

DECEMBER 2017

Onalaska High School

Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

DECEMBER WAS ORIGINALLY THE TENTH MONTH OF THE YEAR IN THE ROMAN CALENDAR. IT GETS ITS NAME FROM THE LATIN WORD "DECEM" WHICH MEANS TENTH.

4
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

5
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

6
Grilled Cheese Sandwich or PB&J and String Cheese
Tomato Soup
Kale Chips
Tater Tots
Assorted Fresh Fruit & Milk

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

7
Porkerito Burrito or Logger Nachos
Buttered Corn
Refried Beans, Salsa
Assorted Fresh Fruit & Milk

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

8
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

11
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

12
Chicken Teriyaki or Chicken Nuggets
Brown Rice
Mashed Potatoes & Gravy
Buttered Broccoli, Carrots
Assorted Fresh Fruit & Milk

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

13
Strawberry Pancakes
Baked Ham
Baked Beans
Fast Browns, Carrot Sticks
Assorted Fresh Fruit & Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

14
Logger Nachos or Quesadilla
Buttered Corn
Refried Beans, Salsa
Assorted Fresh Fruit & Milk

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

15
Pizza or Fishwich (Pepperoni, Hawaiian or Chs.)
Romaine Salad
Mixed Vegetables,
Red Vegetable
Assorted Fresh Fruit & Milk
Apple Crisp

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

18
Piggy Pull Sandwich or Chickenwich
Lettuce & Tomato
French Fries
Cole Slaw & Baked Beans
Assorted Fresh Fruit & Milk

BK Sand or Cereal & Blueberry
Coffee Cake Fruit & Milk

19
General Tso Chicken or Chicken Nuggets
Fortune Cookie
Brown Rice
Mashed Sweet Potatoes
Buttered Broccoli
Assorted Fresh Fruit & Milk

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

20
Winter Vacation
No School
Dec. 20th - Jan 1st

21

22
No School
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

25

The Kitchen Crew wishes you a Merry Christmas & a very happy and healthy "2018"!

26

27

28

29

1
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

8
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

15
Pizza or Fishwich (Pepperoni, Hawaiian or Chs.)
Romaine Salad
Mixed Vegetables,
Red Vegetable
Assorted Fresh Fruit & Milk
Apple Crisp

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

22
No School
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

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