



ONALASKA MIDDLE SCHOOL MENU

JANUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu is subject to change without notice</p> <p style="text-align: center;">Fresh Garden Bar and milk choices available daily</p> <p>Alternate Entrée is a deli sandwich</p>	<p>1</p> <p style="font-size: 2em;">No School</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">WG Chicken Patty on a WG Bun Baked Beans Peaches Garden Bar</p> <p>Breakfast: WG French Toast Sticks, fruit, juice, milk</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">WG French Bread Pizza or WG Mini CornDogs Tomato Soup Banana Garden Bar</p> <p>Breakfast: WG Ultimate Breakfast Round with yogurt cup, fruit, juice, milk</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">WG Fish Sticks & WG Mac-N-Cheese Green Beans Pineapple Tidbits Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>
<p style="text-align: right;">7</p> <p style="text-align: center;">Orange Chicken over Brown Rice Stir Fry Veggies Pears Garden Bar</p> <p>Breakfast: WG French Toast Sticks, fruit, juice, milk</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">WG French Toast Sticks/ Colby Cheese Omelet Hash Rounds Orange Slices Garden Bar</p> <p>Breakfast: Breakfast Sandwich on a WG Bagel, fruit, juice, milk</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">WG Spaghetti with Meatballs or Plain Sauce Breadstick Carrot Coins Peaches Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p style="text-align: center;">10</p> <p style="text-align: center;"><u>Harvest of the Month</u> Cheeseburger on a WG Bun Oven Fries <u>Cole Slaw Featuring locally grown Cabbage</u> Apple Slices/Garden Bar</p> <p>Breakfast: WG Uncrustable PB & J, fruit, juice, milk</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">Meatballs and Gravy over Mashed Potatoes WG Dinner Roll Fruit Cocktail Garden Bar</p> <p>Breakfast: WG Ultimate Breakfast Round, Yogurt Cup, fruit, juice, milk</p>
<p style="text-align: right;">14</p> <p style="text-align: center;">WG Chicken Patty on a WG Bun Oven Fries Blueberries/ Pineapple Garden Bar</p> <p>Breakfast: WG French Toast Sticks, fruit, juice, milk</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Cheeseburger on a WG Bun Baked Beans Grapes Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">WG Popcorn Chicken Bowl with Mashed Potatoes and Gravy/Corn Dinner Roll Mandarin Oranges Garden Bar</p> <p>Breakfast: WG Cheesy Bosco Pretzel Stick, Tater Tots, fruit, juice, milk</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">Walking Tacos with WG Chips Green Beans Peaches Garden Bar</p> <p>Breakfast: WG Uncrustable PB & J, fruit, juice, milk</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">Early Dismissal Day and OMS Healthy Hobby Day: No Breakfast or lunch served</p> <p style="text-align: center;">AM Snack provided for Healthy Hobby Day</p>
<p style="text-align: center; font-size: 1.5em;">No School</p> <div style="text-align: center;"> </div> <p style="text-align: right;">21</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Orange Chicken over Brown Rice Stir Fry Veggies Mandarin Oranges Garden Bar</p> <p>Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">WG French Bread Pizza or WG Mini Corn Dogs Tomato Soup Pineapple Garden Bar</p> <p>Breakfast: Breakfast Sandwich on a WG Bagel, fruit, juice, milk</p>	<p style="text-align: center;">24</p> <p style="text-align: center;"><u>Harvest of the Month</u> WG Fish Sticks & WG Mac-N-Cheese <u>Cole Slaw Featuring locally grown Cabbage</u> Peaches/ Garden Bar</p> <p>Breakfast: Sausage Links, WG Muffin, Tri-tater, fruit, juice, milk</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">WG Chicken Alfredo Bowl WG Breadstick/ Steamed Broccoli Orange Slices Garden Bar</p> <p>Breakfast: WG Uncrustable PB & J, fruit, juice, milk</p>
<p style="text-align: center;">Walking Tacos with WG Chips Green Beans Peaches Garden Bar</p> <p>Breakfast: WG Breakfast Pizza, fruit, juice, milk</p> <p style="text-align: right;">28</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Orange Chicken over Brown Rice Stir Fry Veggies Mandarin Oranges Garden Bar</p> <p>Breakfast: WG French Toast Sticks, fruit, juice, milk</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Cheeseburger on a WG Bun Oven Fries Grapes Garden Bar</p> <p>Breakfast: WG Pancake on a Stick, fruit, juice, milk</p>	<p style="text-align: center;">31</p> <p style="text-align: center;">Chicken Patty on a WG Bun Steamed Broccoli Applesauce Garden Bar</p> <p>Breakfast: WG Uncrustable PB & J, fruit, juice, milk</p>	<p style="text-align: center;"><u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u></p> <div style="text-align: center;"> </div>

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