

May 2018

Onalaska Pre K-8 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Screen-Free Week

1

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

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

Screen-Free Week

2

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

BK Burrito or Cereal & String
Cheese, Fruit & Milk

Screen-Free Week

3

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

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

Screen-Free Week

4

Pizza or Fishwich
(Pepperoni, Hawaiian or Chs.)
Romaine Salad
Carrot Sticks, Mixed Vegetables,
Assorted Fresh Fruit & Milk

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

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

7

BK Sand or Cereal & Banana
Bread, Fruit & Milk

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

8

Biscuits & Gravy 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

9

BK Burrito or Cereal & String
Cheese, Fruit & Milk

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

10

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

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

11

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

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

14

BK Sand or Cereal & Banana
Bread, Fruit & Milk

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

15

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

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

16

BK Burrito or Cereal & String
Cheese, Fruit & Milk

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

17

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

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

18

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

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

21

BK Sand or Cereal & Banana
Bread, Fruit & Milk

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

22

Biscuits & Gravy 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

23

BK Burrito or Cereal & String
Cheese, Fruit & Milk

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

24

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

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

25

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

Memorial Day
No School

28

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

Chickenwich or
Hamburger
Lettuce & Tomato
French Fries, Carrot Sticks
Baked Beans & Coleslaw,
Assorted Fresh Fruit & Milk

29

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

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

30

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

31

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

Did you Know...

The birthstone of
May, the emerald,
symbolizes success
and love.

Celebrate National Screen-Free Week
with us! More details on back of menu.

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 |

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 Reduced | Lunch Full Priced | Breakfast Free |
|--|----------------------|----------------------|-------------------|
| | \$0.40 | \$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:
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