



# NOVEMBER 2013


## 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>MENU IS SUBJECT TO CHANGE.</p> <p>*This institute is an equal opportunity provider.</p>	<p>MONDAYS-THURSDAYS: Pre-Made Salads TUESDAYS: FRIDAYS: Fresh Made Wraps</p>	<p>+Indicates whole wheat or whole grain</p>		<p>1</p> <p><b>COOKS CHOICE</b></p>
<p>4 +French Toast Sausage Hashbrowns</p> <p>+Chicken Nuggets Green Beans +Chocolate Bear Grahams Chilled Peaches</p>	<p>5 Fresh Baked Scones</p> <p>Teriyaki Dippers +Egg Roll Juice Fortune Cookie Mandarin Oranges</p>	<p>6 +Bagel Cream Cheese</p> <p>Hamburger/+Bun OR Cheeseburger/+Bun Baked French Fries Fresh Orange Wedges</p>	<p>7 +Fresh Fruit Yogurt Parfait OR +Cold Cereal &amp; +Grahams</p> <p>Beef Macho Nachos Refried Beans Sherbet Cup Fresh Apple Slices</p>	<p>8 +English Muffin w/Sausage, Egg &amp; Cheese</p> <p>+Mini Corn Dog Bites Corn +Cheez-It Crackers Chilled Pears</p>
<p>11</p>  <p><b>NO SCHOOL</b></p>	<p>12 Scrambled Eggs +Toast Sausage</p> <p>Chicken Crisпитos Sunflower Seeds +Goldfish Crackers Sherbet Cup Chilled Pears</p>	<p>13 Fresh Baked Coffee Cake</p> <p>+Pizza Fresh Garden Salad Pineapple Tidbits</p>	<p>14 +Fresh Fruit Yogurt Parfait OR +Cold Cereal &amp; +Muffin</p> <p>+Chicken Strips Mashed Potatoes w/Gravy +Dinner Roll Juice Chilled Peaches</p>	<p>15</p> <p><b>COOKS CHOICE</b></p>
<p>18 +Maple Bar Yogurt</p> <p>+Cheese Stuffed Breadsticks Marinara Sauce Green Beans Pineapple Tidbits</p>	<p>19 Ham/Cheese Bar +Toast</p> <p>+Popcorn Chicken Country Trio Vegetables +Elf Grahams Chilled Pears</p>	<p>20 +Breakfast Sausage Pizza</p> <p>Tater Tot Casserole OR +Burrito/Salsa Broccoli Coleslaw +Scooby Grahams Chilled Peaches</p>	<p>21 +Fresh Fruit Yogurt Parfait OR +Cold Cereal &amp; +Proball</p> <p>+Hot Ham/Cheese Sandwich Chicken Noodle Soup Juice Satsuma Orange</p>	<p>22 Pancakes Sausage Hashbrowns</p> <p>+Chicken Patty/+Hoagie Corn Ice Cream Cup Mixed Fruit</p>
<p>25 +Ham/Cheese Bar +Toast</p> <p>Chicken Drumsticks +Cinnamon Grahams Potato Salad Baked Beans Chilled Peaches</p>	<p>26 +Breakfast Burrito Hashbrowns</p> <p>Ham/Cheese +Hoagie +Baked Cheetos Juice Satsuma Orange</p>	<p>27 COOKS CHOICE</p> <p>EARLY RELEASE COOKS CHOICE</p>	<p>28</p> <p><b>NO SCHOOL</b></p> 	<p>29</p> <p><b>NO SCHOOL</b></p>