


Morgen Owings Elementary

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY NEW YEAR!	1 <u>NEW YEAR'S DAY</u> NO SCHOOL	2 Breakfast: Breakfast Pizza Lunch: Cheese Stuffed Breadsticks, Marinara, Corn	3 Breakfast: French Toast Sticks, Sausage Lunch: Soft Tacos, Refried Beans	4 Breakfast: Ham & Cheese Bar, Toast Lunch: Hamburgers, Fries
7 Breakfast: Fruit Parfait Lunch: Mini Corn Dogs, Green Beans	8 Breakfast: Ham, Egg & Cheese Muffin Lunch: Grilled Cheese, Tomato Soup, Cookie	9 Breakfast: Fresh Baked Muffins, String Cheese Lunch: Cheese or Pepperoni Pizza	10 Breakfast: Pancakes, Sausage Lunch: Chili, Corn Bread	11 Breakfast: Bacon & Cheese Omelet, Toast Lunch: Chicken Nuggets, Grahams
14 Breakfast: Fruit Smoothie, Granola Bar Lunch: Cheese Ravioli, Garlic Bread	15 Breakfast: Scrambled Eggs, Grahams Lunch: Beef Nachos, Refried Beans	16 Breakfast: Breakfast Pizza Bagel Lunch: Chicken Burger, Tater Tots	17 Breakfast: French Toast Sticks, Sausage Lunch: Mac & Cheese, Popcorn Chicken	18 <u>EARLY RELEASE</u> Breakfast: Hot or Cold Cereal, String Cheese Lunch: Cook's Choice
21 <u>Martin Luther King, Jr. Day</u> NO SCHOOL	22 Breakfast: Cook's Choice Lunch: Cheese Stuffed Breadsticks, Marinara	23 Breakfast: Ham & Cheese Bar, Toast Lunch: Rotini Pasta, Cheese Bread	24 Breakfast: Bagel w/ Cream Cheese, Yogurt Lunch: Deli Sandwich, Chips	25 Breakfast: Pancakes, Sausage Lunch: Wrap or Cheese Quesadilla
28 Breakfast: Fresh Baked Muffins, Yogurt Lunch: Mini Corn Dogs, Green Beans	29 Breakfast: Breakfast Pizza Lunch: Chicken Fajitas, Refried Beans	30 Breakfast: French Toast Sticks, Sausage Lunch: Cheese or Pepperoni Pizza	31 Breakfast: Benefit Bar, Yogurt Lunch: Teriyaki Beef Dippers, Rice, Fortune Cookie	

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 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.

