ONALASKA MIDDLE SCHOOL MENU
OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **Early Dismissal Day** **No lunch served** **Breakfast: Mini Bagels with Cream Cheese, fruit, juice, milk**	2 **No School**
5 Choice 1: Cheeseburger / WG Bun Choice 2: Chicken Alfredo/ Breadstick Choice 3: WG Pizza Choice 4: Sub Sandwich Station Roasted Broccoli, Peaches, Garden Bar **Breakfast: WG French Toast/ Sausage, fruit, juice, milk**	6 Choice 1: Swedish Meatballs /WG Dinner Roll Choice 2: Chicken Strips /WG Dinner Roll Choice 3: WG Pizza Choice 4: Sub Sandwich Station Mashed Potatoes/ Gravy Carrot Coins /Peaches/ Slushy Cup / Garden Bar **Breakfast: WG Breakfast Bagel, fruit, juice, milk**	7 Choice 1: WG Chicken and Waffles Choice 2: Cook's Choice Variety Choice 3: WG Pizza Choice 4: Sub Sandwich Station Baked Beans/ Grapes/ Garden Bar **Breakfast: Egg Bites/ Sausage Links, Fruit, Juice, Milk**	8 Choice 1: WG Chicken Nuggets Choice 2: Bakalar Hot Dog on a WG Bun Choice 3: WG Pizza Choice 4: Sub Sandwich Station Mac-n-Cheese/ Peas/Peaches/Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**	9 Choice 1: WG Walking Tacos/ Fritos Choice 2: Chicken Patty on a WG Bun Choice 3: WG Pizza Choice 4: Sub Sandwich Station Oven Fries/ Pineapple/ Blueberries/ Garden Bar **Breakfast: WG Muffin, Tri-Tater, fruit, juice, milk**
12 Choice 1: WG Chicken Patty on a WG Bun Choice 2: Cheeseburger on a WG Bun Choice 3: WG Pizza Choice 4: Sub Sandwich Station Onion Rings, Slushy Cup, Garden Bar **Breakfast: WG Breakfast Bagel, fruit, juice, milk**	13 Choice 1: French Toast / sausage Choice 2: Scalloped Potatoes & Ham/ Bosco Stick Choice 3: WG Pizza Choice 4: Sub Sandwich Station Peas, Applesauce/ Banana/ Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**	14 Choice 1: WG Spaghetti and Meatballs or Sauce/ Cheese/ WG Garlic Breadstick Choice 2: Meatball Sub/ Mozz on a WG Hoagie Choice 3: WG Pizza Choice 4: Sub Sandwich Station Green Beans/Orange Slices/ Garden Bar **Breakfast: WG Uncrustable, fruit, juice, milk**	15 Choice 1: Orange Chicken over Brown Rice Choice 2: Dill Chicken Patty on a Bun Choice 3: WG Pizza Choice 4: Sub Sandwich Station Stir Fry Veggies/ Mandarin Oranges Garden Bar **Breakfast: WG Muffin, Tri-Tater, fruit, juice, milk**	16 Choice 1: WG Chicken and Waffles Choice 2: Potstickers/ Sweet Sour Sauce Choice 3: WG Pizza Choice 4: Sub Sandwich Station Green Beans/ Grapes/ Garden Bar **Breakfast: Breakfast Sandwich on a WG Croissant, fruit, juice, milk**
19 Choice 1: WG Walking Tacos/ Fritos Choice 2: Grilled Cheese / Tomato Soup Choice 3: WG Pizza Choice 4: Sub Sandwich Station Whole Kernel Corn/ Pineapple/ Blueberries/ Garden Bar **Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk**	20 Choice 1: WG Chicken Patty on a WG Bun Choice 2: Cheeseburger on a WG Bu Choice 3: WG Pizza Choice 4: Sub Sandwich Station Onion Rings/ Slushy Cup, Garden Bar **Breakfast: WG Muffin, Tri-Tater, fruit, juice, milk**	21 Choice 1: Swedish Meatballs /WG Dinner Roll Choice 2: Chicken Strips /WG Dinner Roll Choice 3: WG Pizza Choice 4: Sub Sandwich Station Mashed Potatoes/ Gravy / Roasted Broccoli, Pears, Garden Bar **Breakfast: Egg Bites/ Sausage Links, Fruit, Juice, Milk**	22 Choice 1: Chicken Alfredo/ Breadstick Choice 2: Meatball Sub/ Mozz / WG Hoagie Choice 3: WG Pizza Choice 4: Sub Sandwich Station Green Beans/Orange Slices/ Garden Bar **Breakfast: Breakfast Sandwich on a WG Croissant, fruit, juice, milk**	23 Choice 1: Orange Chicken over Brown Rice Choice 2: BBQ Pork / Cheddar Flatbread Choice 3: WG Pizza Choice 4: Sub Sandwich Station Stir Fry Veggies/ Mandarin Oranges Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**
26 Choice 1: WG Spaghetti and Meatballs or Sauce/ Cheese/ WG Garlic Breadstick Choice 2: WG Pizza Slice Choice 3: WG Pizza Choice 4: Sub Sandwich Station Roasted Broccoli, Pears, Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**	27 Choice 1: Scalloped Potatoes & Ham/ Bosco Stick Choice 2: Cheeseburger on a WG Bun Choice 3: WG Pizza Choice 4: Sub Sandwich Station Onion Rings, Applesauce/ Banana/ Garden Bar **Breakfast: Egg Bites/ Sausage Links, Fruit, Juice, Milk**	28 Choice 1: WG Walking Tacos/ Fritos Choice 2: Chicken Patty on a WG Bun Choice 3: WG Pizza Choice 4: Sub Sandwich Station Corn/ Pineapple/ Blueberries/ Garden Bar **Breakfast: WG Uncrustable PB&J, fruit, juice, milk**	29 Choice 1: WG Corn Dog Choice 2: Egg Bites/ sausage Choice 3: WG Pizza Choice 4: Sub Sandwich Station Peas/ Mandarin Oranges/Garden Bar **Breakfast: WG Muffin, Tri-Tater, fruit, juice, milk**	30 **No School**

	Fresh Garden Bar and milk choices available	USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER	The 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 food served in the cafeteria