



ONALASKA MIDDLE SCHOOL MENU

SEPTEMBER 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 No School Labor Day Holiday	3 Walking Tacos with WG Chips Whole Kernel Corn Orange Slices Garden Bar Breakfast: WG Pancake on a Stick, fruit, juice, milk	4 WG Fish Sticks. WG Goldfish Crackers Oven Fries Peaches Garden Bar Breakfast: WG Cheese Quesadilla with Salsa,, fruit, juice, milk	5 WG Chicken Strips/ WG Dinner Roll Mashed Potatoes/Gravy Grapes Garden Bar Breakfast: Breakfast Sandwich on a WG Bagel, fruit, juice, milk	6 Colby Cheese Omelet, 2- sausage links, Tri- Tater WG Animal Crackers Applesauce Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice. milk
9 Orange Chicken over Brown Rice Stir Fry Veggies Mandarin Oranges Garden Bar Breakfast: WG Mini Pancakes, fruit, juice, milk	10 <u>Harvest of the Month</u> Meatball Sub with Mozzarella on WG Brick Oven Bread Carrot coins Apple Slices <u>Garden Bar featuring locally grown Tomatoes</u> Breakfast: WG French Toast Sticks, 2 sausage, fruit, juice, milk	11 WG Cheese Dippers with Tomato Soup Green Peas Pears Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk	12 Cheeseburger on a WG Bun Oven Fries Fruit Slushy Cup Garden Bar Breakfast: WG Mini Bagels / Cream Cheese, fruit, juice, milk	13 WG Chicken Alfredo Bowl with Breadstick Broccoli Spears Orange Slices Garden Bar Breakfast: Uncrustable PB & J, fruit, juice, milk
16 WG Soft Shell Tacos Whole Kernel Corn Pears Garden Bar Breakfast: WG Bosco Pretzel Stick and Tri- Tater, fruit, juice, milk	17 Bakalar Hot Dog on a WG Bun Baked Beans / Cole Slaw Applesauce Garden Bar Breakfast: Sausage, WG Muffin, Tater Tots, fruit, juice, milk	18 <u>Harvest of the Month</u> WG Spaghetti with plain sauce and cheese Garlic Breadstick Banana <u>Garden Bar featuring locally grown Tomatoes</u> Breakfast: WG Mini Pancakes, fruit, juice, milk	19 WG Chicken Nuggets and Oven Fries Pineapple Tidbits Garden Bar Breakfast: WG Breakfast Pizza, fruit, juice, milk	20 Orange Chicken over Brown Rice Stir Fry Veggies Mandarin Oranges Garden Bar Breakfast: Breakfast Sandwich on a WG Bagel, fruit, juice, milk
23 WG French Toast sticks, 2 - Sausage Links, Tri-tater Orange Slices Garden Bar Breakfast: WG Uncrustable PB & J, fruit juice, milk	24 WG Fish Sticks. WG Goldfish Crackers Oven Fries Peaches Garden Bar Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk	25 Orange Chicken over Brown Rice Stir Fry Veggies Mandarin Oranges Garden Bar Breakfast: WG French Toast, 2 sausage, fruit, juice, milk	26 Meatballs/ / WG Dinner Roll Mashed Potatoes/Gravy Steamed Broccoli Banana/ Garden Bar Breakfast: Bosco Pretzel Stick, Tri- Tater, fruit, juice, milk	27 Chicken Strips with Dip Carrot Coins Applesauce Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk
30 Bakalar Brat and Kraut on a WG Bun Au Gratin Potatoes Pears Garden Bar Breakfast: WG Pancake on a Stick, Fruit, Juice, Milk			Fresh Garden Bar and milk choices available daily Alternate Entrée is Pizza Variety	<u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u> Menu is subject to change without notice

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