

JANUARY 2018

Onalaska Pre K-8 Menu

MONDAY

No School **1**

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

8
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

15
Martin Luther King Day
No School

22
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

29
BBQ Rib Sandwich, or Chickenwich
Lettuce & Tomato
French Fries
Roasted Chickpeas
Assorted Fresh Fruit & Milk

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

TUESDAY

2
Chicken Nuggets or Orange Chicken
Brown Rice
Mashed Potatoes & Gravy
Buttered Broccoli
Assorted Fresh Fruit & Milk

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

9
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

16
Chicken Teriyaki or Chicken Nuggets
Brown Rice
Mashed Potatoes & Gravy
Buttered Broccoli
Assorted Fresh Fruit & Milk

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

23
General Tso Chicken or Chicken Nuggets
Brown Rice, Fortune Cookie
Mashed Potatoes & Gravy
Buttered Broccoli
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

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

WEDNESDAY

3
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

10
Strawberry Pancakes
Baked Ham
Baked Beans
Fast Browns
Assorted Fresh Fruit & Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

17
Grilled Cheese Sandwich or PB&J and String Cheese
Tomato Soup
Kale Chips, Carrot Sticks
Tater Tots
Assorted Fresh Fruit & Milk

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

24
Spaghetti or Sloppy Joe
Tater Tots
Green Beans, Carrot Sticks
Assorted Fresh Fruit
Oatmeal Cookies & 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

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

THURSDAY

4
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

11
Porkerito Burrito or Logger Nachos
Buttered Corn
Refried Beans, Salsa
Assorted Fresh Fruit & Milk

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

18
Logger Nachos or Quesadilla
Buttered Corn
Refried Beans, Salsa
Assorted Fresh Fruit & Milk

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

25
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

FRIDAY

5
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

12
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

19
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

26
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

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

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

DID YOU KNOW...

JANUARY IS NAMED AFTER THE ROMAN GOD JANUS,
WHO WAS ALWAYS SHOWN AS HAVING TWO HEADS.
HE LOOKED BACK TO THE LAST YEAR AND FORWARD
TO THE NEW ONE.