

JANUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
The Lake Chelan School District is an Equal Opportunity Employer and Provider.	Whole grain and whole wheat bread products are served. All hot food items are either baked or steamed.	Choice of 1% white or non-fat chocolate milk is offered with every meal. All breakfasts are served with fresh fruit, canned fruit or 100% fruit juice.	The fresh fruit and vegetable bar is available to all students between breakfast and lunch. REMINDER— Early Release January 27th.	1 NO SCHOOL
4 Assorted Cold Cereal String Cheese ***** Chicken Nuggets Green Beans, Goldfish Crackers Diced Pears	5 French Toast Stix Sausage ***** Whole Wheat Pizza Garden Salad Pineapple Tidbits	6 Ham & Cheese Bar Whole Grain Toast ***** Hot Dog/Whole Grain Bun Baked Tater Tots Pudding on a Stick Satsuma Orange	7 Yogurt Fruity Muffin ***** Grilled Cheese Sandwich Tomato Soup Chilled Peaches, Juice Fresh Baked Brownie	8 Fresh Baked Scones ***** Italian Hot Pocket OR Beef and Bean Burrito Corn Mixed Fruit
11 LATE START Sausage & Cheese Square ***** Popcorn Chicken Green Beans Cinnamon Bug Bite Grahams Mandarin Oranges	12 Kids Choice ***** Kids Choice	13 Hot Oatmeal OR Cold Cereal, Fruity Muffin ***** Deluxe Cheese Burger Baked French Fries Satsuma Orange	14 Fresh Baked Blueberry Bread ***** Chicken Strips Mashed Potatoes w/Gravy Whole Wheat Dinner Roll Berry Juice Bar, Peaches	15 Breakfast Hot Pocket ***** Nachos w/Beef Taco Meat and/or Cheese Sauce Strawberry Ice Diced Pears
18 NO SCHOOL	19 Biscuit, Sausage Hash Browns ***** Tuna Fish Sandwich OR Whole Grain Corn Dog Green Beans Satsuma Orange	20 Fresh Baked Banana Bread ***** Chicken Patty/Wheat Bun Citrus Fruit Bites Juice Cup Diced Pears	21 Assorted Cold Cereal Fruity Muffin ***** Waffles, Sausage Hash Browns Strawberries Whip Cream	22 Breakfast Burrito OR Cinnamon Bagel Bar ***** Cheese Stuffed Breadsticks Marinara Sauce Corn Chilled Peaches
25 Sausage & Cheese Square ***** Fish Nuggets OR Taco Pocket Green Beans, Elf Grahams Mandarin Oranges	26 Mini Strawberry Pancakes Sausage, Hash Browns ***** Cheese OR Pepperoni Pizza Garden Salad Pineapple Tidbits	27 Yogurt Fruity Muffin ***** Chicken Nuggets Strawberry Ice, Oat Grahams Rosy Applesauce	28 Fresh Baked Coffee Cake ***** Grilled Ham & Cheese Sandwich, Juice Cup Fruit Gushers, Diced Pears	29 Cooks Choice ***** Mini Corn Dogs Raspberry Sherbet Cup Corn, Chilled Peaches