



OCTOBER 2013

Chelan Middle School/High School Menu

Harvest 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.**



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| <p>MONDAYS-THURSDAYS: Pre-Made Salads FRIDAYS: Fresh Made Wraps</p> <p>MENU IS SUBJECT TO CHANGE</p> | <p>1 Yogurt +Maple Bar</p> <p>+Cheese Stuffed Breadsticks Marinara Sauce Corn Applesauce</p> | <p>2 +Waffles Sausage Links</p> <p>+Pepperoni French Bread Pizza Fresh Garden Salad Pineapple Tidbits</p> | <p>3 +Fresh Fruit Yogurt Parfait OR Cold +Cereal & +Muffin</p> <p>General Tso Chicken over Steamed +Brown Rice OR Cheese Quesadilla Coleslaw Fortune Cookie Mandarin Oranges</p> | <p>4</p> <p>COOKS CHOICE</p> |
| <p>7 +Breakfast Sausage Square</p> <p>+Chicken Nuggets +Bug Bite Grahams Corn Fresh Apple Slices</p> | <p>8 Ham/Cheese Bar & +Toast</p> <p>Hot Dog or German Sausage/ +Bun BBQ Beans Sherbet Cup Chilled Pears</p> | <p>9 +Cereal Bar Yogurt</p> <p>Taco Salad in +Edibowl Meat/Cheese/Lettuce/Jalapenos/ Salsa/Sour Cream Juice Chilled Peaches</p> | <p>10 +Fresh Fruit Yogurt Parfait OR Cold +Cereal & +Proball</p> <p>+Corn Dog +Chocolate Elf Grahams Green Beans Mandarin Oranges</p> | <p>11</p> <p>NO SCHOOL</p> |
| <p>14 Cold +Cereal & +Grahams</p> <p>Boneless Chicken Drumsticks +Roll Potato Salad Baked Beans Chilled Peaches</p> | <p>15 +Bagel w/Cream Cheese Yogurt</p> <p>+Pizza Fresh Garden Salad Pineapple Tidbits</p> | <p>16 +Banana or +Oatmeal Chocolate Chip Breakfast Bar</p> <p>Sweet & Sour Chicken over +Brown Rice OR +Bean & Cheese Burrito Broccoli Coleslaw Juice Mandarin Oranges</p> | <p>17 +Fresh Fruit Yogurt Parfait OR Cold +Cereal & +Grahams</p> <p>Hamburger/+Bun OR Cheeseburger/+Bun Baked French Fries Fresh Orange Wedges</p> | <p>18 +Sausage & Egg Quesadilla</p> <p>COOKS CHOICE</p> |
| <p>21 +Strawberry Banana French Toast Sticks Sausage Links</p> <p>+Spicy Chicken Patty/+Bun Corn Ice Cream Cup Mixed Fruit</p> | <p>22 +Breakfast Burrito Hashbrowns</p> <p>+Cheese Stuffed Breadsticks Marinara Sauce Green Beans Mandarin Oranges</p> | <p>23 Ham/Cheese Bar & +Toast</p> <p>Chili Haystacks Fritos/Chili/Cheese/Lettuce Salsa/Sour Cream/Onions Juice Fresh Apple Slices</p> | <p>24 +Fresh Fruit Yogurt Parfait OR Cold +Cereal & +Muffin</p> <p><u>BRUNCH FOR LUNCH</u> +Waffles Sausage Hashbrowns Strawberries Whipped Cream</p> | <p>25 Biscuits w/Sausage Gravy Hashbrowns</p> <p>Ham & Cheese/+Hoagie Lettuce, Tomato Raspberry Sherbet Cup Chilled Peaches</p> |
| <p>28 +Breakfast Sausage Square</p> <p>+Hot & Spicy Popcorn Chicken +Scooby Grahams Frozen Juice Bar Chilled Pears</p> | <p>29 Fresh Baked Pumpkin Bread</p> <p>+Pizza Fresh Garden Salad Pineapple Tidbits</p> | <p>30 +Cereal Bar Yogurt</p> <p>Mandarin Orange Chicken over +Brown Rice OR Cheese Quesadilla Broccoli Coleslaw Mandarin Oranges</p> | <p>31 +Fresh Fruit Yogurt Parfait OR Cold +Cereal & +Proball</p> <p>+Grilled Cheese Sandwich Tomato Soup Juice Apple Slices Halloween Treat</p> | <p>+Indicates whole wheat or whole grain</p> <p>*This institute is an equal opportunity provider.</p> |