

**ONALASKA HIGH SCHOOL MENU
OCTOBER 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change without notice	USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER		1	2
5 No School	6	7	8	9
12	13	14	15	16 No School
19	20	21	22	23
26 Pizza choice / Sweet potato Fries with fruit, and Milk Chicken Tenders BBQ sauce Cup / Oven Fries with fruit, milk Breakfast: WG Muffin, fruit, juice. milk	27 Orange Chicken over Brown Rice, stir fry veggies, with fruit, and milk Walking Taco with WG Chips, cheese cup, salsa cup, fruit and milk Breakfast: WG Pop Tart, WG Cracker, fruit, juice. milk	28 Chicken Nuggets Ranch cup, Baked Beans, fruit, and milk BBQ Pulled Pork Sandwich on a Hoagie Bun, Baked Beans, fruit, and milk Breakfast: Cereal variety, WG cracker, juice, fruit, milk	29 Orange Chicken over Brown Rice, stir fry veggies, with fruit, and milk French Bread Pizza, Oven Fries, fruit and milk Breakfast: Yogurt Cup, WG Muffin, fruit, juice. milk	30 Bone -in Chicken Wings with BBQ sauce, Tri-tater, fruit, milk French Toast, sausage, tri-tater, fruit, and milk Breakfast: WG Mini Pancakes, juice, fruit, milk

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