

# April 2018

## Onalaska Pre K-8 Menu

### Monday

Spring Break  
No School

2

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

9

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

16

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

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

23

BK Sand or Cereal & Blueberry  
Coffee Cake Fruit & Milk

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

30

BK Sand or Cereal & Blueberry  
Coffee Cake Fruit & Milk

### Tuesday

Spring Break  
No School

3

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

10

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

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

17

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

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

24

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

### Wednesday

Spring Break  
No School

4

Strawberry Pancakes  
Baked Ham  
Baked Beans  
Fast Browns  
Assorted Fresh Fruit  
Milk

11

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

18

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

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

25

BK Burrito or Cereal & String  
Cheese, Fruit & Milk

### Thursday

Spring Break  
No School

5

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

12

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

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

19

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

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

26

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

### Friday

No School

6

Other Choices available daily  
are Chef Salad w/ Roll or PB&J  
w/ String Cheese. Both served  
with Fresh Fruit, Vegetables &  
Milk.

BeneFit Bars are a daily  
breakfast entrée choice served  
with Fruit & Milk

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

13

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

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

20

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

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

27

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

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:**

- ½ Cup Dark Green Veggies
- ¾ Cup Red/Orange Veggies
- ½ Cup Legumes/Dried Beans
- ½ Cup Starchy Vegetables
- 1½ Cup of Other & More Veggies
- 2 ½ Cups Fruit, 5 Cups of Milk,
- 8-10oz of Meat/Meat Alternate
- 8-10oz of Whole Grains.

**K-5 Lunch Prices**  
(K-3 Reduced Lunch is Free)

	Full	Reduced
1 Day	\$2.60	K-3 Free/4-5 \$0.40
5 Days	\$13.00	K-3 Free/4-5 \$2.00
20 Days	\$52.00	K-3 Free/4-5 \$8.00

**6th – 8th Lunch Prices**

	Full	Reduced
1 Day	\$2.85	\$0.40
5 Days	\$14.25	\$2.00
20 Days	\$57.00	\$8.00

**K-12 Breakfast**  
(K-12 Reduced Breakfast is Free)

	Full	Reduced
	\$1.75	Free
<b>Preschool</b>		
Reduced	\$0.40	Free
Full Priced	\$2.60	\$1.75

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

## Did You Know...

The Romans called this month Aprilis which may derive from the verb  
aperire meaning "to open", referring to flowers and fruits opening.