

# DECEMBER 2017

## Onalaska Pre K-8 Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

### DID YOU KNOW...

**DECEMBER WAS ORIGINALLY THE TENTH MONTH OF THE YEAR IN THE ROMAN CALENDAR. IT GETS ITS NAME FROM THE LATIN WORD "DECEM" WHICH MEANS TENTH.**

**4**  
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

**5**  
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

**6**  
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

**7**  
Porkerito Burrito or Logger Nachos  
Buttered Corn  
Refried Beans, Salsa  
Assorted Fresh Fruit & Milk  
  
Parfait, Pancakes or Cereal & String Cheese, Fruit & Milk

**1**  
Pizza or Fishwich (Pepperoni, Hawaiian or Chs.)  
Romaine Salad  
Mixed Vegetables,  
Red Vegetable  
Assorted Fresh Fruit & Milk  
  
French Toast Sticks or Cereal & String Cheese, Fruit & Milk

**11**  
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

**12**  
Chicken Teriyaki or Chicken Nuggets  
Brown Rice  
Mashed Potatoes & Gravy  
Buttered Broccoli  
Assorted Fresh Fruit & Milk  
  
Biscuits & Gravy or Cereal & String Cheese, Fruit & Milk

**13**  
Strawberry Pancakes  
Baked Ham  
Baked Beans  
Fast Browns  
Assorted Fresh Fruit & Milk  
  
BK Burrito or Cereal & String Cheese, Fruit & Milk

**14**  
Logger Nachos or Quesadilla  
Buttered Corn  
Refried Beans, Salsa  
Assorted Fresh Fruit & Milk  
  
Parfait, Pancakes or Cereal & String Cheese, Fruit & Milk

**8**  
Pizza or Fishwich (Pepperoni, Hawaiian or Chs.)  
Romaine Salad  
Mixed Vegetables,  
Red Vegetable  
Assorted Fresh Fruit & Milk  
  
French Toast Sticks or Cereal & String Cheese, Fruit & Milk

**15**  
Pizza or Fishwich (Pepperoni, Hawaiian or Chs.)  
Romaine Salad  
Mixed Vegetables,  
Red Vegetable  
Assorted Fresh Fruit & Milk  
Apple Crisp  
  
French Toast Sticks or Cereal & String Cheese, Fruit & Milk

**18**  
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

**19**  
General Tso Chicken or Chicken Nuggets  
Fortune Cookie  
Brown Rice  
Mashed Sweet Potatoes  
Buttered Broccoli  
Assorted Fresh Fruit & Milk  
  
Biscuits & Gravy or Cereal & String Cheese, Fruit & Milk

**20**  
Winter Vacation  
No School  
Dec. 20<sup>th</sup> - Jan 1<sup>st</sup>

**21**

**22**  
No School  
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

**25**  
The Kitchen Crew wishes you a Merry Christmas & a very happy and healthy "2018"!

**26**

**27**

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**29**

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:**

- 1/2 Cup Dark Green Veggies
- 3/4 Cup Red/Orange Veggies
- 1/2 Cup Legumes/Dried Beans
- 1/2 Cup Starchy Vegetables
- 1 1/2 Cup of Other & More Veggies
- 2 1/2 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 |

**6<sup>th</sup> - 8<sup>th</sup> 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    |

|             | Preschool | Lunch  | Breakfast |
|-------------|-----------|--------|-----------|
| 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)