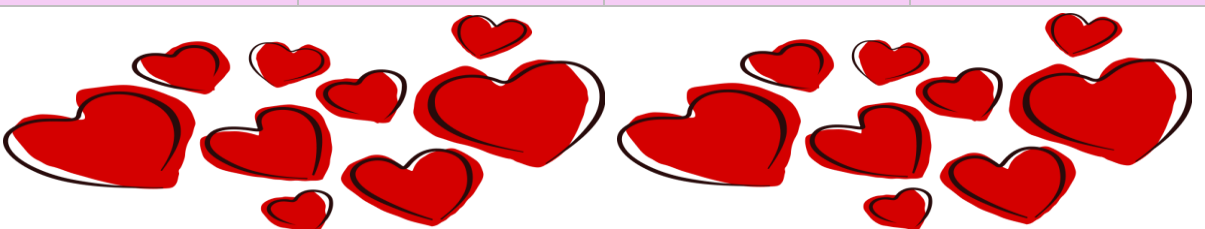


# Morgen Owings Elementary

# February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				
4	5	6	7	8
<b>Breakfast:</b> Pear Bites, Yogurt <b>Lunch:</b> Chicken Nuggets, Corn	<b>Breakfast:</b> Pancakes, Sausage <b>Lunch:</b> Chili Haystacks	<b>Breakfast:</b> Hot or Cold Cereal, String Cheese <b>Lunch:</b> Brunch for Lunch	<b>Breakfast:</b> Ham & Cheese Bar, Toast <b>Lunch:</b> Cheese or Pepperoni Pizza	<b>Breakfast:</b> Cheese Omelet, Toast <b>Lunch:</b> Chicken Noodle Soup, Cheese Toast
11	12	13	14	15
<b>Breakfast:</b> Fresh Fruit Parfait <b>Lunch:</b> Cheese Stuffed Breadsticks, Marinara, Green Beans	<b>Breakfast:</b> Breakfast Pizza <b>Lunch:</b> Chicken Strips, Mashed Potatoes, Gravy	<b>Breakfast:</b> French Toast Sticks, Sausage <b>Lunch:</b> Corn Dog, Fries	<u><b>Parent Luncheon</b></u> <b>Breakfast:</b> Bagel w/ Cream Cheese, Yogurt <b>Lunch:</b> Burgers, Chips, Valentine Treat	<b>Breakfast:</b> Ham, Egg & Cheese Muffin <b>Lunch:</b> Soft Tacos, Refried Beans
18	19	20	21	22
<u><b>Presidents' Day</b></u> <b>NO SCHOOL</b>	<b>Breakfast:</b> Pancakes, Sausage <b>Lunch:</b> Mac & Cheese, Popcorn Chicken	<b>Breakfast:</b> Fresh Baked Muffin, String Cheese <b>Lunch:</b> Macho Nachos, Refried Beans	<b>Breakfast:</b> Scrambled Eggs, Toast <b>Lunch:</b> Rotini Pasta, Garlic Bread	<b>Breakfast:</b> Benefit Bar, Yogurt <b>Lunch:</b> Cheese or Pepperoni Pizza
25	26	27	28	
<b>Breakfast:</b> Fruit Smoothie, Grahams <b>Lunch:</b> Chili Dogs, Chips	<b>Breakfast:</b> Cheese Omelet, English Muffin <b>Lunch:</b> Teriyaki Chicken, Rice, Fortune Cookie	<b>Breakfast:</b> Hot or Cold Cereal, String Cheese <b>Lunch:</b> Chicken Burger, Tater Tots	<u><b>Mid-Winter Break</b></u> <b>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 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.

