

MARCH 2018

Onalaska Pre K-8 Menu

Monday

Did You Know...

An old proverb says, "March comes in like a lion, and goes out like a lamb," which is reference to winter ending and spring beginning. Another popular saying is "March is mad as a hare," which is a reference to the animals fighting each other.

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

5

Ntl School Breakfast Week
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

12

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

19

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

26

BK Sand or Cereal & Blueberry
Coffee Cake Fruit & Milk

Tuesday

Teriyaki Beef Dippers or Chicken Nuggets, Cinnamon Roll, Mshd Ptos & Gravy, Broccoli, Assorted Fresh Fruit & Milk

6

Ntl School Breakfast Week
Biscuits & Gravy or Cereal & String Cheese, Fruit & Milk

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

13

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

20

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

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

27

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

Wednesday

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

7

Ntl School Breakfast Week
BK Burrito or Cereal & String Cheese, Fruit & Milk

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

14

BK Burrito or Cereal & String Cheese, Fruit & Milk

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

21

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

28

BK Burrito or Cereal & String Cheese, Fruit & Milk

Thursday

Mid-Winter Break
No School

1

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

8

Ntl School Breakfast Week
Parfait, Pancakes or Cereal & String Cheese, Fruit & Milk

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

15

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

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

22

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

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

29

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

Friday

No School

2

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, Carrot Sticks, Mixed Vegetables, Assorted Fresh Fruit & Milk

9

Ntl School Breakfast Week
French Toast Sticks or Cereal & String Cheese, Fruit & Milk

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

16

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

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

23

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

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

30

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

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