

Chetek-Weyerhaeuser High School/Middle School Breakfast & Lunch Menu



October



Mon	Tue	Wed	Thu	Fri
2 Pepp. Pizza Corn Cinnamon Apples Mini Bagel Fruit-Milk	3 Sub Sandwich Gr. Beans Fruit Cocktail French Toast Fruit-Milk	4 Hot Dog Baked Beans Blueberries Biscuits & Gravy Fruit-Milk	5 Ravioli Broccoli Pears Donut Fruit-Milk	6 Pulled Pork Carrots Mandarin Oranges Breakfast Wrap Fruit-Milk
9 Pizza Dippers Corn Peaches Pop tart Fruit-Milk	10 Teriyaki Chicken/Rice Egg Roll Fruit Cocktail Omelet & Toast Fruit-Milk	11 Popcorn Chicken Sweet Potato Pineapple Pancake on a stick Fruit-Milk	12 Mac-N-Cheese Baked Beans Pears Breakfast Sandwich Fruit-Milk	13 Hamburger French Fries Applesauce Breakfast Pizza Fruit-Milk
16 Pizza Carrots Peaches Mini Bagel Fruit-Milk	17 Taco in a Bag Black Beans Fruit Cocktail French Toast Fruit-Milk	18 Chicken Tenders Roasted Potatoes Pineapple Biscuits & Gravy Fruit-Milk	19 Chicken Noodle Soup Broccoli Pears Donut Fruit-Milk	20 BBQ Sandwich Coleslaw Sorbet Breakfast Wrap Fruit-Milk
23 Calazone Corn Peaches Pop tart Fruit-Milk	24 Hamburger Gravy Mashed Potatoes Fruit Cocktail Omelet & Toast Fruit-Milk	25 Fajita Black Beans Pineapple Pancake on a stick Fruit-Milk	26 Lasagna Broccoli & Caul. Pears Breakfast Sandwich Fruit-Milk	27 Meatball Sub Corn Salad Apple Sauce Breakfast Pizza Fruit-Milk
30 Taco Pizza Pinto Beans Peach Crisp Mini Bagel Fruit-Milk	31 Chicken Mashed Potatoes Fruit Cocktail French Toast Fruit-Milk	Weekly HS Lunch Nutritional Information HERE Weekly MS Lunch Nutritional Information HERE Weekly HS/MS Breakfast Nutritional Information HERE		

Breakfast Choices:

- Main Breakfast (listed on menu)
 - Cereal & Cheese
 - Muffin & Yogurt
- Plus fruit choices, juice, & milk

Lunch Choices:

- Entrée (listed on menu)
 - PB&J Sandwich (MS Only)
 - Deli Sandwich (HS Only)
- Plus garden bar, fruit choices, & milk

Garden Bar:

- M: salad greens & toppings
- T: veggies & dip
- W: mixed salad (spinach)
- Th: salad greens & toppings
- F: coleslaw or broccoli salad

Milk

Skim and 1% offered everyday
 On Friday they also may have
 Chocolate Milk