



NOVEMBER 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The Lake Chelan School District is an Equal Opportunity Employer and Provider.</p>	<p>1% white and non-fat chocolate is offered. All breakfasts are served with fresh fruit, drained canned fruit or 100% fruit juice and milk.</p>	<p>*Whole Wheat or Whole Grain</p>	<p>Lunches include milk and a trip through our Harvest Bar featuring local fresh fruit, a variety of fresh vegetables, beans and fresh mixed green salad with spinach.</p>	<p>1 *Blueberry Breakfast Bar String Cheese ***** Mini Corn Dog Bites *Pretzels, Country Trio Vegetables, Pears</p>
<p>4 *Pancakes Sausage Links ***** *Chicken & Cheese Burrito or *Fish Nuggets, Green Beans, *Churro Mandarins</p>	<p>5 *Breakfast Quesadilla ***** *Pizza Choice Fresh Garden Salad Pineapple Tidbits</p>	<p>6 *Sausage & Cheese Wrap ***** *Baked Popcorn Chicken Country Trio Vegetables *Teddy Grahams Fresh Orange Wedges</p>	<p>7 *Strawberry/Banana French Toast, Sausage Links ***** *Turkey & Cheese Sandwich Baked Beans Juice Fresh Apple Slices</p>	<p>8 Ham & Cheese Bar *Toast ***** Kids Choice</p>
<p>11 NO SCHOOL</p>	<p>12 *Breakfast Burrito Hash Browns ***** *Cheese Stuffed Breadsticks Marinara Sauce Corn Fresh Apple Slices</p>	<p>13 *Fresh Baked Pumpkin Bread ***** *Mandarin Orange Chicken over *Brown Rice or *Cheese Quesadilla, Juice, Fortune Cookie, Pineapple</p>	<p>14 *Fresh Fruit Yogurt Parfait or *Cereal w/*Proball ***** *Corn Dog or Chicken Caesar Wrap Green Beans Fresh Orange Wedges</p>	<p>15 *Cereal Bar Yogurt ***** *Texas Cheese Toast Tomato Soup, Carroteenies Sherbet Cup Chilled Peaches</p>
<p>18*Waffles, Sausage Links Hash Browns ***** *Baked Chicken Nuggets Corn *Animal Crackers Fresh Apple Slices</p>	<p>19 *Cold Cereal Yogurt ***** Hamburger/*Bun or Cheese Burger/*Bun Baked French Fries Fresh Orange Wedges</p>	<p>20 Ham & Cheese Bar *Toast ***** <u>PTA PARENT LUNCH</u> *Pepperoni or *Cheese Pizza Fresh Garden Salad Pineapple Tidbits</p>	<p>21*Breakfast Sausage Square ***** Cheesy Nachos w/Taco Meat Bean Salsa, Juice Sherbet Cup Chilled Peaches</p>	<p>22 *Biscuit, Sausage Links String Cheese ***** *Chicken Patty/*Bun Green Beans Chilled Peaches</p>
<p>25 *Cold Cereal *Blueberry Muffin ***** *Cheese Stuffed Breadsticks Marinara Sauce Green Beans Chilled Peaches</p>	<p>26 *Pancakes Sausage Links ***** *Baked Chicken Nuggets Corn *Elf Grahams Chilled Pears</p>	<p>27 COOKS CHOICE ***** <u>EARLY RELEASE</u> <i>LUCKY SACK DAY</i></p>	<p>28 NO SCHOOL  NO SCHOOL Happy Thanksgiving</p>	