

MARCH 2018

Onalaska High School

Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know...

An old proverb says, "March comes in like a lion, and goes out like a lamb," which is reference to winter ending and spring beginning. Another popular saying is "March is mad as a hare," which is a reference to the animals fighting each other.

5
Piggy Pull Sandwich or Chickenwich, Lettuce & Tomato, French Fries, Carrot Sticks, Cole Slaw & Baked Beans, Assorted Fresh Fruit & Milk

Ntl School Breakfast Week
BK Sand or Cereal & Blueberry Coffee Cake Fruit & Milk

6
Teriyaki Beef Dippers or Chicken Nuggets, Cinnamon Roll, Mshd Ptos & Gravy, Broccoli, Assorted Fresh Fruit & Milk

Ntl School Breakfast Week
Biscuits & Gravy or Cereal & String Cheese, Fruit & Milk

7
Grilled Cheese Sandwich or PB&J & String Cheese, Tomato Soup, Kale Chips, Tater Tots, Assorted Fresh Fruit & Milk

Ntl School Breakfast Week
BK Burrito or Cereal & String Cheese, Fruit & Milk

1
Mid-Winter Break
No School

8
Grilled Cheese Sandwich or PB&J & String Cheese, Tomato Soup, Kale Chips, Tater Tots, Assorted Fresh Fruit & Milk

Ntl School Breakfast Week
BK Burrito or Cereal & String Cheese, Fruit & Milk

2
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

9
Mac & Cheese, Pizza or Fishwich, Romaine Salad, Carrot Sticks, Mixed Vegetables, Assorted Fresh Fruit & Milk

Ntl School Breakfast Week
French Toast Sticks or Cereal & String Cheese, Fruit & Milk

12
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

13
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

14
Tuna Sandwich or PB&J & String Cheese, Navy Bean Soup, Gingered Carrots, Buttered Peas, Assorted Fresh Fruit & Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

15
Logger Nachos or Quesadilla, Buttered Corn, Refried Beans, Salsa, Assorted Fresh Fruit & Milk

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

16
Hawaiian, Pepperoni or Cheese Pizza or Fishwich, Romaine Salad, Mixed Vegetables, Red Vegetable, Assorted Fresh Fruit & Milk

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

19
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

20
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

21
Spaghetti or Sloppy Joe, Tater Tots, Green Beans, Carrot Sticks, Assorted Fresh Fruit, Oatmeal Cookies & Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

22
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

23
Mac & Cheese, Pizza or Fishwich, Romaine Salad, Red Vegetable, Mixed Vegetables, Assorted Fresh Fruit & Milk

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

26
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

27
Chicken Nuggets or Orange Chicken, Brown Rice, Mashed Potatoes & Gravy, Buttered Broccoli, Assorted Fresh Fruit & Milk

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

28
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

29
Porkerito Burrito or Logger Nachos, Buttered Corn, Carrot Sticks, Refried Beans, Salsa, Assorted Fresh Fruit & Milk

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

30
Pepperoni, Hawaiian or Cheese Pizza or Fishwich, Romaine Salad, Red & Mixed Vegetables, Assorted Fresh Fruit, Pumpkin Bars & 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
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