

September 2017

Onalaska Pre K-8 Menu

Monday

Did you know...

The name September comes from the Latin Septem for seven, since this was the seventh month of the Roman calendar.

Labor Day
No School

4

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

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

11

BK Sand or Cereal & Blueberry
Coffee Cake Fruit & Milk

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

18

BK Sand or Cereal & Blueberry
Coffee Cake Fruit & Milk

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

25

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

Tuesday

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

8/29

BK Sand or Cereal & Blueberry
Coffee Cake Fruit & Milk

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

5

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

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

12

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

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

19

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

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

26

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

Wednesday

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

8/30

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

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

6

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

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

13

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

20

BK Burrito or Cereal & String Cheese, Fruit & Milk

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

27

BK Burrito or Cereal & String Cheese, Fruit & Milk

Thursday

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

8/31

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

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

7

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

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

14

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

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

21

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

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

28

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

Friday

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

1

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

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

8

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

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

15

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

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

22

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

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

29

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

Visit the Food Service Webpage for information about Online Payments and Free & Reduced Meal Applications.
<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