fruit cup  Sub Sandwich Chips Salad & Veggies Fresh Pear & Peaches	<b>18</b> Funnel Cake or Cereal Craisins or Slices  Chicken Drumstick Roll Chef Salad & Veggies Fruit Mix & Fruit cup
<b>21 No School Martin Luther King Day</b>  	<b>22</b> Sausage Pup or Cereal Fruit & Fruit Juice  Beef Nuggets Roll Mashed Potatoes Salad & Veggies Banana & Peaches Ice cream bar	<b>23</b> Breakfast burrito or Cereal Fruit & Juice  Chicken Burger wg bun Tater Tots Salad & Veggies Applesauce & Grapes Cookie	<b>24</b> Sausage egg Slider or Cereal Fruit Cup or Fruit  WG Corn Dog Baked Beans Salad & Veggies Pears & Apple	<b>25</b> Banana Bread or Cereal Fruit or Craisins  Italian Dunkers Sauce Chef Salad & Veggies Orange & Fruit Mix
<b>28</b> Honey Bun or Cereal/crackers Juice  Chicken Nuggets Bread Stick Mashed Potatoes Salad & Veggies Banana & Peaches	<b>29</b> Breakfast Pizza or Cereal Fruit & Juice  Pizza Pocket Salad w/veggies Orange & Fruit mix Pudding	<b>30</b> Yogurt & Granola or Cereal Fruit & fruit cup  Hamburger WG bun Baked Fries Salad & Veggies Fresh Apple & Pears Cookie	<b>31</b> French toast stix or cereal Fruit or craisins  Hot Dog wg bun Chili Salad & Veggies Satsuma & Peaches	

**Zillah Middle School**  
Washington School Nutrition Programs  
We Serve education Programs everyday

Zillah School District is an equal opportunity provider. Please make checks payable to Zillah Lunch Fund.

Fresh Fruit and Fresh Vegetables are part of our weekly Zillah Middle School Menu.

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, Dietary Manager

Breakfast Prices \$2.00  
Reduced breakfast is no charge  
Adult price \$2.25

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.

