

# November 2022

Lake Chelan School District is the same  
Employer and Opportunity Provider  
Lunch menu for  
MOE  
(Menus are subject to change)

Students' lunch includes a main course (meat/meat alternate with grain accompaniments); All meals are served milk, 1% white chocolate and fat-free.



All canned fruits are drained for lower sugar intake.

All students get to take a trip down the Finishing Bar

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Interesting Facts about November

- ❖ The Latin word is Novem
- ❖ Novembers traditional birthstone is the Topaz which is a symbol of honor and Strength

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>BREAKFAST:</b> Muffin <b>LUNCH:</b> Corn Dog, Jo Jo's	<b>2</b> <b>BREAKFAST:</b> Pancakes, Sausage <b>LUNCH:</b> Nachos	<b>3</b> <b>BREAKFAST:</b> Cereal <b>LUNCH:</b> Chicken Nuggets	<b>4</b> <b>BREAKFAST:</b> Ham & Cheese Bar, Toast <b>LUNCH:</b> Deli Sandwich, Chips
<b>7</b> <b>BREAKFAST:</b> Smoothies <b>LUNCH:</b> Cheese Breadsticks, Marinara	<b>8</b> <b>BREAKFAST:</b> Bagel <b>LUNCH:</b> Popcorn Chicken, Mac-n-Cheese	<b>9</b> <b>BREAKFAST:</b> Breakfast Dog <b>LUNCH:</b> Hamburger/Cheese Burger, Fries	<b>10</b> <b>BREAKFAST:</b> Pizza <b>LUNCH:</b> Chicken Drumstick	<b>11</b>          <b>NO SCHOOL</b>
<b>14</b> <b>BREAKFAST:</b> Breakfast Sandwich <b>LUNCH:</b> Chicken Patty Sandwich	<b>15</b> <b>BREAKFAST:</b> Oatmeal <b>LUNCH:</b> Teriyaki Dipper, Rice	<b>16</b> <b>BREAKFAST:</b> French Toast, Sausage <b>LUNCH:</b> Soft Taco	<b>17</b> <b>BREAKFAST:</b> Benefit Bar <b>LUNCH:</b> Turkey Dinner   <b>Parent Lunch</b>	<b>18</b> <b>BREAKFAST:</b> Waffles <b>LUNCH:</b> Cooks Choice
<b>21</b> <b>BREAKFAST:</b> Parfait <b>LUNCH:</b> Quesadilla	<b>22</b> <b>BREAKFAST:</b> Scrambled Eggs, Tater Tots <b>LUNCH:</b> Hot Dog or Chili Dog	<b>23</b>          <b>BREAK</b>	<b>24</b>          	<b>25</b>          <b>Thanksgiving Break</b> <b>No School</b>
<b>28</b> <b>BREAKFAST:</b> Egg, Hashbrown, Bacon or Sausage <b>LUNCH:</b> Pizza	<b>29</b> <b>BREAKFAST:</b> Muffin <b>LUNCH:</b> Grilled Cheese, Tomato Soup	<b>30</b> <b>BREAKFAST:</b> Cereal <b>LUNCH:</b> Brunch for Lunch		