


# Morgen Owings Elementary

# December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Breakfast:</b> Fruit Smoothies <b>Lunch:</b> Mini Corn Dogs, Green Beans	4 <b>Breakfast:</b> Cheese Omelet, Toast <b>Lunch:</b> Asian Rice or Noodle Bowl, Veggies	5 <b>Breakfast:</b> French Toast, Sausage <b>Lunch:</b> Chicken Burger, Tater Tots	6 <b>Breakfast:</b> Breakfast Wrap <b>Lunch:</b> Toasty Dogs, Chips	7 <b>Breakfast:</b> Hot or Cold Cereal, String Cheese <b>Lunch:</b> Wrap or Bean & Cheese Burrito
10 <b>Breakfast:</b> Fresh Baked Muffins, Yogurt <b>Lunch:</b> Cooks Choice	11 <b>Breakfast:</b> Ham & Cheese Bar, Toast <b>Lunch:</b> Nachos, Refried Beans	12 <b>Breakfast:</b> Breakfast Pizza Bagel <b>Lunch:</b> Grilled Cheese, Tomato Soup, Cookie	13 <b>Breakfast:</b> Benefit Bar, Yogurt <b>Lunch:</b> Chicken Penne Alfredo, Cheese Bread	14 <b>Breakfast:</b> Pancakes, Sausage <b>Lunch:</b> Hamburgers or Cheeseburgers, Fries
17 <b>Breakfast:</b> Fruit Parfait <b>Lunch:</b> Chicken Nuggets, Corn	18 <b>Breakfast:</b> Cooks Choice <b>Lunch:</b> Cheese or Pepperoni Pizza,	19 <u>Early Release</u> <b>Breakfast:</b> Maple Bars, Sausage <b>Lunch:</b> Cheese Stuffed Breadsticks, Marinara	20 <b>WINTER BREAK NO SCHOOL</b>	21 <b>WINTER BREAK NO SCHOOL</b>
24 <b>WINTER BREAK NO SCHOOL</b>	25 <b>WINTER BREAK NO SCHOOL</b>	26 <b>WINTER BREAK NO SCHOOL</b>	27 <b>WINTER BREAK NO SCHOOL</b>	28 <b>WINTER BREAK NO SCHOOL</b>
31 <b>WINTER BREAK NO SCHOOL</b>				

**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

