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# ONALASKA HIGH SCHOOL MENU

## SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>Labor Day Holiday</b>	3  ) Orange Chicken over Brown Rice 2) Cheese Dippers and Tomato Soup 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar  <b>Breakfast: WG Pancake on a Stick, fruit, juice, milk</b>	4  1)Chicken/ Gravy over Biscuits 2)Baked Potato with Broccoli/Cheese, Breadstick 3) Pizza Pasta Bake, Breadstick All lines: Broccoli Florets, Garden Bar  <b>Breakfast: WG Cheese Quesadilla with Salsa,, fruit, juice, milk</b>	5  1)Chicken Strips/Chicken Gravy 2) Meatballs/ Brown Gravy 3) Chicken Strips/ Chicken Gravy All lines: Mashed Potatoes/ Gravy, WG Dinner Roll, Garden Bar <b>Breakfast: Breakfast Sandwich on a Bagel(, fruit, juice, milk</b>	6  1)Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo and Garlic Bread 2) Mini Pancakes, sausage, and omelet 3) same as line 1 All lines: Green Peas and Garden Bar <b>Breakfast: Breakfast Pizza, fruit, juice, milk</b>
9  1)Kickin Chicken Sandwich (Grilled Chicken Patty, Bacon and Pepper Jack) 2)Fish Sandwich with cheese 3) Kickin Chicken Sandwich All Lines: Tri-Tater, Garden Bar  <b>Breakfast: Mini Pancakes, fruit, juice, milk</b>	10  <b><u>Harvest of the Month</u></b> 1) Orange Chicken over Brown Rice 2) Meatball Sub 3) Orange Chicken over Brown Rice All lines: <b><u>Locally Grown Tomatoes on the Garden Bar</u></b> <b>Breakfast: French Toast Sticks and sausage, fruit, juice, milk</b>	11  1)Chicken Fajitas with peppers and onions 2)Mini Corn Dogs 3) Chicken Fajitas with peppers and onions All lines: Green Beans, Garden Bar  <b>Breakfast: Breakfast Pizza, fruit, juice, milk</b>	12  1)Mexican Rice Bowl with Beef or Chicken and Chips 2) Omelet, 2- sausage links, WG muffin 3) Mexican Rice Bowl with Beef or Chicken and Chips All Lines; Roasted Cauliflower, Garden Bar  <b>Breakfast: Mini Bagels with Cream Cheese, fruit, juice, milk</b>	13  1)Chicken Patty on a Bun 2)Pizza Pasta Bake 3) Cheeseburger or Mushroom/Swiss Burger on a Bun All Lines: Cole Slaw/ Garden Bar  <b>Breakfast: Uncrustable PB &amp; J, fruit, juice, milk</b>
16  1) Chicken Panini on a Ciabatta Bun 2) Cheeseburger on a Bun 3) Chicken Panini on a Ciabatta Bun All Lines: Oven Fries, Garden Bar  <b>Breakfast: Bosco Pretzel Stick and Tri-Tater, fruit, juice, milk</b>	17  1)Orange Chicken over Brown Rice 2) Mini Corn Dogs 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar  <b>Breakfast: Sausage, Muffin, Tri-Tots, fruit, juice, milk</b>	18  <b><u>Harvest of the Month</u></b> 1) Pizza Choices 2) Cheese Dippers and Tomato Soup 3) Pizza Choices All lines: <b><u>Locally Grown Tomatoes on the Garden Bar</u></b> <b>Breakfast: Mini Pancakes, fruit, juice, milk</b>	19  1)Chicken Patty on a Bun 2) Meatballs/ Dinner Roll 3) Chicken Patty on a Bun All Lines: Mashed Potatoes/ gravy, Garden Bar  <b>Breakfast: Breakfast Pizza, fruit, juice, milk</b>	20  1) Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo and Garlic Bread 2) Kickin 'Chicken Sandwich 3) same as line 1 All Lines: Whole Kernel Corn <b>Breakfast: Breakfast Sandwich on a Bagel, fruit, juice, milk</b>
23  1)Walking Tacos 2)Bakalar Hot Dog on a WG Bun 3) Walking tacos All lines: Baked Beans, Garden Bar  <b>Breakfast: Uncrustable PB &amp;J, fruit, juice, mil</b>	24  1) Orange Chicken over Brown Rice 2)Pizza Pasta Bake 3) Orange Chicken over Brown Rice All lines: Stir Fry Veggies, Garden Bar  <b>Breakfast: WG Cheese Quesadilla with Salsa, fruit, juice, milk</b>	25  )Pizza Choices 2) Chicken Patty on a WG Bun 3) Pizza Choices All Lines: Oven Fries, Garden Bar  <b>Breakfast: French Toast, sausage, fruit, juice, milk</b>	26  1) Mexican Rice Bowl with Beef or Chicken and Chips 2) Omelet, 2-sausage links, WG Muffin 3) 1) Mexican Rice Bowl with Beef or Chicken and Chips All lines: Roasted Broccoli, Garden Bar <b>Breakfast: Bosco Pretzel Stick, Tri- tater, fruit, juice, milk</b>	27  1)Pasta Bowl with Beef or Chicken and choice of Red Sauce or Alfredo and Garlic Bread 2)Cheeseburger or Mushroom Swiss Burger on a Bun 3) same as line 1 All Lines: Green Beans, Garden Bar <b>Breakfast: Breakfast Pizza, fruit, juice, milk</b>
30  1)Chicken Patty on a WG Bun 2)Cheeseburger on a WG Bun 3)Bakalar Brat and Kraut on a WG Bun All lines: Au gratin Potatoes, Garden Bar  <b>Breakfast: WG Pancake on a Stick, fruit, juice, milk</b>				

**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**