



OCTOBER 2011

“Try It—You Might Like It”

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>3 Honey Bun OR Cereal & Proball</p> <p>Chicken Nuggets Crisp Coleslaw Goldfish Crackers Peach Slices</p>	<p>4 Homemade Blueberry Muffin</p> <p>Flatbread Cheese Pizza Fresh Garden Salad Pineapple Tidbits</p>	<p>5 Yogurt & Muffin OR Cereal & Muffin</p> <p><u>BRUNCH FOR LUNCH</u> Waffles Sausage Hashbrowns Strawberries Whipped Cream</p>	<p>6 Fresh Fruit Parfait OR Cereal & Grahams</p> <p>Hot Dog or German Sausage/Bun BBQ Beans Juice Pear Slices</p>	<p>7 Fresh Baked Scones</p> <p>COOKS CHOICE</p>
<p>10 Biscuits & Little Smokies OR Cereal & Little Smokies</p> <p>Chicken Patty/Whole Wheat Bun Golden Corn Rosy Applesauce</p>	<p>11 Breakfast Bacon Scramble Pizza</p> <p>Hamburger/Bun OR Cheeseburger/Bun OR Garden Burger/Bun Baked French Fries Fresh Orange Wedges</p>	<p>12 Bagels w/Cream Cheese OR Cereal & Proball</p> <p>Grilled Cheese Sandwich Tomato Soup Juice Peach Slices Brownie</p>	<p>13</p> <p>COOKS CHOICE</p>	<p>14</p> <p>NO SCHOOL</p>
<p>17 LATE START Cold Cereal & String Cheese</p> <p>Mini Corn Dog Bites OR Fish Filet/Whole Wheat Bun Corn Fresh Fruit Medley</p>	<p>18 Breakfast Burrito OR Cereal & Grahams</p> <p>Pepperoni OR Cheese Pizza Fresh Garden Salad Pineapple Tidbits</p>	<p>19 Homemade Pumpkin Bread OR Cereal & Muffin</p> <p>Pulled Pork/Hoagie Baked Beans Juice Peach Slices</p>	<p>20 Fresh Fruit Parfait OR Cereal & Yogurt</p> <p>Taco Salad/Edibowl Meat/Cheese/Lettuce/Olives/Jalapenos/Salsa/Sour Cream Frozen Juice Bar Pear Slices</p>	<p>21 English Muffin with Egg/Sausage/Cheese</p> <p>COOKS CHOICE</p>
<p>24 Breakfast Sausage Pizza</p> <p>Chicken Crisпитos Sunflower Seeds Crisp Coleslaw Fresh Orange Wedges</p>	<p>25 Biscuits w/Sausage Gravy</p> <p>Beef & Bean Burrito OR Chicken Chimichanga Salsa Fresh Apple Slices w/Dip</p>	<p>26 Ham/Cheese Bar & Toast OR Cereal & Toast</p> <p>Chicken Nuggets Mashed Potatoes/Gravy Green Beans Dinner Roll Peach Slices</p>	<p>27 Fresh Fruit Parfait OR Cereal & Grahams</p> <p><u>Super Nachos</u> Meat/Cheese Sauce/Salsa Jalapenos/Tortilla Chips Juice Rosy Applesauce</p>	<p>28 French Toast Sausage Hashbrowns</p> <p>Cheese Stuffed Breadsticks Marinara Sauce Green Beans Mandarin Oranges</p>
<p>31 LATE START Cold Cereal & String Cheese</p> <p>Chicken Patty/Bun Golden Corn Peach Slices Halloween Treat</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>