

# November 2022

Lake Chelan School District is the same  
Employer and Opportunity Provider

Lunch menu for

CMS/CHS

(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
	<p>1 <b>BREAKFAST:</b> Pancakes, Sausage <b>LUNCH:</b> Soft Taco</p>	<p>2 <b>BREAKFAST:</b> Ham &amp; Cheese Bar, Toast <b>LUNCH:</b> Chicken Drumstick, Baked Beans</p>	<p>3 <b>BREAKFAST:</b> Fresh Fruit Parfaits <b>LUNCH:</b> Hamburgers, Fries</p>	<p>4 <b>BREAKFAST:</b> Benefit Bar, Yogurt <b>LUNCH:</b> Pizza</p>
<p>7 <b>BREAKFAST:</b> Muffins <b>LUNCH:</b> Cheese Stuffed Breadsticks, Marinara</p>	<p>8 <b>BREAKFAST:</b> Breakfast Sandwich <b>LUNCH:</b> Chicken Noodle Soup, Sandwich</p>	<p>9 <b>BREAKFAST:</b> Breakfast Pizza <b>LUNCH:</b> Chili Haystack</p>	<p>10 <b>BREAKFAST:</b> Fresh Fruit Parfaits <b>LUNCH:</b> Chicken Strips, JoJo's</p>	<p>11 <b>NO SCHOOL</b></p>
<p>14 <b>BREAKFAST:</b> Hot or Cold Cereal <b>LUNCH:</b> Chicken Alfredo</p>	<p>15 <b>BREAKFAST:</b> French Toast, Sausage <b>LUNCH:</b> Quesadilla, Enchilada Soup</p>	<p>16 <b>BREAKFAST:</b> Ham &amp; Cheese Bar <b>LUNCH:</b> Popcorn Chicken, Mashed Potatoes</p>	<p>17 <b>BREAKFAST:</b> Fresh Fruit Parfaits <b>LUNCH:</b> Chicken Burger</p>	<p>18 <b>BREAKFAST:</b> Cooks Choice <b>LUNCH:</b> Pizza</p>
<p>21 <b>BREAKFAST:</b> Breakfast Burrito <b>LUNCH:</b> Mini Corn Dogs</p>	<p>22 <b>BREAKFAST:</b> Maple Bars <b>LUNCH:</b> Turkey Dinner</p>	<p>23 <b>BREAK</b></p>	<p>24</p>	<p>25</p>
<p>28 <b>BREAKFAST:</b> Biscuit &amp; Gravy, Sausage <b>LUNCH:</b> Cheese Stuffed Breadsticks, Marinara</p>	<p>29 <b>BREAKFAST:</b> Ham &amp; Cheese Bar, Toast <b>LUNCH:</b> Grilled Cheese, Tomato Soup</p>	<p>30 <b>BREAKFAST:</b> Pizza <b>LUNCH:</b> Brunch for Lunch</p>	 <p><b>Thanksgiving Break</b> <b>No School</b></p>	