

# NOVEMBER 2017

## Onalaska Pre K-8 Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW?

American football is the main sport watched in the United States during this month.

1  
Strawberry Pancakes  
Baked Ham  
Baked Beans  
Fast Browns  
Assorted Fresh Fruit  
Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

2  
Logger Nachos or Quesadilla  
Buttered Corn  
Refried Beans, Salsa  
Assorted Fresh Fruit  
Milk

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

3  
Mac & Cheese or Pizza (Pepperoni or Cheese)  
Romaine Salad  
Mixed Vegetables  
Fresh Red Vegetable  
Assorted Fresh Fruit & Milk

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

6  
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

7  
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

8  
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

9  
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

10  
Veteran's Day  
No School

13  
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

14  
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

15  
Chicken a la King over Biscuits or Hot Dog  
Baked Beans  
Tater Tots  
Assorted Fresh Fruit  
Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

16  
Quesadilla or Logger Nachos  
Buttered Corn  
Refried Beans, Salsa  
Assorted Fresh Fruit  
Milk

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

17  
Mac & Cheese or Pizza (Pepperoni or Chs.)  
Romaine Salad  
Mixed Vegetables  
Fresh Red Vegetable  
Assorted Fresh Fruit & Milk

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

20  
BBQ Rib Sandwich, or Chickenwich  
Lettuce & Tomato  
French Fries  
Roasted Chickpeas  
Assorted Fresh Fruit & Milk

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

21  
Chicken Teriyaki or Chicken Nuggets  
Brown Rice  
Mashed Potatoes & Gravy  
Buttered Broccoli  
Assorted Fresh Fruit & Milk

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

22  
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

23  
Thanksgiving  
No School

24  
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

27  
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

28  
Chicken Nuggets or Orange Chicken  
Brown Rice  
Mashed Potatoes & Gravy  
Buttered Broccoli  
Assorted Fresh Fruit & Milk

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

29  
Spaghetti or Sloppy Joe  
Tater Tots  
Green Beans, Carrot Sticks  
Assorted Fresh Fruit  
Oatmeal Cookies & Milk

BK Burrito or Cereal & String Cheese, Fruit & Milk

30  
Logger Nachos or Quesadilla  
Buttered Corn  
Refried Beans, Salsa  
Assorted Fresh Fruit  
Milk

Parfait, Pancakes 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:

- 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)