






# Chelan Middle/High School

# April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 	3 	4 	5 
8 <b>Breakfast:</b> Muffins, String Cheese <b>Lunch:</b> Cheese or Pepperoni Pizza	9 <b>Breakfast:</b> Ham & Cheese Bar, Toast <b>Lunch:</b> Chili Haystacks	10 <b>Breakfast:</b> Breakfast Pizza <b>Lunch:</b> Chicken Alfredo, Corn Bread	11 <b>Breakfast:</b> Fruit Parfait <b>Lunch:</b> Burgers & Fries	12 <b>Breakfast:</b> Breakfast Scramble <b>Lunch:</b> Wraps or Lasagna Roll-ups & Garlic Bread
15 <b>Breakfast:</b> Benefit Bar, Yogurt <b>Lunch:</b> Chicken Crisпитos, String Cheese	16 <b>Breakfast:</b> French Toast, Sausage Links <b>Lunch:</b> Popcorn Chicken, Jo-Jo's	17 <b>Breakfast:</b> "Build your own" Oatmeal Bar <b>Lunch:</b> Cheese Ravioli, Breadstick	18 <b>Breakfast:</b> Fruit Parfait <b>Lunch:</b> Chicken Teriyaki Dippers, Rice, Cookie	19 <b>Breakfast:</b> Bacon & Cheese Omelet, Tater Tots <b>Lunch:</b> Wraps or Chicken Croissant Sandwich, Chips
22 <b>Breakfast:</b> Apple Bites, Yogurt <b>Lunch:</b> Tacos, Refried Beans	23 <b>Breakfast:</b> Biscuits & Gravy <b>Lunch:</b> Cheese Stuffed Breadsticks, Marinara, Green Beans	24 <b>Breakfast:</b> Bagel with Cream Cheese <b>Lunch:</b> Asian Bar, Rice, Fortune Cookie	EARLY RELEASE 25 <b>Breakfast:</b> Fruit Parfait <b>Lunch:</b> Beef Macho Nachos, Refried Beans	26 <b>NO SCHOOL</b>
29 <b>Breakfast:</b> Breakfast Bread, Yogurt <b>Lunch:</b> Chicken Burgers, Tater Tots	30 <b>Breakfast:</b> Ham & Cheese Bar, Toast <b>Lunch:</b> Cheese or Pepperoni Pizza			

**All Meals** are served with a choice of 1% white 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**.

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

Menu items are subject to change.

