

# ONALASKA MIDDLE SCHOOL MENU

## JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WG Pizza Available Daily</b>	<b>Fresh Garden Bar and milk choices available daily</b>  <u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u>	<b>Menu is subject to change without notice</b>	<sup>2</sup> WG Chicken Nuggets or WG Corn Dog Baked Beans Orange Slices/Blueberries Garden Bar  <b>Breakfast: French Toast, 2 sausage links, fruit, juice, milk</b>	<sup>3</sup> Cheese Omelet/ and WG Muffin or Pancake on a Stick with syrup cup Tater Tots / Mandarin Oranges Garden Bar  <b>Breakfast: Breakfast Pizza, fruit, juice, milk</b>
<sup>6</sup> Orange Chicken or Teriyaki Meatballs over WG Ramen Noodles Stir Fry Veggies/ Peaches Garden Bar <b>Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk</b>	<sup>7</sup> WG Chicken Nuggets or WG Corn Dog WG Mac-N-Cheese /Green Peas Pineapple/Blueberries & Garden Bar <b>Breakfast: WG Muffin, Cheese Omelet, fruit, juice, milk</b>	<sup>8</sup> WG Spaghetti with Cheese/ WG Garlic Knot Breadstick or WG Toasted Cheese Ravioli /Marinara Green Beans, Garden Bar/ Banana <b>Breakfast: Uncrustable PB &amp; J, Yogurt Cup, fruit, juice, milk</b>	<sup>9</sup> Pork Carnitas or Chicken Fajita with Grilled Peppers on a WG Soft Shell Whole Kernel Corn Applesauce/Blueberries/Garden Bar <b>Breakfast: Breakfast Pizza, fruit, juice, milk</b>	<sup>10</sup> Cheeseburger or Chicken Patty on a WG Bun Sweet Potato Fries /Hot Cinnamon Apples Garden Bar <b>Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</b>
<sup>13</sup> WG Popcorn Chicken or Turkey/Gravy with Mashed Potatoes and Gravy Pears/ WG Biscuit/ Garden Bar <b>Breakfast: WG French Toast, Sausage, fruit, juice, milk</b>	<sup>14</sup> Chicken Patty on a WG Bun or Garlic French Bread with Tomato Soup Carrot Coins Mixed Fruit cup/ Garden Bar <b>Breakfast: WG Cheese Quesadilla &amp; Salsa, Tater Tots, fruit, juice, milk</b>	<sup>15</sup> WG Chicken Patty or Crispy Fish Sticks WG Mac-N-Cheese /Green Beans Mandarin Oranges/ Garden Bar <b>Breakfast: Breakfast Pizza, fruit, juice, milk</b>	<sup>16</sup> Orange Chicken or Teriyaki Meatballs over WG Ramen Noodles Stir Fry Veggies/ Peaches Slushy Cup/ Garden Bar <b>Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk</b>	<sup>17</sup> <b>Early Dismissal Day No Lunch Served at OMS</b>  <b>Breakfast: WG Muffin, Cheese Omelet, fruit, juice, milk</b>
<b>No School</b>	<sup>21</sup> Cheese Omelet/ and WG Muffin or Pancake on a Stick with syrup cup Tater Tots/ Applesauce Garden Bar  <b>Breakfast: Breakfast Pizza, fruit, juice, milk</b>	<sup>22</sup> Pork Carnitas or Chicken Fajita with Grilled Peppers on a WG Soft Shell Whole Kernel Corn Pears /Blueberries Garden Bar <b>Breakfast: WG Cheese Quesadilla &amp; Salsa, Tater Tots, fruit, juice, milk</b>	<sup>23</sup> <b><i>Farm to School Harvest of the Month</i></b> Chicken Alfredo with WG Rotini/ Breadstick Or WG Breaded Ravioli / Marinara <b>Locally Grown Carrots</b> Mixed Fruit cup/ Garden Bar <b>Breakfast: Uncrustable PB &amp; J, Yogurt , fruit, juice, milk</b>	<sup>24</sup> WG Chicken Patty or Crispy Fish Sticks WG Mac-N-Cheese /Broccoli Mandarin Oranges/ Garden Bar <b>Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk</b>
<sup>27</sup> WG Chicken Patty or Cheeseburger On a WG Bun Baked Beans, Apple Slices/ Garden Bar <b>Breakfast: French Toast, 2 sausage links, fruit, juice, milk</b>	<sup>28</sup> WG Pancake on a Sick/ Syrup Cup or Uncrustable PB&J with Colby Cheese Stick Sweet Potato Fries/ Strawberry Cup Garden Bar <b>Breakfast: WG Cheese Quesadilla &amp; Salsa, Tater Tots, fruit, juice, milk</b>	<sup>29</sup> WG Chicken Nuggets or Turkey/Gravy with Mashed Potatoes and Gravy Green Peas Pears/ WG Biscuit/ Garden Bar  <b>Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk</b>	<sup>30</sup> WG Spaghetti with Cheese/ WG Garlic Knot Breadstick or WG Toasted Cheese Ravioli /Marinara Green Beans, Garden Bar/ Banana <b>Breakfast: Uncrustable PB &amp; J, Yogurt Cup, fruit, juice, milk</b>	<sup>31</sup> Cheeseburger or Chicken Patty on a WG Bun Oven Fries /Hot Cinnamon Apples Garden Bar <b>Breakfast: Breakfast Pizza, 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**