






Morgen Owings Elementary

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 	3 	4 	5 
8 Breakfast: Muffins, String Cheese Lunch: Cheese or Pepperoni Pizza	9 Breakfast: French Toast Stix, Sausage Links Lunch: Cheese Quesadilla, Corn	10 Breakfast: Bagel with Cream Cheese Lunch: Grilled Cheese, Tomato Soup, Cookie	11 Breakfast: Oatmeal Lunch: Chicken Nuggets, Fruit Snacks	12 Breakfast: Breakfast Scramble Lunch: Tacos, Refried Beans
15 Breakfast: Fruit Parfait Lunch: Cheese Stuffed Breadsticks, Marinara, Green Beans	16 Breakfast: Ham & Cheese Bar, Toast Lunch: Teriyaki Dippers, Rice	17 Breakfast: Breakfast Pizza Lunch: Brunch for Lunch	18 Breakfast: Breakfast Dogs Lunch: Macho Nachos	19 Breakfast: Cheese Omelet Lunch: Chicken Burgers, Tater Tots
22 Breakfast: Fruit Smoothie, Grahams Lunch: Mini Corn Dogs, Jo-Jo's	23 Breakfast: Pancakes, Sausage Links Lunch: Chili Haystacks	24 Breakfast: Benefit Bar, String Cheese Lunch: Mac & Cheese, Popcorn Chicken	EARLY RELEASE 25 Breakfast: Waffle Sticks, Yogurt Lunch: Chicken Crisпитos, String Cheese	26 NO SCHOOL
29 Breakfast: Strawberry Crisp Bar, String Cheese Lunch: Cheese or Pepperoni Pizza	30 Breakfast: Cook's Choice Lunch: Burgers & Fries			

All Meals are served with a choice of 1% white 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**.

The Lake Chelan School District is an equal opportunity employer and provider

Menu items are subject to change.

