


# Morgen Owings Elementary

# November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>Don't forget Daylight Savings Time Ends on November 4<sup>th</sup> @ 2 a.m.</b></p>	1	2
5	6	7	8	9
<p><b>Breakfast:</b> Fruit Smoothies <b>Lunch:</b> Bean &amp; Cheese Burrito, Corn</p>	<p><b>Breakfast:</b> French Toast, Sausage <b>Lunch:</b> Chicken Nuggets, Green Beans</p>	<p><b>Breakfast:</b> Breakfast Pizza <b>Lunch:</b> Rotini &amp; Meatballs, Cheese Bread</p>	<p><b>Breakfast:</b> Bacon &amp; Cheese Omelet or Bagel <b>Lunch:</b> Cheese Ravioli, Cheese Bread</p>	<p><b>Breakfast:</b> Sausage &amp; Egg Muffin <b>Lunch:</b> Cheese or Pepperoni Pizza</p>
12	13	14	15	16
<p><b>Veteran's Day No School</b></p>	<p><b>Breakfast:</b> Bagel Pizza <b>Lunch:</b> Cheese Stuffed Breadsticks, Marinara,</p>	<p><b>Breakfast:</b> Hot or Cold Cereal, Yogurt <b>Lunch:</b> Beef Taco, Refried Beans</p>	<p><b>Parent Luncheon</b></p>	<p><b>Breakfast:</b> Benefit Bar, String Cheese <b>Lunch:</b> Thanksgiving Feast</p>
19	20	21	22	23
<p><b>Breakfast:</b> Apple or Pear Breakfast Bites <b>Lunch:</b> Macaroni &amp; Cheese, Popcorn Chicken</p>	<p><b>Breakfast:</b> Pancakes, Sausage <b>Lunch:</b> Deli Sandwiches, Chips</p>	<p><b>Thanksgiving Break No School</b></p>	<p><b>Happy Thanksgiving! No School</b></p>	<p><b>Thanksgiving Break No School</b></p>
26	27	28	29	30
<p><b>Breakfast:</b> Fruit Parfaits <b>Lunch:</b> Chicken Nuggets, Corn</p>	<p><b>Breakfast:</b> Ham &amp; Cheese Bar, Toast <b>Lunch:</b> Chicken Noodle Soup, Cheese Bread</p>	<p><b>Breakfast:</b> Breakfast Wraps, Yogurt <b>Lunch:</b> Chicken Fajitas, Refried Beans</p>	<p><b>Breakfast:</b> French Toast, Sausage <b>Lunch:</b> Lasagna roll-ups, Cheese Bread</p>	<p><b>Breakfast:</b> Cinnamon Roll, String Cheese <b>Lunch:</b> Cheese or Pepperoni Pizza</p>

**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

