

# JUNE 2018

## Onalaska High School Menu & Free Summer Meals Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW...

The flower of June is the rose, which is widely recognized as a symbol of love and/or sympathy. June is also National Rose Month!

4  
BBQ Rib Sandwich, or Chickenwich  
Lettuce & Tomato  
French Fries  
Roasted Chickpeas  
Assorted Fresh Fruit & Milk

5  
Chicken Teriyaki or Chicken Nuggets  
Brown Rice, Carrot Sticks,  
Buttered Broccoli  
Mashed Potatoes & Gravy  
Assorted Fresh Fruit & Milk

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

7  
Soft Pretzel w/ Cheese or Logger Nachos  
Buttered Corn, Carrot Sticks  
Refried Beans, Salsa  
Assorted Fresh Fruit & Milk

8  
Pizza or Fishwich (Pepperoni, Hawaiian or Chs.)  
Romaine Salad  
Mixed Vegetables,  
Red Vegetable  
Assorted Fresh Fruit & Milk

BK Sand or Cereal & Banana Bread, Fruit & Milk

Biscuits & Gravy or Cereal, Donut Holes, Fruit & Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

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

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

11  
**School BBQ**  
BBQ Hamburger  
Baked Beans, Coleslaw  
Chips, Carrot Sticks  
Frozen Juice Bar  
Assorted Fruit & Milk

12  
General Tso Chicken or Chicken Nuggets  
Brown Rice, Fortune Cookie  
Mashed Potatoes & Gravy  
Buttered Broccoli  
Assorted Fresh Fruit & Milk

13

14

15

BK Sand or Cereal & Banana Bread, Fruit & Milk

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

18  
**Free Meals for All Kids**  
Corn Dog or PB&J and String Cheese  
Tater Tots  
Baked Beans  
Fruit & Milk

19  
**Free Meals for All Kids**  
Grilled Cheese Sandwich or PB&J and String Cheese  
Tomato Soup  
Carrot Sticks  
Fruit & Milk

20  
**Free Meals for All Kids**  
Chicken Nuggets & Roll or PB&J and String Cheese  
Buttered Broccoli  
Fruit & Milk

21  
**Free Meals for All Kids**  
Quesadilla & Taco Meat or PB&J and String Cheese  
Corn, Salsa  
Fruit & Milk

22  
**Free Meals for All Kids**  
Chickenwich or PB&J and String Cheese  
Baked Stealth Fries  
Carrot Sticks  
Fruit & Milk

BK Bar or Cereal & String Cheese, Fruit & Milk

Pancakes or Cereal & String Cheese, Fruit & Milk

Pancake Dog or Cereal & String Cheese, Fruit & Milk

Pancakes or Cereal & String Cheese, Fruit & Milk

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

25

26

27

28

29

**Free Summer Meals for all Kids**  
All Kids, under 19, Eat Free in the Elementary Dining Hall:

**June 18<sup>th</sup> – 22<sup>nd</sup>**  
Breakfast 8:30 – 9:00  
Lunch 11:45 – 12:15

**July 9<sup>th</sup> – 26<sup>th</sup> (Mon – Thurs)**  
Breakfast 8:00 – 8:30  
Lunch 11:30 – 12:00

All food must be consumed in the Dining Hall. This program is for the children, therefore we must ask that children not share their food with adults.

Adults may purchase meals for:  
Adult Breakfast \$2.75  
Adult Lunch \$4.00

**Traveling this summer?**  
Find a Free Meals for Kids Site:  
Call 1-866-348-6479, Visit [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks) or Text "Summer Meals" to 97779.

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](mailto:jcarlson@onysd.wednet.edu)