

JANUARY 2018

Onalaska High School Menu

MONDAY

No School **1**

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

Piggy Pull Sandwich or Chickenwich **8**

Lettuce & Tomato
French Fries, Carrot Sticks
Cole Slaw & Baked Beans
Assorted Fresh Fruit & Milk

BK Sand or Cereal & Blueberry
Coffee Cake Fruit & Milk

Martin Luther King Day
No School **15**

Chickenwich or Hamburger **22**

Lettuce & Tomato
French Fries, Carrot Sticks
Black Bean Salad
Assorted Fresh Fruit & Milk

BK Sand or Cereal & Blueberry
Coffee Cake Fruit & Milk

BBQ Rib Sandwich, or Chickenwich **29**

Lettuce & Tomato
French Fries
Roasted Chickpeas
Assorted Fresh Fruit & Milk

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

TUESDAY

Chicken Nuggets or Orange Chicken **2**

Brown Rice
Mashed Potatoes & Gravy
Buttered Broccoli
Assorted Fresh Fruit & Milk

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

Teriyaki Beef Dippers or Chicken Nuggets **9**

Cinnamon Roll
Mashed Potatoes & Gravy
Buttered Broccoli
Assorted Fresh Fruit & Milk

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

Chicken Teriyaki or Chicken Nuggets **16**

Brown Rice
Mashed Potatoes & Gravy
Buttered Broccoli, Carrots
Assorted Fresh Fruit & Milk

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

General Tso Chicken or Chicken Nuggets **23**

Brown Rice, Fortune Cookie
Mashed Potatoes & Gravy
Buttered Broccoli
Assorted Fresh Fruit & Milk

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

Chicken Nuggets or Orange Chicken **30**

Brown Rice
Mashed Potatoes & Gravy
Buttered Broccoli
Assorted Fresh Fruit & Milk

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

WEDNESDAY

Tuna Sandwich or PB&J & String Cheese **3**

Navy Bean Soup
Gingered Carrots
Buttered Peas
Assorted Fresh Fruit & Milk

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

Strawberry Pancakes Baked Ham **10**

Baked Beans
Fast Browns, Carrot Sticks
Assorted Fresh Fruit & Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

Grilled Cheese Sandwich or PB&J and String Cheese **17**

Tomato Soup
Kale Chips, Carrot Sticks
Tater Tots
Assorted Fresh Fruit & Milk

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

Spaghetti or Sloppy Joe **24**

Tater Tots
Green Beans, Carrot Sticks
Assorted Fresh Fruit
Oatmeal Cookies & Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

Tuna Sandwich or PB&J & String Cheese **31**

Navy Bean Soup
Gingered Carrots
Buttered Peas
Assorted Fresh Fruit & Milk

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

THURSDAY

Soft Pretzel w/ Cheese or Logger Nachos **4**

Buttered Corn
Refried Beans, Salsa
Assorted Fresh Fruit & Milk

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

Porkerito Burrito or Logger Nachos **11**

Buttered Corn
Refried Beans, Salsa
Assorted Fresh Fruit & Milk

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

Logger Nachos or Quesadilla **18**

Buttered Corn
Refried Beans, Salsa
Assorted Fresh Fruit & Milk

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

Soft Pretzel w/ Cheese or Logger Nachos **25**

Buttered Corn
Refried Beans, Salsa
Assorted Fresh Fruit & Milk

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

FRIDAY

Pizza or Fishwich (Pepperoni, Hawaiian or Chs.) **5**

Romaine Salad
Mixed Vegetables,
Red Vegetable
Assorted Fresh Fruit & Milk

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

Pizza or Fishwich (Pepperoni, Hawaiian or Chs.) **12**

Romaine Salad
Mixed Vegetables,
Red Vegetable
Assorted Fresh Fruit & Milk

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

Pizza or Fishwich (Pepperoni, Hawaiian or Chs.) **19**

Romaine Salad
Mixed Vegetables,
Red Vegetable
Assorted Fresh Fruit & Milk

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

Pizza or Fishwich (Pepperoni, Hawaiian or Chs.) **26**

Romaine Salad
Mixed Vegetables,
Red Vegetable
Assorted Fresh Fruit & Milk

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...

JANUARY IS NAMED AFTER THE ROMAN GOD JANUS, WHO WAS ALWAYS SHOWN AS HAVING TWO HEADS. HE LOOKED BACK TO THE LAST YEAR AND FORWARD TO THE NEW ONE.