



# Onalaska Middle School Menu

## March 2019



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