

SEPTEMBER 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Lake Chelan School District is an Equal Opportunity Employer and Provider.</p> <p>WW=whole wheat WG=whole grain</p>	<p>Choice of 1% white or non-fat chocolate milk is offered with every meal.</p> <p>All breakfasts are served with fresh fruit, drained canned fruit or 100% fruit juice.</p>	<p>1 Choice of Cold Cereal String Cheese *****</p> <p>Cheese Pizza Pepperoni Pizza Fresh Garden Salad</p>	<p>2 Ham & Cheese Bar w/Toast Choice of Cereal w/Toast *****</p> <p>Turkey Corn Dog Baked Chicken Nuggets Golden Corn</p>	<p>3 Breakfast Sausage Pizza Choice of Cereal w/Proball *****</p> <p>WELCOME BACK LUNCH Hamburger/WW Bun Cheeseburger/WW Bun Baked Fries & Sherbet Cup</p>
<p>6</p> <p>NO SCHOOL</p>	<p>7 French Toast w/Sausage Choice of Cereal w/Sausage *****</p> <p>* Baked Mini Corn Dog Bites Taco Hot Pocket Seasoned Green Beans</p>	<p>8 Breakfast Burrito Choice of Cereal w/Muffin *****</p> <p>Baked Chicken Nuggets Mashed Potatoes w/Gravy Golden Corn Wheat Dinner Roll</p>	<p>9 Homemade Pumpkin Bread Choice of Cereal w/Cheese *****</p> <p>Cheese Pizza Pepperoni Pizza Fresh Garden Salad</p>	<p>10 Cereal Bar w/Yogurt Choice of Cereal w/Yogurt *****</p> <p>Chicken Patty/WW Bun Tuna Fish Sandwich/WG Bread</p>
<p>13 Breakfast Hot Pocket Choice of Cereal w/Cheese *****</p> <p>Baked Fish Nuggets Chicken Chimichanga Golden Corn</p>	<p>14 Cinnamon Tasty Choice of Cereal w/Proball *****</p> <p>* Teriyaki Dippers Turkey Corn Dog Baked Tater Tots Scooby Doo Grahams</p>	<p>15 Yogurt w/Muffin Choice of Cereal w/Muffin *****</p> <p>Cheese Stuffed Breadsticks Marinara Sauce Seasoned Green Beans</p>	<p>16 Choice of Cereal w/Yogurt Homemade Blueberry Bread *****</p> <p>Rotini Pasta w/Meat Sauce Texas Cheese Toast Chicken Caesar Wrap Fresh Garden Salad</p>	<p>17 Pancakes w/Sausage Choice of Cereal w/Sausage *****</p> <p>Ham & Cheese/WW Hoagie Turkey & Cheese/WW Hoagie</p>
<p>20 LATE START Cold Cereal w/String Cheese *****</p> <p>Cooks Choice</p>	<p>21 Breakfast Sausage Pizza Choice of Cereal w/Proball *****</p> <p>* Hamburger/WW Bun Cheese Burger/WW Bun Garden Burger/WW Bun Oven Baked French Fries</p>	<p>22 Yogurt w/Muffin Choice of Cereal w/Muffin *****</p> <p>Grilled Cheese Sandwich Steamy Tomato Soup Fresh Baked Brownie</p>	<p>23 Ham & Cheese Bar w/Toast Choice of Cereal w/Toast *****</p> <p>Soft Shell Taco w/Meat or Beans Chicken Caesar Wrap</p>	<p>24 Breakfast Burrito Choice of Cereal w/Grahams *****</p> <p>Chicken Patty/WW Bun Rib-B-Q/WW Hoagie</p>
<p>27 Breakfast Hot Pocket Choice of Cereal w/Muffin *****</p> <p>Baked Chicken Nugget Cheese Quesadilla</p>	<p>28 Cinnamon Tasty Choice of Cereal w/ Proball *****</p> <p>* Cheese Pizza Pepperoni Pizza</p>	<p>29 Breakfast Burrito Choice of Cereal w/Muffin *****</p> <p>Waffles, Sausage Hash Browns Strawberries, Whip Cream</p>	<p>30 Homemade Banana Bread Choice of Cereal w/Yogurt *****</p> <p>Hot Dog/WW Bun Chicken Caesar Wrap</p>	<p><u>Give Me 5 Colors That Jive</u> Finishing Bar offered daily at lunch include: Fresh and Canned Fruit, Crisp Fresh Vegetables and condiments to compliment your meal</p>