

# ONALASKA HIGH SCHOOL MENU

## JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change without notice	Fresh Garden Bar and milk choices available daily  <u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u>		2 Line 1: Potato Pierogis and Bratwurst Line 2: Soft Shell Pork Carnitas/Peppers Line 3: Pizza Variety All Lines: Carrot Coins/ Garden Bar  Breakfast: French Toast, 2 sausage links, fruit, juice, milk	3 Line 1: Orange Chicken/ Ramen Noodles Line 2: Chicken Panini on a Ciabatta Line 3: Same as line 1 All Lines: Stir Fry Veggies, Garden Bar  Breakfast: Breakfast Pizza, fruit, juice, milk
6 Line 1: Walking Taco Line 2: WG Cheese Ravioli / Marinara Line 3: Chicken Patty on a WG Bun All Lines: Green Beans, Garden Bar  Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk	7 Line 1) WG Chicken Strips Line 2) Meatballs/ Gravy Line 3) WG Chicken Strips All lines: WG Dinner Roll, Mashed Potatoes & Gravy , Garden Bar Breakfast: WG Muffin, Cheese Omelet, fruit, juice, milk	8 Line 1) WG Orange Chicken / Ramen Noodles Line 2) Teriyaki Meatballs / Ramen Noodles Line 3) WG Orange Chicken /Brown Rice All lines: Stir Fry Veggies, Garden Bar  Breakfast: Uncrustable PB & J, Yogurt Cup, fruit, juice, milk	9 Line 1) Meatball Sub/ Mozzarella WG Hoagie Line 2) WG Uncrustable /WG Sun Chips Line 3) Chicken Alfredo/ WG Rotini/ Garlic Knot All lines: Oven Fries, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	10 Line 1) WG Chicken and Waffles Line 2) Cheeseburger or Mushroom Swiss Burger on a WG Bun Line 3) WG Chicken and Waffles All Lines: Baked Beans, Garden Bar Breakfast Sandwich on a WG Biscuit, fruit, juice, milk
13 Line 1) WG Grilled Cheese Sandwich/ Tomato Soup Line 2) WG Cheese Ravioli / Marinara Line 3) WG Chicken Patty on a Bun All lines: Wedge Fries, Garden Bar Breakfast: WG French Toast, Sausage, fruit, juice, milk	14 Line 1) BBQ Pulled Pork on a WG Bun Line 2) WG Spaghetti/ cheese/ Garlic Knot Line 3) Pizza Variety All lines: Carrot Coins, Garden Bar Breakfast: WG Cheese Quesadilla & Salsa, Tater Tots, fruit, juice, milk	15 Line 1) WG Corn Dog Line 2) WG Chicken Nuggets Line 3) 2 WG Uncrustable PB&J' All Lines: WG Mac & Cheese ,and Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	16 Line 1) WG French Toast Sticks / Sausage Line 2) Deli Sub Sandwich , on a WG Hoagie Line 3) Chicken Fajita on a WG Shell All lines: Whole Kernel Corn , Garden Bar Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk	17 <b>Early Dismissal Day No Lunch at OHS</b>  Breakfast: WG Muffin, Cheese Omelet, fruit, juice, milk
20 <b>No School</b>	21 Line 1: Pork Carnitas on a Soft Shell Line 2: WG Chicken Patty on a WG Bun Line 3: Chicken Fajitas/ Peppers/ Onions All Lines: Tater Tots, Garden Bar  Breakfast Pizza, fruit, juice, milk	22 Line 1) WG French Toast Sticks / Sausage Line 2) Deli Sub Sandwich , on a WG Hoagie Line 3) WG Cheese Ravioli / Marinara All lines: Whole Kernel Corn , Garden Bar  Breakfast: WG Cheese Quesadilla & Salsa, Tater Tots, fruit, juice, milk	23 <b><u>Farm to School Harvest of the Month</u></b> Line 1) WG Orange Chicken / Ramen Noodles Line 2) Teriyaki Meatballs / Ramen Noodles Line 3) WG Orange Chicken /Brown Rice All lines: <u>Locally Grown Carrots</u> , Garden Bar Breakfast: Uncrustable PB & J, Yogurt , fruit, juice, milk	24 Line 1) WG Chicken and Waffles Line 2) Cheeseburger or Mushroom Swiss Burger on a WG Bun Line 3) WG Chicken and Waffles All Lines: Baked Beans, Garden Bar Breakfast: WG Chicken Breakfast Biscuit with Honey, fruit, juice, milk
27 Line 1: Walking Taco Line 2: Mexican Rice Bowl Line 3: Chicken Patty on a WG Bun All Lines: Green Beans, Garden Bar Breakfast: French Toast, 2 sausage links, fruit, juice, milk	28 Line 1) Meatball Sub/ Mozzarella WG Hoagie Line 2) WG Uncrustable /WG Sun Chips Line 3) Chicken Alfredo/ WG Rotini/ Garlic Knot All lines: Oven Fries, Garden Bar  Breakfast: WG Cheese Quesadilla & Salsa, Tater Tots, fruit, juice, milk	29 Line 1) WG Chicken and Waffles Line 2) Cheeseburger or Mushroom Swiss Burger on a WG Bun Line 3) WG Chicken and Waffles All Lines: Baked Beans, Garden Bar Breakfast: Breakfast Sandwich on a WG Biscuit, fruit, juice, milk	30 Line 1) WG Chicken Strips Line 2) Meatballs with Gravy Line 3) WG Chicken Strips All lines: Mashed potatoes/ WG Dinner Roll, Garden Bar Breakfast: Uncrustable PB & J, Yogurt Cup, fruit, juice, milk	31 Line 1) WG Orange Chicken / Ramen Noodles Line 2) Teriyaki Meatballs / Ramen Noodles Line 3) WG Orange Chicken /Brown Rice All lines: Stir Fry Veggies, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, 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