

**ONALASKA HIGH SCHOOL
IN-PERSON LEARNING MENU
NOVEMBER 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">2</p> <p>Orange Chicken over Brown Rice, stir fry veggies, with fruit, and milk</p> <p>Walking Taco with WG Chips, cheese cup, salsa cup, fruit and milk Breakfast: Cereal variety, WG cracker, juice, fruit, milk</p>	<p align="right">3</p> <p>Pizza choice / Sweet potato Fries with fruit, and Milk</p> <p>Chicken Patty on a WG Bun / Oven Fries with fruit, milk Breakfast: WG Muffin/ Cheese Stick, juice, fruit, milk</p>	<p align="right">4</p> <p>Cheeseburger/ Oven Fries, fruit, and milk</p> <p>Bone-in Wings with BBQ sauce cup, fruit, and milk Breakfast: Yogurt Cup/Granola Bites, fruit, juice, milk</p>	<p align="right">5</p> <p>Bone -in Chicken Wings with BBQ sauce, Tri-tater, fruit, and milk</p> <p>French Toast, sausage, tri-tater, fruit, and milk Breakfast: Cereal variety, WG Cracker fruit, juice, milk</p>	<p align="right">6</p> <p>Orange Chicken over Brown Rice, stir fry veggies, with fruit, and milk</p> <p>French Bread Pizza, Oven Fries, fruit and milk Breakfast: WG Pop Tart, WG Cracker, fruit, juice, milk</p>
<p align="right">9</p> <p>Chicken Tenders, mashed Potatoes/gravy, fruit, and milk</p> <p>Cheeseburger on a WG Bun, Carrot Coins, fruit, and milk Breakfast: Yogurt cup/Granola Bites, juice, fruit, milk</p>	<p align="right">10</p> <p>Turkey Gravy over Biscuits, Green Peas, fruit, and milk</p> <p>BBQ Pulled Pork on a WG Bun, Carrot Coins, fruit, and Milk Breakfast: WG Pop Tart, WG Cracker, fruit, juice, milk</p>	<p align="right">11</p> <p>French Bread Pizza, Sweet Potato Fries, fruit, milk</p> <p>Orange Chicken over Brown Rice, stir fry Veggies, fruit and milk Breakfast: Cereal variety, WG Cracker, juice, fruit, milk</p>	<p align="right">12</p> <p>Turkey Gravy over Biscuits, Green Peas, fruit, and milk</p> <p>BBQ Pulled Pork on a WG Bun, Carrot Coins, fruit, and Milk Breakfast: WG Pumpkin Breakfast Bread, fruit, juice, milk</p>	<p align="right">13</p> <p>Chicken Tenders, mashed Potatoes/gravy, fruit, and milk</p> <p>Cheeseburger on a WG Bun, Carrot Coins, fruit, and milk Breakfast: Cereal variety, WG Cracker, juice, fruit, milk</p>
<p align="right">16</p> <p>Pizza choice / Sweet potato Fries with fruit, and Milk</p> <p>Chicken Patty on a WG Bun / Oven Fries with fruit, milk Breakfast: WG Pop Tart, WG Cracker, fruit, juice, milk</p>	<p align="right">17</p> <p>Orange Chicken over Brown Rice, stir fry veggies, with fruit, and milk</p> <p>Walking Taco with WG Chips, cheese cup, salsa cup, fruit and milk Breakfast: WG Muffin/ Cheese Stick, juice, fruit, milk</p>	<p align="right">18</p> <p>Chicken Tenders, mashed Potatoes/gravy, fruit, and milk</p> <p>Meatballs/ Gravy, mashed potatoes, fruit, and milk Breakfast: Cereal variety, WG cracker, juice, fruit, milk</p>	<p align="right">19</p> <p>Orange Chicken over Brown Rice, stir fry veggies, with fruit, and milk</p> <p>Walking Taco with WG Chips, cheese cup, salsa cup, fruit and milk Breakfast: Yogurt cup, Granola Bites, juice, fruit, milk</p>	<p align="right">20</p> <p>Pizza choice / Sweet potato Fries with fruit, and Milk</p> <p>Chicken Patty on a WG Bun / Oven Fries with fruit, milk Breakfast: WG Pumpkin Breakfast Bread, fruit, juice, milk</p>
<p align="right">23</p> <p>Bone -in Chicken Wings with BBQ sauce, Tri-tater, fruit, and milk</p> <p>French Toast, sausage, tri-tater, syrup cup, fruit, and milk Breakfast: WG Banana Breakfast Bread, fruit, juice, milk</p>	<p align="right">24</p> <p>Chicken Alfredo/ Rotini Pasta, Breadstick, Broccoli Spears, fruit, and milk</p> <p>Turkey Gravy over Biscuits, Green Peas, fruit, and milk Breakfast: Cereal variety, WG cracker, juice, fruit, milk</p>	<p align="center">25</p> <p align="center">No School</p>	<p align="center">26</p> <p align="center">No School</p>	<p align="center">27</p> <p align="center">No School</p>
<p align="right">30</p> <p>Chicken Alfredo over Rotini Pasta, Breadstick, Broccoli Spears, fruit, and milk</p> <p>Turkey Gravy over Biscuits, Green Peas, fruit, and milk Breakfast: WG Muffin/ Cheese Stick, fruit, juice, milk</p>	<p align="right">31</p> <p>Bone -in Chicken Wings with BBQ sauce, Tri-tater, fruit, and milk</p> <p>French Toast, sausage, tri-tater, syrup cup, fruit, and milk Breakfast: Cereal variety, WG cracker, juice, fruit, milk</p>	<p align="center">25</p> <p align="center">No School</p>	<p align="center">26</p> <p align="center">No School</p>	<p align="right">30</p> <p align="center">Menu is subject to change without notice</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