


Chelan Middle/High School November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Don't forget Daylight Savings Time Ends on November 4th @ 2 a.m.</p>	1	2
5	6	7	8	9
<p>Breakfast: Bacon & Cheese Omelet, Toast Lunch: Cheese Stuffed breadsticks, Marinara, Corn</p>	<p>Breakfast: Fresh Baked Muffins, Yogurt Lunch: Posole, Quesadilla</p>	<p>Breakfast: Breakfast Pizza Lunch: Spaghetti with Meatballs, Garlic Bread</p>	<p>Breakfast: Fruit Parfaits Lunch: Macaroni & Cheese, Popcorn Chicken</p>	<p>Breakfast: Cooks Choice Lunch: Wraps or Pulled Pork Sandwiches</p>
12	13	14	15	16
<p>Veteran's Day No School</p>	<p>Breakfast: Bagel, Cream Cheese, Yogurt Lunch: Pizza, Pretzel, Sorbet</p>	<p>Breakfast: Ham & Cheese Bar, Toast Lunch: Tacos, Refried Beans, Churro</p>	<p>Breakfast: Fruit Parfaits Lunch: Burgers & Fries</p>	<p>Breakfast: French Toast & Sausage Lunch: Wraps or Ravioli, Cheese Bread</p>
19	20	21	22	23
<p>Breakfast: Sausage Breakfast Sandwich Lunch: Cheese Stuffed Breadsticks, Marinara, Green Beans</p>	<p>Breakfast: Pumpkin Bread, String Cheese Lunch: Thanksgiving Feast</p>	<p>Thanksgiving Break No School</p>	<p>Happy Thanksgiving! No School</p>	<p>Thanksgiving Break No School</p>
26	27	28	29	30
<p>Breakfast: Ham and Cheese Scramble, Toast Lunch: Taco Soup, Quesadilla, Fruit Snack</p>	<p>Breakfast: Breakfast Wrap Lunch: Mac-N-Cheese, Popcorn Chicken, Corn</p>	<p>Breakfast: Fresh Baked Muffins, String Cheese Lunch: Macho Nachos, Refried Beans</p>	<p>Breakfast: Fruit Parfaits Lunch: Pizza, Pretzel, Sorbet</p>	<p>Breakfast: Breakfast Pizza Bagel Lunch: Wraps or Tater Tot Casserole</p>

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

