



JANUARY 2012

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.**



2 NO SCHOOL	3 Breakfast Hot Pocket Baked Chicken Nuggets Green Beans Goldfish Crackers Peach Slices	4 Breakfast Burrito OR Cereal & Grahams French Bread Pizza Fresh Garden Salad Pineapple Tidbits	5 Fresh Fruit Yogurt Parfait OR Cereal & Proball Chili Haystacks Fritos/Chili/Cheese/Lettuce/Salsa/Onions/Sour Cream Juice Satsuma Orange	6 Bagel & Cream Cheese Hamburger/Bun OR Cheeseburger/Bun OR Garden Burger/Bun Baked French Fries Kiwi Fruit
9 LATE START Cold Cereal & String Cheese Chicken Crisпитos Sunflower Seeds Green Beans Mandarin Oranges	10 Homemade Granola Bar Cheese Stuffed Breadsticks Marinara Sauce Golden Corn Apple Slices w/Dip	11 Breakfast Sausage Pizza Teryaki Rice Bowl OR Cheese Quesadilla Juice Cup Peach Slices	12 Fresh Fruit Yogurt Parfait OR Cereal & Grahams Soft Shell Taco Meat/Cheese/Lettuce Salsa/Sour Cream Raspberry Sherbet Cup Rosy Applesauce	13 COOKS CHOICE
16 NO SCHOOL	17 Pancakes Sausage French Bread Pizza Fresh Garden Salad Pineapple Tidbits	18 Yogurt & Muffin OR Cold Cereal & Muffin Grilled Cheese Sandwich Tomato Soup Juice Cup Satsuma Orange Brownie	19 Fresh Fruit Yogurt Parfait OR Cereal & Grahams <u>BAKED POTATO BAR</u> Chili/Cheese/Sour Cream OR Mini Corn Dogs Golden Corn Peach Slices	20 English Muffin with Egg/Sausage/Cheese Chicken Patty/Whole Wheat Bun Green Beans Mandarin Oranges
23 Ham & Cheese Bar Toast Chicken Drumsticks OR Taco Hot Pocket Crisp Coleslaw Elf Grahams Satsuma Orange	24 Homemade Pumpkin Bread Hot Dog or Chili Dog/Bun Baked Tater Tots Pudding on a Stick Rosy Applesauce	25 Fresh Baked Scones Rotini Pasta w/Meat Sauce Texas Cheese Toast Fresh Garden Salad Pineapple Tidbits	26 Fresh Fruit Yogurt Parfait OR Cereal & Grahams Chicken Nuggets Mashed Potatoes/Gravy Green Beans Whole Wheat Roll Peach Slices	27 COOKS CHOICE
30 LATE START Cold Cereal & String Cheese Chicken Crisпитos Sunflower Seeds Green Beans Mandarin Oranges	31 French Toast Sausage Cheese & Pepperoni Pizza Bites Fresh Garden Salad Pineapple Tidbits		MONDAYS-THURSDAYS: Pre-Made Salads TUESDAYS: Ala Carte Bread Bowl and Soup Made-to-Order Sandwiches FRIDAYS: Fresh Made Wraps	MENU IS SUBJECT TO CHANGE. *This institute is an equal opportunity provider.