

May 2018

Onalaska High School Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Screen-Free Week 1
Chicken Nuggets
or Orange Chicken
Brown Rice, Buttered Broccoli
Mashed Potatoes & Gravy
Assorted Fresh Fruit & Milk

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

Screen-Free Week 2
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

Screen-Free Week 3
Porkerito Burrito
or Logger Nachos
Buttered Corn, Carrot Sticks
Refried Beans, Salsa
Assorted Fresh Fruit & Milk

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

Screen-Free Week 4
Pizza or Fishwich
(Pepperoni or Cheese)
Romaine Salad
Carrot Sticks, Mixed Vegetables,
Assorted Fresh Fruit & Milk

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

7
BBQ Rib Sandwich,
or Chickenwich
Lettuce & Tomato
French Fries
Roasted Chickpeas
Assorted Fresh Fruit & Milk

BK Sand or Cereal & Banana
Bread, Fruit & Milk

8
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

9
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

10
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

11
Mac & Cheese,
Pizza or Fishwich
Romaine Salad
Red Vegetable
Mixed Vegetables,
Assorted Fresh Fruit & Milk

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

14
Piggy Pull Sandwich
or Chickenwich
Lettuce & Tomato
French Fries, Carrot Sticks
Cole Slaw & Baked Beans
Assorted Fresh Fruit & Milk

BK Sand or Cereal & Banana
Bread, Fruit & Milk

15
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

16
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

17
Logger Nachos or
Quesadilla
Buttered Corn, Carrot Sticks
Refried Beans, Salsa
Assorted Fresh Fruit
Milk

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

18
Pizza or Fishwich
(Pepperoni or Cheese)
Romaine Salad
Mixed Vegetables,
Red Vegetable
Assorted Fresh Fruit & Milk

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

21
Chickenwich or
Hamburger
Lettuce & Tomato
French Fries, Carrot Sticks
Black Bean Salad
Assorted Fresh Fruit & Milk

BK Sand or Cereal & Banana
Bread, Fruit & Milk

22
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

23
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

24
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

25
Mac & Cheese,
Pizza or Fishwich
Romaine Salad
Red Vegetable
Mixed Vegetables,
Assorted Fresh Fruit & Milk

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

Memorial Day - No School 28
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

29
Chickenwich or
Hamburger
Lettuce & Tomato
French Fries, Carrot Sticks
Baked Beans & Coleslaw,
Assorted Fresh Fruit & Milk

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

30
Chicken Nuggets
or Orange Chicken
Brown Rice
Mashed Potatoes & Gravy
Buttered Broccoli
Assorted Fresh Fruit & Milk

BK Burrito or Cereal & String
Cheese, Fruit & Milk

31
Tuna Sandwich
or PB&J & String Cheese
Navy Bean Soup
Gingered Carrots
Buttered Peas
Assorted Fresh Fruit & Milk

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

Did you Know...
The birthstone of
May, the emerald,
symbolizes success
and love.

Celebrate National Screen-Free Week with us! More details on back of menu.

Visit the Food Service Webpage for: Information about Online Payments, Free & Reduced Priced Meal Applications and to see pictures of special events.
<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