


SEPTEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% white or non-fat chocolate milk is offered. All breakfasts are served with fresh fruit, drained canned fruit or 100% fruit juice.	The Lake Chelan School District is an Equal Opportunity Employer and Provider.		A Harvest Bar iofferred daily at lunch includes: fresh fruit, crisp fresh vegetables and condiments to compliment the meal.	All hot food items are either baked or steamed—not fried. WW=WHOLE WHEAT WG=WHOLE GRAIN
NO SCHOOL	5 Assorted Cold Cereal String Cheese ***** Baked Chicken Nuggets Green Beans, Goldfish Crackers, Peaches		6 Yogurt Fruity Muffin ***** Pizza Fresh Garden Salad Pineapple Tidbits	7 French Toast Sausage Links ***** Whole Grain Corn Dog Golden Corn Rosy Applesauce
12 Ham & Cheese Bar Whole Grain Toast ***** Cheese Stuffed Breadsticks Marinara Sauce, Green Beans, Apple Slices	13 Cereal Bar Yogurt ***** Chicken Patty/WW Bun Fish Filet/WW Bun Golden Corn Watermelon Wedges	14 Assorted Cold Cereal Proball ***** Grilled Cheese Sandwich Tomato Soup Frozen Juice Bar Brownie	15 Fresh Fruit Parfait ***** Taco Hot Pocket or Chicken Drummies Crisp Coleslaw, Peaches Pudding on a Stick	16 Cheese & Sausage Square ***** Teriyaki Rice Bowl or Cheese Quesadilla Juice Cup Mandarin Oranges
19 <u>LATE START</u> Cold Cereal/String Cheese ***** Popcorn Chicken Green Beans, Grahams Fresh Orange Wedges	20 Pumpkin Bread ***** Chicken Crisпитos or Fish Nuggets, Sunflower Seeds Fresh Fruit Salad, Sherbet Cup	21 Yogurt w/ Grahams ***** <u>BRUNCH FOR LUNCH</u> Waffles, Sausage Hashbrowns, Strawberries	22 Breakfast Round ***** Hot Dog/Whole Grain Bun Baked Tater Tots Juice Cup, Chilled Peaches	23 Fresh Baked Scones ***** Baked Chicken Nuggets Corn, “Got Milk Cookies” Rosy Applesauce
26 Breakfast Hot Pocket ***** <u>KIDS CHOICE</u> Frozen Juice Bar Diced Pears	27 Ham & Cheese Bar Whole Grain Toast ***** Pepperoni or Cheese Pizza Fresh Garden Salad Pineapple Tidbits	28 Assorted Cold Cereal Grahams ***** Chicken Patty/WW Bun Green Beans, Peaches Birthday Treat	29 Fresh Fruit Parfait ***** Bean & Cheese Burrito or Beef & Bean Burrito, Corn Salsa, Fresh Fruit Salad	30 Cheese & Sausage Square ***** Ham & Cheese /WW Hoagie Turkey & Cheese/WW Hoagie Juice Cup, Fresh Oranges