




# Morgen Owings Elementary

# March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
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4	5	6	7	8
<b>Breakfast:</b> Fresh Baked Muffin, String Cheese <b>Lunch:</b> Chicken Nuggets, Corn	<b>Breakfast:</b> Pancakes, Sausage <b>Lunch:</b> Cheese Stuffed Breadsticks, Marinara	<b>Breakfast:</b> Bacon & Egg Breakfast Sandwich <b>Lunch:</b> Chicken Noodle Soup, Cheese Toast	<b>Breakfast:</b> Bagel w/Cream Cheese, Yogurt <b>Lunch:</b> Mini Corn Dogs, Green Beans	<b>Breakfast:</b> Ham & Cheese Bar, Toast <b>Lunch:</b> Deli Sandwich, Chips
11	12	13	<u>Parent Luncheon</u> 14	15
<b>Breakfast:</b> Fruit Parfaits <b>Lunch:</b> Rotini Pasta, Garlic Bread	<b>Breakfast:</b> Cheese Omelet, Toast <b>Lunch:</b> Beef Soft Tacos, Refried Beans	<b>Breakfast:</b> Breakfast Pizza <b>Lunch:</b> Chicken Strips, Mashed Potatoes, Gravy	<b>Breakfast:</b> Cook's Choice <b>Lunch:</b> Cheese or Pepperoni Pizza	<b>Breakfast:</b> "St. Patty's Day Donuts", Sausage <b>Lunch:</b> Cook's Choice
18	19	20	21	22
<b>Breakfast:</b> Apple Bites, String Cheese <b>Lunch:</b> Chicken Burger, Tater Tots	<b>Breakfast:</b> French Toast Sticks, Sausage <b>Lunch:</b> Cheese Ravioli, Garlic Bread	<b>Breakfast:</b> Benefit Bar, Yogurt <b>Lunch:</b> Beef Nachos, Refried Beans	<b>Breakfast:</b> Ham & Cheese Bar, Toast <b>Lunch:</b> Mac & Cheese, Popcorn Chicken	<b>Breakfast:</b> Fresh Baked Blueberry Muffin, Yogurt <b>Lunch:</b> Chicken Crisпитos, Sunflower Seeds, Corn
25	26	27	28	29
<b>Breakfast:</b> Scrambled Eggs w/Ham, Toast <b>Lunch:</b> Chicken Nuggets, Green Beans	<b>Breakfast:</b> Pancakes, Sausage <b>Lunch:</b> Hot Dogs or Chili Dogs, Chips	<b>Breakfast:</b> Hot or Cold Cereal, String Cheese <b>Lunch:</b> Chicken Alfredo, Garlic Bread	<b>Breakfast:</b> Cheese Omelet, Toast <b>Lunch:</b> Burgers & Fries	<b>Breakfast:</b> Waffle Sticks, Yogurt <b>Lunch:</b> Teriyaki Chicken, Rice, 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 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.

