



# SEPTEMBER 2013



Monday	Tuesday	Wednesday	Thursday	Friday
2  NO SCHOOL	3 Choice of Cold Cereal Banana Muffin ***** Chicken Nuggets Green Beans Grahams Chilled Peaches	4 Fruit Muffin Yogurt ***** Pizza Fresh Garden Salad Pineapple Tidbits	5 French Toast Sausage Links ***** Hamburger or Cheeseburger On Wheat Bun Baked French Fries Fresh Apple Slices	6 Breakfast Sausage Square ***** Corn Dog Golden Corn Ice Cream Cup Fresh Orange Wedges
9 Choice of Cold Cereal Blueberry Muffin ***** Chicken Patty/WW Bun or Fish Filet/WW Bun Frozen Juice Bar Watermelon Wedge	10 Ham & Cheese Bar Whole Grain Toast ***** Cheese Stuffed Breadsticks Marinara Sauce Green Beans Chilled Peaches	11 Pancakes Sausage Links ***** Hot Dog/Whole Wheat Bun Baked Tater Tots Pudding on a Stick Fresh Apple Slices	12 Choice of Cold Cereal Oat & Honey Grahams ***** Grilled Cheese /WG Bread Tomato Soup Carroteenies Chilled Pears, Brownie	13 Breakfast Hot Pocket ***** Teriyaki Chicken/WG Rice Bowl or Cheese Quesadilla Juice Cup Mandarin Oranges
16 Banana Breakfast Bar ***** Chicken Drumsticks Green Beans Grahams Fresh Orange Wedges	27 Waffles Sausage Links ***** Pizza Fresh Garden Salad Pineapple Tidbits	18 Bagel w/Cream Cheese or Choice of Cereal w/Grahams ***** Mini Corn Dogs Crisp Broccoli Coleslaw Mandarin Oranges	19 Fresh Baked Scones ***** Cheesy Nachos w/Taco Meat Bean Salsa Country Trio Vegetables Chilled Peaches	20 Choice of Cereal Apple/Cinnamon Muffin ***** Ham & Cheese/WW Hoagie Juice Fresh Grape Bunches
23 Cinnamon Glazed French Toast Sticks, Sausage Links ***** Popcorn Chicken Whole Wheat Roll Potato Salad Baked Beans, Apple Slices	24 Yogurt w/Muffin or Cold Cereal w/Muffin ***** Waffles, Sausage Hashbrowns Strawberries Whip Cream	25 Sausage & Cheese Breakfast Wrap ***** Cheese & Ham Stuffwich Crisp Broccoli Coleslaw Frozen Juice Bar Chilled Peaches	26 Fresh Fruit Parfait or Cold Cereal w/Muffin ***** Corn Dog or Chicken Caesar Wrap Green Beans Fresh Orange Wedges	27 Breakfast Sausage Square ***** Chicken Nuggets Green Beans Grahams Pineapple Tidbits
30 Kids Choice ***** Kids Choice	*** <b>REMEMBER</b> ***  <b>EVERY MONDAY IS A            LATE START—            BREAKFAST WILL BE            SERVED AT 9:00</b>	The Lake Chelan School District is an Equal Opportunity Employer and Provider. Menu is subject to change.	All breakfasts are served with fresh fruit, drained canned fruit or 100%fruit juice and milk. 1% white and non-fat chocolate milk is offered	Lunches include milk and a trip through our Harvest Bar featuring local fresh fruit, variety of fresh vegetables, hummus and fresh mixed green salad with spinach.