


Morgen Owings Elementary

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 BREAKFAST: Washington Apple Pie Parfait LUNCH: Cheese Stuffed Breadsticks, Marinara, Green Beans	2 BREAKFAST: Benefit Bar, Yogurt LUNCH: Brunch for Lunch	3 BREAKFAST: Cheese Omelet, Mini Muffin LUNCH: Chicken Alfredo, Garlic Bread	4 BREAKFAST: French Toast, Sausage LUNCH: Chili Haystacks,	5 BREAKFAST: Ham & Cheese Bar, Toast LUNCH: Cheese or Pepperoni Pizza, Pineapple
8 BREAKFAST: Pancakes, Sausage LUNCH: Mini Corn Dogs, Chips	9 BREAKFAST: Hot or Cold Cereal, Yogurt LUNCH: Chicken Strips, Jo-Jo's	10 BREAKFAST: Bagel w/Cream Cheese LUNCH: Quesadilla, Refried Beans	EARLY RELEASE 11 BREAKFAST: Cooks Choice LUNCH: Cooks Choice	12 NO SCHOOL
15 BREAKFAST: Pumpkin Bread, Yogurt LUNCH: Chicken Burgers, Grahams	16 BREAKFAST: Breakfast Wrap LUNCH: Beef Tacos, Refried Beans	PARENT LUNCHEON 17 BREAKFAST: Pizza Breakfast Bagel LUNCH: Hamburger or Cheeseburger, Fries	18 BREAKFAST: Hot or Cold Cereal LUNCH: Chicken Nuggets, Corn	19 BREAKFAST: Cheese Omelet, Toast LUNCH: Tater Tot Casserole or Fish Nuggets
22 BREAKFAST: Fruit Parfait LUNCH: Cheese or Pepperoni Pizza, Pineapple	23 BREAKFAST: Scrambled Eggs, Mini Muffin LUNCH: Teriyaki Chicken, Rice, Fortune Cookie	24 BREAKFAST: French Toast Stix, Sausage LUNCH: Deli Sandwich, Chips	25 BREAKFAST: Breakfast Pizza LUNCH: Rotini Pasta, Garlic Bread	26 BREAKFAST: Muffins, Yogurt LUNCH: Grilled Cheese Sandwich, Tomato Soup, Cookie
29 BREAKFAST: Pumpkin Bread, String Cheese LUNCH: Popcorn Chicken, Chips	30 BREAKFAST: Benefit bar, Yogurt LUNCH: Cheese Stuffed Breadsticks, Marinara, Green Beans	31 BREAKFAST: Pancakes, Sausage LUNCH: Hot Dogs, Chili, Treat		

All Meals are served with a choice of 1% milk 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**

Looking for extra money? Become a Food Service Substitute and work only while your kids are in school! Apply online on the school district website.

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

Menu items are subject to change

