



Onalaska Elementary School Menu

March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>All meals include your choice of milk: Skim White 1% White Skim Chocolate</p>	<p>THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>Alternate to main entrée is a Deli Sandwich on a Whole Wheat Bun</p>		<p>No School</p>
<p>2019 4</p>	<p>NATIONAL 5</p>	<p>SCHOOL 6</p>	<p>BREAKFAST 7</p>	<p>WEEK 8</p>
<p>Orange Chicken over Whole Grain Brown Rice Stir Fry Veggies Mandarin Oranges Garden Bar</p> <p>Breakfast: WG Pancake on a Stick, fruit, juice, milk</p>	<p>Soft Shell Tacos (WG Shell) Refried Beans/Carrot Coins Pears Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, Fruit, Milk</p>	<p>Spaghetti (WG Pasta) with Plain Sauce and Cheese Whole Grain Breadstick Green Beans Blueberries/ pineapple Garden Bar</p> <p>Breakfast: WG French Toast Sticks, Juice, Milk</p>	<p>Chicken Patty on a Whole Wheat Bun Sweet Potato Waffle Fries Grapes Garden Bar</p> <p>Breakfast: WG Cheese Quesadilla, fruit, juice, milk</p>	<p>WG Cheese Pizza Slice Broccoli Florets Peaches Garden Bar</p> <p>Breakfast: WG Bosco Pretzel Stick/ Tri-Tater, fruit, juice, milk</p>
<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>
<p>Turkey and Gravy over Mashed Potatoes WG Breadstick Apple Slices Garden Bar</p> <p>Breakfast: Cheese Dippers, fruit, juice, milk</p>	<p>Harvest of the Month Cheeseburger on a WG Bun Baked Beans Banana <u>Garden Bar featuring locally grown Edamame</u></p> <p>Breakfast: WG French Toast Sticks, juice, fruit, milk</p>	<p>Meatball sub on a WG Bun Green Beans Slushy Cup Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>WG Fish Sticks/ WG Dinner Roll Au Gratin Potatoes Fruit Cocktail Garden Bar</p> <p>Breakfast: Homemade WG Cinnamon Roll, 2 sausage links, fruit, juice, milk</p>	<p>WG French Toast Sticks 2- Sausage links Tater Tots Pears Garden Bar</p> <p>Breakfast: WG Pancake on a stick, fruit, juice, milk</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>
<p>Chicken Alfredo Bowl with WG Pasta Breadstick Broccoli Spears Pears Garden Bar</p> <p>Breakfast: Uncrustable PB & J, Yogurt Cup, fruit, juice, milk</p>	<p>Bakalar Hot Dog on a WG Bun Baked Beans/ Coleslaw Banana Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>WG Pizza Slice Green Beans Blueberries/ Pineapple Garden Bar</p> <p>Breakfast: Colby Cheese Omelet, muffin, Tri-tater, fruit, juice, milk</p>	<p>Orange Chicken over WG Brown Rice Stir Fry Veggies Mandarin Oranges Garden Bar</p> <p>Breakfast: WG Pancake on a Stick, fruit, juice, milk</p>	<p>WG Chicken Strips WG Scooby Crackers Sweet Potato Bake Peaches Garden Bar</p> <p>Breakfast: WG French Toast, fruit, juice, milk</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p>Walking Tacos (WG Chips) Refried Beans Carrot Coins Pears Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p>Harvest of the Month WG Cheese Dippers Tomato Soup Blueberries/Pineapple <u>Garden Bar featuring locally grown Edamame</u></p> <p>Breakfast: WG Uncrustable PB & J, Yogurt Cup, fruit, juice, milk</p>	<p>Cheeseburger on a WG Bun Oven Fries Apple Slices Garden Bar</p> <p>Breakfast: Sausage Links, Tri-tater, WG Animal Cracker, fruit, juice, milk</p>	<p>WG Popcorn Chicken/WG Dinner Roll Mashed Potatoes/Gravy Whole Kernel Corn Pears/ Garden Bar</p> <p>Breakfast: Pancake on a Stick, fruit, juice, milk</p>	<p>WG Garlic Cheese Bread Pizza, Steamed Broccoli Applesauce Garden Bar</p> <p>Breakfast: Mini Bagels with Cream Cheese, fruit, juice, milk</p>

Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any foods served in the cafeteria