

*Breakfast:
 Students: Paid: \$1.50
 Free/Reduced: K-5: \$0.00
 Adults/Guests: \$2.25

JANUARY 2019

WENATCHEE SCHOOL DISTRICT ELEMENTARY

Students: Paid: \$2.75
 Reduced: K-3: \$0.00
 Reduced: 4-5: \$.40
 Adults/Guests: \$3.50

Monday

Tuesday

Wednesday

Thursday

Friday

NO
SCHOOL

Cinni-Minis
Cereal, Fruit, Milk 7

Hot Dog
w/Baked Fries

✓ Veggie Ranch Wrap
CHOCOLATE MILK DAY!!

Waffle & Bacon
Cereal, Fruit, Milk 8

Beef Soft Taco
Seasoned Rice

✓ Wov-Butter & Jelly Sandwich

Sausage & Egg Tornado
Cereal, Fruit, Milk 2

Baked Chicken Nuggets
Seasoned Tots

✓ Yogurt, WG Crackers
& String Cheese
COOKIE DAY!!!

Ham & Cheese Scrambled Eggs
Cereal, Fruit, Milk 9

NEW ITEM!!
Chicken Yakisoba Bowl
w/Roasted Veggies

✓ The "Whole Garden" Salad w/Roll
FORTUNE COOKIE DAY!!!

Yogurt & WG Muffin
Cereal, Fruit, Milk 3

NEW ITEM!!
Hot French Dip Sandwich
& Chips

✓ Wov-Butter & Jelly Sandwich

Pancakes & Eggs
Cereal, Fruit, Milk 10

Breakfast For Lunch
Waffles & Sausage
w/Strawberries & Whipped Cream

✓ Yogurt, WG Crackers
& String Cheese

Pancake & Sausage Stick
Cereal, Fruit, Milk 4

PIZZA DAY!!

✓ Cheese, Pepperoni or Hawaiian

Tuna Sub w/WG Sun chips

Hot Breakfast Sandwich
Cereal, Fruit, Milk 11

PIZZA DAY!!

✓ Cheese, Pepperoni or Hawaiian

Turkey-Ham & Cheese Sandwich

Sausage & Egg Tornado
Cereal, Toast, Fruit, Milk 14

Crispy Fish Bites w/Baked Tots

✓ Wov-Butter & Jelly Sandwich
CHOCOLATE MILK DAY!!

Breakfast Bowl
Cereal, Fruit, Milk 15

✓ Cheese Spaghetti Pillows with
Marinara Sauce
Garlic Parmesan Breadstick

Turkey & Cheese Sandwich

Yogurt & WG Muffin
Cereal, Fruit, Milk 16

Fresh Baked Cheese Square
& Creamy Tomato Soup

✓ Chef Salad w/WG Roll
COOKIE DAY!!!

Waffle & Bacon
Cereal, Fruit, Milk 17

Old School Favorite
Turkey Gravy over
Mashed Potatoes
w/WG Roll

✓ Banana Monkey Tail

Pancake & Sausage Stick
Cereal, Fruit, Milk 18

PIZZA DAY!!

✓ Cheese, Pepperoni or Hawaiian

Tuna Sub w/WG Sun chips

NO
SCHOOL

Warm Bagel & Cream Cheese
Cereal, Fruit, Milk 22

NEW ITEM!!
Sweet & Sour Chicken
w/Fried Rice & Fortune Cookie

✓ Wov-Butter & Jelly Sandwich

Yogurt & WG Muffin
Cereal, Fruit, Milk 23

Hamburger w/Choice of Cheese
on WG Bun & Baked Fries

✓ The "Whole Garden" Salad w/Roll
COOKIE DAY!!!

Pancakes & Eggs
Cereal, Fruit, Milk 24

Breakfast For Lunch
French Toast & Bacon
w/Strawberries & Whipped Cream

✓ Yogurt, WG Crackers
& String Cheese

Hot Breakfast Sandwich
Cereal, Fruit, Milk 25

PIZZA DAY!!

✓ Cheese, Pepperoni or Hawaiian

Turkey & Cheese Sandwich

NO
SCHOOL

Cheese Omelet
Baked Tots
Cereal, Fruit, Milk 29

Teriyaki Beef Dippers
w/Brown Rice

✓ Veggie Ranch Wrap

Yogurt & WG Muffin
Cereal, Fruit, Milk 30

Whole Grain Chicken Patty Sandwich
Regular or Spicy & Tots

✓ Wov-Butter & Jelly Sandwich
COOKIE DAY!!!

Pancakes & Eggs
Cereal, Fruit, Milk 31

✓ Cheesy Nachos
w/Choice of Beef
and/or Beans

Italian Combo Sub

*ALL Students at the following schools receive breakfast and lunch at no charge: Columbia, Lewis & Clark, Lincoln, Mission View. These schools were approved for CEP which allows us to feed all students in these locations at no cost, regardless of family status.

Every lunch includes an unlimited garden bar. Kids can fill their plates with all the fruits and veggies they desire. About 10 options are offered daily from the following: Salad Mix, Spinach, Coleslaw, Oranges, Cucumbers, Carrots, Cauliflower, Apples, Corn/Peas, Broccoli, Bananas, & Zucchini. Many items and seasonal additions come from local farms!

A Complete Meal MUST include three of the five following choices: meat/meat alternate, grain, fruit, vegetable, and milk. Students may decline two food choices, but must take ½ cup fruit and/or vegetable with their meal.

Winter Activities to Keep Your Student Active and Creative:

1. **Build a sugar cube igloo**
2. **Create a structure using only toothpicks, cranberries, marshmallows, and gumdrops**
3. **Take a winter nature walk.**
4. **Host a Backyard Winter Olympics**
5. Make Pretzel Snowflake snacks using pretzel sticks and cheese cubes.

Need Help Providing Breakfast or Lunch?

**Fill out an application for the Free & Reduced Price Meals Program.*

**Applications are confidential and can be submitted at any time.*

**For more information visit:*

<http://www.wenatcheeschools.org/food-services/free-reduced-meals>

**Applications can be found at the above site, or at any school or district office.*

WE NEED YOU!

Interested in working for a few hours a day?! We're looking for a few good subs!

Apply at <https://wenatchee.tedk12.com/hire/index.aspx>



E-Funds for Payments!

Registering is EASY!

**Go to*

<http://www.wenatcheeschools.org/parents/e-funds>

**Please note, student ID numbers are required.*

**For assistance, or more information, please call 509-662-9345*