

# Chetek-Weyerhaeuser High School Middle School Breakfast & Lunch



## September



Mon	Tue	Wed	Thu	Fri
				1 Meatball Sub Carrots Applesauce  Breakfast Pizza Fruit –Milk
4 No School	5 Chicken Mashed Potatoes Fruit Cocktail  French Toast Fruit-Milk	6 Quesadilla Pinto Beans Pears  Biscuits & Gravy Fruit-Milk	7 Orange Chicken/Rice Peas Pineapple  Donut Fruit-Milk	8 Philly Steak Sw. Potato Fries Applesauce  Breakfast Wrap Fruit-Milk
11 Italian Dunkers Carrots Peaches  Pop tart Fruit-Milk	12 Chicken Casserole Peas Fruit Cocktail  Omelet & Toast Fruit-Milk	13 Chicken Nuggets Broccoli Pears  Pancake on a stick Fruit-Milk	14 Taco Refried Beans Pineapple  Breakfast Sandwich Fruit-Milk	15 Pork Sandwich Gr. Beans Applesauce  Breakfast Pizza Fruit-Milk
18 Chili Cheese Wrap Carrots Peaches  Mini Bagels Fruit-Milk	19 Chicken Gravy/Biscuits Gr. Beans Fruit Cocktail  French Toast Fruit –Milk	20 Spaghetti/Meat Sauce Peas –Pears  Biscuits & Gravy Fruit-Milk	21 Pancakes-Eggs Potato Patties Pineapple  Donut Fruit-Milk	22 Hamburger Baked Beans Applesauce  Breakfast Wrap Fruit-Milk
25 Fr. Bread Pizza Corn Peaches  Pop tart Fruit-Milk	26 Gyros Gr. Beans Fruit Cocktail  Omelet & Toast Fruit-Milk	27 Rib Patty Sandwich Black Beans Pears  Pancake on a stick Fruit-Milk	28 Chicken Chili Broccoli Pineapple  Breakfast Sandwich Fruit-Milk	29 Chicken Sandwich Sw. Potato Fries Applesauce  Breakfast Pizza Fruit-Milk

### Lunch Choices:

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

### Garden Bar:

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

### Milk:

Skim & 1% offered everyday  
 On Friday they also may have Chocolate.

[Sept. HS/MS Breakfast Nutritional Info](#)

[HS Lunch Nutritional Information](#)

[MS Lunch Nutritional Information](#)