



SEPTEMBER 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.**



<p>2</p> <p style="text-align: center;">NO SCHOOL</p>	<p>3 +Choice of Cereal +Muffin</p> <p>Chicken Nuggets Corn +Scooby Doo Grahams Fresh Orange Wedges</p>	<p>4 Pancakes Sausage Links</p> <p>Pizza Garden Salad Pineapple</p>	<p>5 +Fresh Fruit Yogurt Parfait OR +Cold Cereal & Grahams</p> <p>Cheese Stuffed Breadsticks Marinara Sauce Green Beans Mandarin Oranges</p>	<p>6 COOKS CHOICE</p> <p style="text-align: center;"><u>WELCOME BACK LUNCH</u></p> <p>Hamburger OR Cheeseburger +Bun Juice Sherbet Cup Fresh Apple Slices</p>
<p>9 +Choice of Cereal +Muffin</p> <p>Hot Dog OR Chili Dog/+Bun Baked Tater Tots Frozen Juice Bar Pear Slices</p>	<p>10 Fresh Baked Pumpkin Bread</p> <p>Chicken Crisпитos Sunflower Seeds Corn Rosy Applesauce</p>	<p>11 Ham/Cheese Bar +Toast</p> <p>Boneless Chicken Drumsticks +Roll Potato Salad Baked Beans Watermelon</p>	<p>12 +Fresh Fruit Yogurt Parfait OR +Cold Cereal & Probball</p> <p style="text-align: center;"><u>BRUNCH FOR LUNCH</u></p> <p>Waffles Sausage Hashbrowns Strawberries Whipped Cream</p>	<p>13 Breakfast Sausage Square</p> <p>Chicken Hoagie/+Hoagie Blended Vegetables Peach Slices</p>
<p>16 +Cold Cereal +Muffin</p> <p>Mini Corn Dog Bites +Elf Grahams Green Beans Pear Slices</p>	<p>17 Oatmeal Chocolate Chip Bar Yogurt</p> <p>Pizza Garden Salad Pineapple</p>	<p>18 Breakfast Hot Pocket</p> <p>Teriyaki Chicken with Steamed Brown Rice OR Cheese Quesadilla Crisp Broccoli Coleslaw Mandarin Oranges</p>	<p>19 +Fresh Fruit Yogurt Parfait OR +Cold Cereal & +Muffin</p> <p>Cheese Nachos w/ Taco Meat Salsa Frozen Juice Bar Peach Slices</p>	<p>20 Biscuit Sausage Gravy Hashbrowns</p> <p style="text-align: center;">COOKS CHOICE</p>
<p>23 Ham/Cheese Bar +Toast</p> <p>Chicken Nuggets Green Beans +Animal Crackers Peach Slices</p>	<p>24 Breakfast Sausage Square</p> <p>Mini-Cheeseburger Sliders (2) Potato Salad BBQ Beans Orange Slices</p>	<p>25 +Cereal Bar Yogurt</p> <p>+Grilled Cheese Sandwich Tomato Soup Juice Fresh Apple Slices Brownie</p>	<p>26 +Fresh Fruit Yogurt Parfait OR +Cereal & +Muffin</p> <p>Spicy Chicken Patty/+Bun Corn Sherbet Cup Mandarin Oranges</p>	<p>27 French Toast Sticks Straw- berry/Banana Sausage Links</p> <p>+Cheese & Ham Stuffwich Frozen Juice Bar Pineapple</p>
<p>30 +Cold Cereal Yogurt</p> <p>Hot & Spicy Popcorn Chicken +Elf Grahams Juice Pudding on a Stick Fresh Apple slices</p>			<p>MONDAYS-THURSDAYS: Pre-Made Salads FRIDAYS: Fresh Made Wraps</p> <p>+Indicates whole wheat or whole grain</p>	<p>MENU IS SUBJECT TO CHANGE.</p> <p>*This institute is an equal opportunity provider.</p>