

April 2018

Onalaska High School Menu

Monday

Spring Break
No School

2

9
Chickenwich or
Hamburger
Lettuce & Tomato
French Fries, Carrot Sticks
Black Bean Salad
Assorted Fresh Fruit & Milk

BK Sand or Cereal & Blueberry
Coffee Cake, Fruit & Milk

16
BBQ Rib Sandwich,
or Chickenwich
Lettuce & Tomato
French Fries, Carrot Sticks
Roasted Chickpeas
Assorted Fresh Fruit & Milk

BK Sand or Cereal & Blueberry
Coffee Cake, Fruit & Milk

23
Piggy Pull Sandwich
or Chickenwich
Lettuce & Tomato
French Fries, Carrot Sticks
Cole Slaw & Baked Beans
Assorted Fresh Fruit & Milk

BK Sand or Cereal & Blueberry
Coffee Cake Fruit & Milk

30
Chickenwich or
Hamburger
Lettuce & Tomato
French Fries, Carrot Sticks
Black Bean Salad
Assorted Fresh Fruit & Milk

BK Sand or Cereal & Blueberry
Coffee Cake Fruit & Milk

Tuesday

Spring Break
No School

3

10
Teriyaki Beef Dippers
or Chicken Nuggets
Cinnamon Roll
Mashed Potatoes & Gravy
Buttered Broccoli
Assorted Fresh Fruit & Milk

Biscuits & Gravy or Cereal &
String Cheese, Fruit & Milk

17
Chicken Teriyaki
or Chicken Nuggets
Brown Rice
Mashed Potatoes & Gravy
Buttered Broccoli, Carrot Sticks
Assorted Fresh Fruit & Milk

Biscuits & Gravy or Cereal &
String Cheese, Fruit & Milk

24
General Tso Chicken
or Chicken Nuggets
Brown Rice, Fortune Cookie
Mashed Potatoes & Gravy
Buttered Broccoli, Carrot Sticks
Assorted Fresh Fruit & Milk

Biscuits & Gravy or Cereal &
String Cheese, Fruit & Milk

Wednesday

Spring Break
No School

4

11
Strawberry Pancakes
Baked Ham
Baked Beans
Fast Browns, Carrots Sticks,
Assorted Fresh Fruit
Milk

BK Burrito or Cereal & String
Cheese, Fruit & Milk

18
Grilled Cheese Sandwich
or PB&J and String Cheese
Tomato Soup
Kale Chips
Tater Tots
Assorted Fresh Fruit & Milk

BK Burrito or Cereal & String
Cheese, Fruit & Milk

25
Spaghetti
or Sloppy Joe
Tater Tots
Green Beans, Carrot Sticks
Assorted Fresh Fruit
Oatmeal Cookies & Milk

BK Burrito or Cereal & String
Cheese, Fruit & Milk

Thursday

Spring Break
No School

5

12
Logger Nachos or
Quesadilla
Buttered Corn, Carrots Sticks,
Refried Beans, Salsa
Assorted Fresh Fruit
Milk

Parfait, Pancakes or Cereal &
String Cheese, Fruit & Milk

19
Soft Pretzel w/ Cheese
or Logger Nachos
Buttered Corn, Carrot Sticks
Refried Beans, Salsa
Assorted Fresh Fruit
Milk

Parfait, Pancakes or Cereal &
String Cheese, Fruit & Milk

26
Logger Nachos or
Quesadilla
Buttered Corn, Carrot Sticks,
Refried Beans, Salsa
Assorted Fresh Fruit
Milk

Parfait, Pancakes or Cereal &
String Cheese, Fruit & Milk

Friday

No School

6

Other Choices available daily
are: Chef Salad w/ Roll, Pizza,
Cheeseburger, PB&J & Cheese,
& Chickenwich. All served with
Fresh Fruit, Vegetables & Milk.

BeneFit Bars are a daily
breakfast entrée choice served
with Fruit & Milk

13
Pizza or Fishwich
(Pepperoni, Hawaiian or Chs.)
Romaine Salad
Mixed Vegetables,
Red Vegetable
Assorted Fresh Fruit & Milk

French Toast Sticks or Cereal
& String Cheese, Fruit & Milk

20
Pizza or Fishwich
(Pepperoni, Hawaiian or Chs.)
Romaine Salad
Mixed Vegetables,
Red Vegetable
Assorted Fresh Fruit & Milk

French Toast Sticks or Cereal
& String Cheese, Fruit & Milk

27
Pizza or Fishwich
(Pepperoni, Hawaiian or Chs.)
Romaine Salad, Red Vegetable
Mixed Vegetables,
Assorted Fresh Fruit & Milk
Apple Crisp

French Toast Sticks or Cereal
& String Cheese, Fruit & Milk

Visit the Food Service Webpage for
information about Online Payments and Free
& Reduced Meal Applications.
<http://foodservice.onysd.wednet.edu/>

Each Meal is planned to meet our
Students' RDAs for: growing, learning
and healthy bodies .

Each Week's Lunch Menu

Contains (at least):

- ½ Cup Dark Green Veggies
- 1 ¼ Cup Red/Orange Veggies
- ½ Cup Legumes/Dried Beans
- ½ Cup Starchy Vegetables
- 2 ¼ Cup of Other & More Veggies,
- 5 Cups Fruit, 5 Cups of Milk,
- 10-12oz of Meat/Meat Alternate
- 10-12oz of Whole Grains.

9th -12th Lunch Prices

| | Full | Reduced |
|---------|---------|---------|
| 1 Day | \$3.10 | \$0.40 |
| 5 Days | \$15.50 | \$2.00 |
| 20 Days | \$62.00 | \$8.00 |

9th - 12th Breakfast

9th - 12th Reduced Breakfast is Free.

| | Full | Reduced |
|--|--------|---------|
| | \$1.75 | Free |

Adult Meals

| | | |
|-----------|--------|--------------|
| Breakfast | \$2.75 | Milk \$0.50 |
| Lunch | \$3.75 | Water \$0.50 |

This institution is an equal opportunity
provider. Menu subject to change.

For questions/comments & meal account
help contact Jerry Carlson at:
978-4111 Option 6 or
jcarlson@onysd.wednet.edu

Did You Know...

The Romans called this month Aprilis which may derive from the verb
aperire meaning "to open", referring to flowers and fruits opening.