ONALASKA HIGH 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: WG French Toast Sticks/ Sausage Choice 2: WG Fish Tacos/ Cole Slaw Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Applesauce/ Slushy Cup, Tri Tater, Garden Bar **Breakfast: WG French Toast/ Sausage, fruit, juice, milk**	6 Choice 1: WG Spaghetti and Meatballs/ Sauce/ Cheese/ WG Breadstick Choice 2: Chicken Ranch Wrap Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Green Beans/Orange Slices/ Garden Bar **Breakfast: WG Breakfast Bagel, fruit, juice, milk**	7 Choice 1: WG Chicken and Waffles Choice 2: Grilled Cheese/ Chicken Baja Soup Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Baked Beans/ Grapes/ Garden Bar **Breakfast: Egg Bites/ Sausage Links, Fruit, Juice, Milk**	8 Choice 1: WG Chicken Nuggets Choice 2: Mini Corn Dogs Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety 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: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Corn/ Pineapple/ Blueberries/ Garden Bar **Breakfast: WG Muffin, Tri-Tater, fruit, juice, milk**
12 **Celebrate** Choice 1: Orange Chicken over Brown Rice Choice 2: Bakalar Hot Dog on a WG Bun Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Stir Fry Veggies/ Cole Slaw/ Mandarin Oranges Garden Bar **Breakfast: WG Breakfast Bagel, fruit, juice, milk**	13 **National** Choice 1: Swedish Meatballs /WG Dinner Roll Choice 2: Chicken Strips /WG Dinner Roll Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Mashed Potatoes/ Gravy Carrot Coins /Peaches/ Slushy Cup / Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**	14 **School** Choice 1: Chicken Alfredo & WG Breadstick Choice 2: Scalloped Potatoes & Ham/ Breadstick Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Green Beans/Orange Slices/ Garden Bar **Breakfast: WG Uncrustable, fruit, juice, milk**	15 **Lunch** Choice 1: WG Chicken and Waffles WG Choice 2: Cheeseburger on a WG Bun Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Sweet Potato Fries, Applesauce, Garden Bar **Breakfast: WG Muffin, Tri-Tater, fruit, juice, milk**	16 **Week** Choice 1: WG Chicken Patty on a WG Bun Choice 2: Chicken Panini on a Ciabatta Bun Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Baked 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 / Broccoli Soup Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Whole Kernel Corn/ Pineapple/ Blueberries/ Garden Bar **Breakfast: WG Mini Bagels with Cream Cheese, fruit, juice, milk**	20 Choice 1: Cheese Omelet/ Pancakes Choice 2: Chicken Ranch Wrap Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Sweet Potato Fries, Applesauce, Garden Bar **Breakfast: WG Muffin, Tri-Tater, fruit, juice, milk**	21 Choice 1: Chicken and Vegetable Potstickers with sweet/sour sauce and Woodles Ramen Choice 2: WG Mini Corn Dogs Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Stir Fry Veggies, Pears, Garden Bar **Breakfast: Egg Bites/ Sausage Links, Fruit, Juice, Milk**	22 Choice 1: WG Spaghetti and Meatballs or Sauce/ Cheese/ WG Garlic Breadstick Choice 2: Meatball Sub/ Mozz / WG Hoagie Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety 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: Baked Potato Bar (Broccoli/ Ham/ Cheese/ Sour Cream) Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Roasted Broccoli / Mandarin Oranges Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**
26 Choice 1: Chicken Fajitas with Pepper blend Choice 2: WG Chicken and Waffles Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Roasted Broccoli, Pears, Garden Bar **Breakfast: Breakfast Pizza, fruit, juice, milk**	27 Choice 1: Orange Chicken over Brown Rice Choice 2: WG Fish Taco/ Cole Slaw Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Stir Fry Veggies/ Mandarin Oranges Garden Bar **Breakfast: Egg Bites/ Sausage Links, Fruit, Juice, Milk**	28 Choice 1: Chicken Alfredo/ Breadstick Choice 2: Chicken Panini on a Ciabatta Bun Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Carrot Coins, Grapes, Slushy Cup, Garden Bar **Breakfast: WG Uncrustable PB&J, fruit, juice, milk**	29 Choice 1: Swedish Meatballs / Dinner Roll Choice 2: Chicken Strips / Dinner Roll Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Mashed Potatoes/ Gravy Carrot Coins Peaches/ Slushy Cup / 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