



NOVEMBER 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.**



	<p>1 Bagel w/Cream Cheese OR Cereal & Muffin</p> <p>French Bread Pizza Fresh Garden Salad Pineapple Tidbits</p>	<p>2 Breakfast Burrito OR Cereal & Grahams</p> <p style="text-align: center;"><u>BRUNCH FOR LUNCH</u></p> <p>Waffles Sausage Hashbrowns Strawberries Whipped Cream</p>	<p>3 Fresh Fruit Parfait OR Cereal & Probball</p> <p>Chili Haystacks Fritos/Chili/Cheese/Lettuce Salsa/Sour Cream/Onions Juice Pear Slices</p>	<p>4</p> <p style="text-align: center;">COOKS CHOICE</p> <p>Wraps</p>
<p>7 Cheddar Cheese Omelet & Toast OR Cereal & Toast</p> <p>Chicken Crisпитos Sunflower Seeds Green Beans Mandarin Oranges</p>	<p>8 Homemade Granola Bar</p> <p>Corn Dog OR BBQ Pulled Pork/Hoagie Golden Corn Fresh Apple Slices w/Dip</p>	<p>9 Hot Oatmeal & Grahams OR Cereal & Grahams</p> <p>Grilled Cheese Sandwich Tomato Soup Juice Peach Slices Brownie</p>	<p>10 Fresh Fruit Parfait OR Cereal & Muffin</p> <p>Hamburger/Bun OR Cheeseburger/Bun OR Garden Burger/Bun Baked French Fries Fresh Orange Wedges</p>	<p>11</p> <p style="text-align: center;">NO SCHOOL</p>
<p>14 Homemade Muffin</p> <p>Chicken Nuggets Green Beans Goldfish Crackers Peach Slices</p>	<p>15 French Toast Sausage Hash Browns</p> <p>French Bread Pizza Fresh Garden Salad Pineapple Tidbits</p>	<p>16 Fresh Baked Coffeecake</p> <p>Teriyaki Rice Bowl OR Cheese Quesadilla Juice Cup Mandarin Oranges</p>	<p>17 Fresh Fruit Parfait OR Cereal & Grahams</p> <p>Soft Shell Taco Meat/Cheese/Lettuce Salsa/Sour Cream Sherbet Cup Rosy Applesauce</p>	<p>18 English Muffin with Egg/ Sausage/Cheese</p> <p style="text-align: center;">COOKS CHOICE</p> <p>Wraps</p>
<p>21 Breakfast Sausage Pizza</p> <p>Chicken Patty/Whole Wheat Bun Green Beans Peach Slices</p>	<p>22 Biscuits w/Gravy Sausage</p> <p>Cheese Stuffed Breadsticks Marinara Sauce Corn Rosy Applesauce</p>	<p>23 EARLY RELEASE</p> <p style="text-align: center;">COOKS CHOICE</p>	<p>24</p> <p style="text-align: center;">NO SCHOOL</p> <p style="text-align: center;">Thanksgiving</p>	<p>25</p> <p style="text-align: center;">NO SCHOOL</p>
<p>28 Hot Oatmeal & Muffin OR Cold Cereal & Muffin</p> <p>Chicken Drumsticks OR Italian Hot Pocket Crisp Coleslaw Satsuma Orange</p>	<p>29 Pancakes Sausage</p> <p>French Bread Pizza Fresh Garden Salad Pineapple Tidbits</p>	<p>30 Ham & Cheese Bar Toast</p> <p>Hot Dog OR Chili Dog/Bun Baked Tater Tots Pudding on a Stick Rosy Applesauce</p>	<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>