

NOVEMBER 2017

Onalaska High School Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

American football is the main sport watched in the United States during this month.

1
Strawberry Pancakes
Baked Ham
Baked Beans
Fast Browns, Carrot Sticks
Assorted Fresh Fruit
Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

2
Logger Nachos or Quesadilla
Buttered Corn
Refried Beans, Salsa
Assorted Fresh Fruit
Milk

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

3
Mac & Cheese or Pizza (Pepperoni or Cheese)
Romaine Salad
Mixed Vegetables
Fresh Red Vegetable
Assorted Fresh Fruit & Milk

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

6
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

7
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

8
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

9
Soft Pretzel w/ Cheese or Logger Nachos
Buttered Corn
Refried Beans, Salsa
Assorted Fresh Fruit
Milk

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

10
Veteran's Day
No School

13
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

14
General Tso Chicken or Chicken Nuggets
Fortune Cookie
Brown Rice, Carrot Sticks
Mashed Sweet Potatoes
Buttered Broccoli
Assorted Fresh Fruit & Milk

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

15
Chicken a la King over Biscuits or Hot Dog
Baked Beans
Tater Tots, Carrot Sticks
Mashed Sweet Potatoes
Assorted Fresh Fruit
Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

16
Quesadilla or Logger Nachos
Buttered Corn
Refried Beans, Salsa
Assorted Fresh Fruit
Milk

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

17
Mac & Cheese or Pizza (Pepperoni or Chs.)
Romaine Salad
Mixed Vegetables
Fresh Red Vegetable
Assorted Fresh Fruit & Milk

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

20
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

21
Chicken Teriyaki or Chicken Nuggets
Brown Rice, Carrot Sticks
Mashed Potatoes & Gravy
Buttered Broccoli
Assorted Fresh Fruit & Milk

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

22
Tuna Sandwich or PB&J & String Cheese
Navy Bean Soup
Gingered Carrots
Buttered Peas
Assorted Fresh Fruit & Milk

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

23
Thanksgiving
No School

24
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

27
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

28
Chicken Nuggets or Orange Chicken
Brown Rice, Carrot Sticks
Mashed Potatoes & Gravy
Buttered Broccoli
Assorted Fresh Fruit & Milk

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

29
Spaghetti or Sloppy Joe
Tater Tots
Green Beans, Carrot Sticks
Assorted Fresh Fruit
Oatmeal Cookies & Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

30
Logger Nachos or Quesadilla
Buttered Corn
Refried Beans, Salsa
Assorted Fresh Fruit
Milk

Parfait, Pancakes 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):

- 1/2 Cup Dark Green Veggies
- 1 1/4 Cup Red/Orange Veggies
- 1/2 Cup Legumes/Dried Beans
- 1/2 Cup Starchy Vegetables
- 2 1/4 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