

Chelan Middle/High School

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 BREAKFAST: Breakfast Pizza LUNCH: Cheese Stuffed Breadsticks, Marinara, Green Beans	2 BREAKFAST: Sausage Breakfast Sandwich LUNCH: Macaroni & Cheese, Popcorn Chicken	3 BREAKFAST: Ham & Cheese Bar, Toast LUNCH: Sweet & Sour Chicken, Rice, Fortune Cookie	4 BREAKFAST: Washington Apple Pie Parfait, Pro-ball LUNCH: Hamburger or Cheeseburger, Jo-Jo's	5 BREAKFAST: Cooks Choice LUNCH: Wraps or Rib-B-Q Sandwich, Chips
8 BREAKFAST: Pancakes, Sausage LUNCH: Burrito or Taco Snack, Ice Cream	9 BREAKFAST: Bacon & Cheese Omelet, Toast LUNCH: Teriyaki Beef Dippers, Rice	10 BREAKFAST: Breakfast Pizza Bagel LUNCH: Soft Tacos, Refried Beans	11 Early Release BREAKFAST: Fruit Parfait LUNCH: Cooks Choice	12 No School
15 BREAKFAST: French Toast, Sausage LUNCH: Chicken Fried Steak, Mashed Potatoes, Gravy	16 BREAKFAST: Fresh Baked Muffins, Smoothie LUNCH: Mandarin Chicken, Rice, Fortune Cookie	17 BREAKFAST: Ham & Cheese Bar, Toast LUNCH: Chili Haystacks	18 BREAKFAST: Fruit Parfait LUNCH: Hot Dog or German Dog, Chips	19 BREAKFAST: Honey Buns, String Cheese LUNCH: Wraps or Chicken Pot Pie
22 BREAKFAST: Bagel with Cream Cheese, Yogurt LUNCH: Brunch for Lunch	23 BREAKFAST: Sausage Breakfast Sandwich LUNCH: Macho Nachos, Refried Beans	24 BREAKFAST: Breakfast Pizza LUNCH: Posole & Quesadilla	25 BREAKFAST: Fruit Parfait LUNCH: Hamburgers, Jo-Jo's	26 BREAKFAST: Pancakes, Sausage LUNCH: Wraps or Tater Tot Casserole
29 BREAKFAST: Pumpkin Bread, String Cheese LUNCH: Veggie Chili, Baked Potato, Roll	30 BREAKFAST: Bacon & Cheese Omelet, Muffin LUNCH: Cheese or Pepperoni Pizza, Breadstick, Fruit Snack	31 BREAKFAST: Ham & Cheese Bar, Toast LUNCH: Grilled Cheese Sandwich, Tomato Soup, Cookie		

All Meals are served with a choice of 1% milk or non-fat chocolate milk.

All breakfasts include fruit and/or juice & cold cereal as an alternate menu choice

All lunches include a trip through the fresh fruit and salad bars.

Cereals, breads and rice are **whole grain**

Looking for extra money?
Become a Food Service Substitute and work only while your kids are in school! Apply online on the school district website.

The Lake Chelan School District is an equal opportunity employer and provider.

Menu items are subject to change

