



DECEMBER 2011



Monday	Tuesday	Wednesday	Thursday	Friday
	A Harvest Bar is offered daily at lunch includes: fresh fruit, crisp fresh vegetables and condiments for the meal.		1 Fresh Fruit Yogurt Parfait or Cold Cereal w/Muffin ***** Chicken Drumsticks Juice Bar, Bug Bite Grahams Rosy Applesauce	2 Breakfast Sausage Pizza ***** Bean & Cheese Burrito or Beef & Bean Burrito, Salsa Baked Tater Tots, Satsuma
5 LATE START Cold Cereal w/String Cheese ***** Hot Dog/WW Bun or German Dog/WW Bun, Baked Beans Fresh Apple Slices w/Dip	6 French Toast w/Sausage ***** Cheese or Pepperoni Pizza Fresh Garden Salad Pineapple Tidbits	7 Ham & Cheese Bar w/Toast or Cereal w/Toast ***** Baked Chicken Nuggets Seasoned Green Beans “Got Milk” Cookies Peach Slices	8 Yogurt w/Muffin or Cold Cereal w/Muffin ***** Hamburger/WW Bun Cheese Burger/WW Bun Garden Burger/WW Bun Baked Fresh Fries, Satsuma	9 Fresh Baked Coffee Cake ***** Super Nachos w/Meat/ Cheese Sauce, Tortilla Chips Golden Corn Fresh Grape Bunches
12 Breakfast Burrito or Cold Cereal w/Muffin ***** Cheese Stuffed Breadsticks w/Marinara Sauce Seasoned Green Beans Peach Slices	13 Yogurt w/Grahams or Cold Cereal w/Grahams ***** Whole Grain Corn Dog Golden Corn Elf Grahams Fresh Fruit Medley	14 Breakfast Sausage Pizza ***** Chicken Patty/WW Bun or Fish Filet/WW Bun Crisp coleslaw Satsuma Orange	15 Fresh Baked Scones ***** Curley Chicken Noodle Soup Texas Cheese Toast Frozen Juice Bar Rosy Applesauce	16 Pancakes w/Sausage ***** Rib B Q/WW Hoagie or Taco Hot Pocket Juice Cup Pineapple Tidbits
19 Cereal Bar w/String Cheese ***** Baked Chicken Nuggets Seasoned Green Beans Goldfish Crackers Peach Slices	20 COOKS CHOICE ***** COOKS CHOICE	21	WINTER BREAK	
All hot food items are either baked or steamed—not fried All bread products are either whole wheat or whole grain.		Choice of 1% white or non-fat chocolate milk is offered with every meal. All breakfasts are served with fresh fruit, drained Canned fruit or 100% fruit juice.	SCHOOL WILL RESUME ON TUESDAY, JANUARY 3RD.	The Lake Chelan School District is an Equal Opportunity Employer and Provider.