

ONALASKA VIRTUAL ATTENDANCE MENU
NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Deli Ham and Cheese Sandwich on Bread Mayo/Mustard Pkt Tossed Salad Cup/ Dressing Fruit of the Day Milk Breakfast: Cereal variety, WG Cracker, juice, fruit, milk	3 Turkey Coins/Cheese Stick WG Veggie Crackers Fresh Veggies/ Ranch Cup Fruit of the Day Milk Breakfast: WG Muffin, Cheese Stick, juice, fruit, milk	4 Chicken Salad Sandwich on a WG Bun Tossed Salad Cup/Dressing Apple Slices Milk Breakfast: Yogurt Cup/Granola Bites, juice, fruit, milk	5 Taco Salad with Cheese Cup and WG Chips Salsa Cup Blueberries Milk Breakfast: Cereal variety, WG Cracker fruit, juice, milk	6 Turkey Sub on a Hoagie Bun Mayo/Mustard Pkt Baby Carrots Fruit of the Day Milk Breakfast: WG Pop Tart, WG Cracker, fruit, juice. milk
9 Pepperoni/ Cheese "Stackable" with Marinara Cup Crasins Milk Breakfast: Yogurt cup, Granola Bites, juice, fruit, milk	10 Ham and Cheese Sandwich on WG Bread Mayo and Mustard Pkt Fruit & Veggie Juice Fruit of the Day Milk Breakfast: WG Mini Pancakes, juice, fruit, milk	11 Chicken Salad Sandwich on a WG Bun Cheese Stick Fresh Veggies with Ranch Dipping Cup Slushy Cup Milk Breakfast: Cereal variety, WG Cracker, juice, fruit, milk	12 Turkey Coins/ Cheese Cubes WG Veggie Crackers Tossed Salad Cup/ Dressing Fruit of the Day Milk Breakfast: Yogurt cup, Granola Bites, juice, fruit, milk	13 WG Uncrustable PB&J/ Cheese Stick WG Cracker Fresh Veggies with Ranch Dipping Cup Strawberry Cup Milk Breakfast: WG Pumpkin Breakfast Bread, fruit, juice. milk
16 Turkey Coins/ Cheese Cubes WG Veggie Crackers Tossed Salad Cup featuring locally grown Tomatoes Apple Slices/ Milk Breakfast: WG Pop Tart, WG Cracker, fruit, juice. milk	17 Turkey/ Ham and Cheese Sub on a WG Hoagie Bun Mayo and Mustard Pkt Baby Carrots Crasins and Milk Breakfast: Breakfast: Yogurt cup, Granola Bites, juice, fruit, milk	18 Taco Salad with Chips and Cheese Cup Salsa Cup Fruit of the Day Milk Breakfast: Cereal variety, WG cracker, juice, fruit, milk	19 WG Uncrustable PB&J/ Cheese Stick WG Cracker Fresh Veggies with Ranch Dipping Cup Strawberry Cup Milk Breakfast: WG Mini Pancakes, juice, fruit, milk	20 Pepperoni/ Cheese "Stackable" with Marinara Cup Crasins Milk Breakfast: WG Muffin, fruit, juice. milk
23 Chicken Salad Sandwich on a WG Bun/ Cheese Stick Fruit & Veggie Juice Apple Slices Milk Breakfast: WG Banana Breakfast Bread, fruit, juice. milk	24 Turkey/ Ham and Cheese Sub Fresh Veggies with Ranch Dipping Cup Fruit of the Day Milk Breakfast: Cereal variety, WG cracker, juice, fruit, milk	No School	No School	No School
30 Pepperoni/ Cheese "Stackable" with Marinara Cup Crasins Milk Breakfast: WG Muffin, fruit, juice. milk	31 Turkey/ Ham and Cheese Sub Mayo and Mustard Pkt Tossed Salad Cup/ Dressing Fruit of the Day Milk Breakfast: WG Pop Tart, WG Cracker, fruit, juice. milk	Menu is subject to change without notice		<u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u>

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