



DECEMBER 2011

Chelan Middle School/High School Menu

5-a-Day Finishing Bar offered Daily at Lunch

*Fresh & Canned Fruit**Crisp Fresh Vegetables**Condiments to compliment your meal*

**ALL BREAKFASTS ARE SERVED WITH FRESH FRUIT, CANNED FRUIT, OR 100 % JUICE.
CHOICE OF 1% WHITE OR NON-FAT CHOCOLATE MILK IS SERVED WITH EVERY MEAL.**



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| <p>MONDAYS-THURSDAYS: Pre-Made Salads TUESDAYS: Ala Carte Bread Bowl and Soup Made-to-Order Sandwiches FRIDAYS: Fresh Made Wraps</p> | <p>MENU IS SUBJECT TO CHANGE.</p> <p>*This institute is an equal opportunity provider.</p> | | <p>1 Fresh Fruit Yogurt Parfait OR Cereal & Proball</p> <p>Chicken Crisпитos Sunflower Seeds Green Beans Mandarin Oranges</p> | <p>2 Bagel & Cream Cheese OR Cereal & Muffin</p> <p style="text-align: center;">COOKS CHOICE</p> |
| <p>5 LATE START Cold Cereal & String Cheese</p> <p>Chicken Patty/Whole Wheat Bun Corn Fresh Apple Slices w/Dip</p> | <p>6 Homemade Granola Bar</p> <p>Mini Corn Dog Bites OR Cheese Quesadilla Green Beans Mandarin Oranges</p> | <p>7 Breakfast Hot Pocket</p> <p>Grilled Cheese Sandwich Tomato Soup Juice Peach Slices Brownie</p> | <p>8 Fresh Fruit Yogurt Parfait OR Cereal & Muffin</p> <p style="text-align: center;"><u>SUPER NACHOS</u> Meat/Cheese Sauce/Tortilla Chips Salsa Frozen Juice Bar Rosy Applesauce</p> | <p>9</p> <p style="text-align: center;">COOKS CHOICE</p> |
| <p>12 Fresh Baked Pumpkin Bread</p> <p>Chicken Nuggets Green Beans Goldfish Crackers Peach Slices</p> | <p>13 Fresh Baked Scones</p> <p>French Bread Pizza Fresh Garden Salad Pineapple Tidbits</p> | <p>14 Ham & Cheese Bar Toast</p> <p>Hamburger/Bun OR Cheeseburger/Bun OR Garden Burger/Bun Baked French Fries Satsuma Orange</p> | <p>15 Fresh Fruit Yogurt Parfait OR Cereal & Grahams</p> <p style="text-align: center;"><u>BRUNCH FOR LUNCH</u> Waffles Sausage Hashbrowns Strawberries Whipped Cream</p> | <p>16 English Muffin with Egg/Sausage/Cheese</p> <p style="text-align: center;">COOKS CHOICE</p> |
| <p>19 Breakfast Sausage Pizza</p> <p>Cheese Stuffed Breadsticks Marinara Sauce Corn Peach Slices</p> | <p>20</p> <p style="font-size: 1.5em;">COOKS CHOICE</p> | <p>21</p> <p style="font-size: 1.5em;">NO SCHOOL</p> | <p>22</p> <p style="font-size: 1.5em;">NO SCHOOL</p> | <p>23</p> <p style="font-size: 1.5em;">NO SCHOOL</p> |
| <p>26</p> | <p>27</p> | <p>28</p> | <p>29</p> | <p>30</p> |

