

September 2017

Onalaska High School Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know...

The name September comes from the Latin Septem for seven, since this was the seventh month of the Roman calendar.

Labor Day
No School

4

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

11

BK Sand or Cereal & Blueberry
Coffee Cake Fruit & Milk

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

18

BK Sand or Cereal & Blueberry
Coffee Cake Fruit & Milk

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

25

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

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

8/29

BK Sand or Cereal & Blueberry
Coffee Cake Fruit & Milk

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

5

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

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

12

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

Teriyaki Beef Dippers or Chicken Nuggets
Cinnamon Roll
Mashed Potatoes & Gravy
Buttered Broccoli
Assorted Fresh Fruit & Milk

19

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

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

26

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

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

8/30

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

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

6

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

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

13

BK Burrito or Cereal & String Cheese, Fruit & Milk

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

20

BK Burrito or Cereal & String Cheese, Fruit & Milk

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

27

BK Burrito or Cereal & String Cheese, Fruit & Milk

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

8/31

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

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

7

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

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

14

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

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

21

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

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

28

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

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

1

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

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

8

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

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

15

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

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

22

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

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

29

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