





Chelan Middle/High School

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
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4	5	6	7	8
Breakfast: Ham & Cheese Bar, Toast Lunch: Ham or Turkey Hoagie, Chips	Breakfast: French Toast, Sausage Lunch: Crisпитos, Corn, Grahams	Breakfast: Oatmeal, Yogurt Lunch: Brunch for Lunch	Breakfast: Fruit Parfait Lunch: Beef Nachos, Refried Beans	Breakfast: "Eggs & My Hammy Muffin" Lunch: Wraps or Lasagna Roll-ups & Garlic Bread
11	12	13	14	15
Breakfast: Fresh Baked Muffin, Yogurt Lunch: Chili Haystacks	Breakfast: Pancakes, Sausage Lunch: Chicken Burgers, Tater Tots	Breakfast: Cook's Choice Lunch: Mandarin Chicken, Rice, Fortune Cookie	Breakfast: Fruit Parfait Lunch: Cheese or Pepperoni Pizza, Corn	Breakfast: "St Patty's Day" Donuts, Sausage Lunch: Wraps or Cook's Choice
18	19	20	21	22
Breakfast: Cheese Omelet, Apple Bite Lunch: Mac & Cheese, Popcorn Chicken	Breakfast: Bacon & Egg Breakfast Sandwich Lunch: Mini Corn Dogs, Green Beans	Breakfast: Breakfast Pizza Lunch: Chicken Strips, Mashed Potatoes, Gravy	Breakfast: Fruit Parfait Lunch: Beef Soft Tacos, Refried Beans	Breakfast: Ham & Cheese Bar, Toast Lunch: Wraps or Tater Tot Casserole, Sherbet
25	26	27	28	29
Breakfast: Benefit Bar, Yogurt Lunch: Cheese Stuffed Breadsticks, Marinara, Corn	Breakfast: French Toast, Sausage Lunch: Burgers & Fries	Breakfast: Bagel w/ Cream Cheese Lunch: Grilled Cheese Sandwich, Soup, Brownie	Breakfast: Fruit Parfait Lunch: Sweet & Sour Chicken, Rice, Fortune Cookie	Breakfast: Fresh Baked Muffin, String Cheese Lunch: Wraps or Ravioli with Garlic Bread

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.

Mid-Winter Break
NO SCHOOL

