ONALASKA ELEMENTARY SCHOOLS MENU
OCTOBER 2026 WITH CARB COUNTS LISTED AND G/F OPTIONS

Monday	Tuesday	Wednesday	Thursday	Friday
Available Daily **Choice 3: Uncrustable PB&J with Yogurt or Cheese Stick**	**Breakfast Carb Counts:** **Fruit =12-19** **Juice = 13-19** **Milk = 11-20**		1 **Early Dismissal Day** Choice 1: French Bread Pizza (29) G/F Sub = Corn Tortilla Shell (30)/ Marinara (9.6) cheese (1) Choice 2: WG Toasted Ravioli (64)/ Mariniara (6) Carrot Coins (7), Apple Slices (9), Garden Bar **Breakfast: Egg Bites (3)/ Sausage Links (1 ea.), Fruit, Juice, Milk**	2 **No School**
5 Choice 1: Cheeseburger OK (2) / WG Bun (31) sub = G/F Bread slice (15) Choice 1: Chicken (1) Alfredo (4) Pasta (39) Breadstick (27) G/F Sub = Rice Noodles (44) Chicken (0) Cheese (1) G/F Bread (15) Roasted Broccoli (5), Peaches (12), Garden Bar **Breakfast: French Toast (38) and Sausage (1 ea.), fruit, juice, milk**	6 Choice 1: Swedish Meatballs (4) G/F /WG Dinner Roll (18) sub = G/F Bread slice (15) Choice 2: Chicken Strips (11) sub = G/F Tenders Dinner Roll (18) sub = G/F Bread slice (15) Mashed Potatoes (20)/ Gravy (6) Carrots (7) / Slushy Cup (45) Garden Bar **Breakfast: WG Breakfast Bagel (33), fruit, juice, milk**	7 Choice 1: WG Chicken (11) and Waffles (36) Sub = G/F Tenders (12)/ G/F Waffles (31) Choice 2: Pizza Slice (24) Baked Beans (14.5)/ Grapes (23)/ Garden Bar **Breakfast: Egg Bites (3)/ Sausage Links (1 ea.), Fruit, Juice, Milk**	8 Choice 1: WG Chicken Nuggets (11) Choice 2: Bakalar Hot Dog (3) WG Bun (27) Mac-n-Cheese (32)/ Peas (5) Pears (14)/Garden Bar **Breakfast: Breakfast Pizza (26), fruit, juice, milk**	9 Choice 1: Walking Taco Meat OK (4) / Fritos G/F (16) Choice 2: WG Chicken Patty (13) Bun (31) Sub= G/F Tenders (12) G/F Bread Slice (15) Oven Fries (16-18)/ Pineapple (19)/ Blueberries (5)/ Garden Bar **Breakfast: WG Muffin (19-21), Tri-Tater (16-18), fruit, juice, milk**
12 **Celebrate** Choice 1: Chicken Patty (13) Bun (31) Choice 2: Cheeseburger OK (2) / WG Bun (31) sub = G/F Bread slice (15) Onion Rings (32), Slushy Cup (45), Garden Bar **Breakfast: WG Breakfast Bagel (33), fruit, juice, milk**	13 **National** Choice 1: French Bread Pizza (29) G/F Sub = Corn Tortilla Shell (30)/ Marinara (9.6) cheese (1) Choice 2: Scalloped Potatoes & Ham (12)/ Bosco Stick (17) Peas (5), Applesauce (24)/ Banana (27)/ Garden Bar **Breakfast: Breakfast Pizza (26), fruit, juice, milk**	14 **School** Choice 1: WG Spaghetti (20) plain sauce (11) Cheese (1) G/F Sub = Rice Noodles (44) G/F Bread (15) Breadstick (27) Choice 2: Meatballs (G/F 4/ Mozz (1) WG Hoagie (31) sub = G/F Bread 15) Carrot Coins (7)/Orange Slices (11)/ Garden Bar **Breakfast: WG Uncrustable PB&J (32), fruit, juice, milk**	15 **Lunch** Choice1: Orange Chicken (sauce=20) Chicken (13)/ Brown Rice (36) Choice 2: Pizza Slice (24) G/F Sub = Corn Tortilla Shell (30)/ Marinara (9.6) cheese (1) Stir Fry Veggies (8) / Mandarin Oranges (14) Garden Bar **Breakfast: WG Muffin (19-21), Tri-Tater (16-18), fruit, juice, milk**	16 **Week** Choice 1: WG Chicken (11) and Waffles (36) Sub = G/F Tenders (12)/ G/F Waffles (31) Choice 2: Potstickers (23)/ Sweet Sour Sauce (13) Green Beans (7)/ Grapes (23)/ Garden Bar **Breakfast: Breakfast Sandwich on a WG Croissant (37), fruit, juice, milk**
19 Choice 1: Walking Taco Meat OK (4) / Fritos G/F (16) Choice 2: Grilled Cheese Sandwich (27)/ Tomato Soup (24.5) Corn (9)/Pineapple (19)/ Blueberries (5)/ Garden Bar **Breakfast: WG Mini Bagels with Cream Cheese (41), fruit, juice, milk**	20 Choice 1: Chicken Patty (13) Bun (31) Choice 2: Cheeseburger OK (2) / WG Bun (31) sub = G/F Bread slice (15) Onion Rings (32), Slushy Cup (45), Garden Bar **Breakfast: WG Muffin (19-21), Tri-Tater (16-18), fruit, juice, milk**	21 Choice 1: Swedish Meatballs (4) G/F /WG Dinner Roll (18) sub = G/F Bread slice (15) Choice 2: Chicken Strips (11) sub = G/F Tenders Dinner Roll (18) sub = G/F Bread slice (15) Mashed Potatoes (20)/ Gravy (6) / Roasted Broccoli (5), Pears (14), Garden Bar **Breakfast: Egg Bites (3)/ Sausage Links (1 ea.), Fruit, Juice, Milk**	22 Choice 1: Chicken (1) Alfredo (4) Pasta (39) Breadstick (27) G/F Sub = Rice Noodles (44) Chicken (0) Cheese (1) G/F Bread (15) Choice 2: Meatballs (G/F 4/ Mozz (1) WG Hoagie (31) sub = G/F Bread 15) Green Beans (7)/Oranges (11)/ Garden Bar **Breakfast: Breakfast Sandwich on a WG Croissant (37), fruit, juice, milk**	23 Choice1: Orange Chicken (sauce=20) Chicken (13)/ Brown Rice (36) Choice 2: Pizza Slice (24) Stir Fry Veggies 8)/ Mandarin Oranges (14) Garden Bar **Breakfast: Breakfast Pizza (26), fruit, juice, milk**

26 Choice 1: WG Spaghetti (20) plain sauce (11) Cheese (1) G/F Sub = Rice Noodles (44) G/F Bread (15) Breadstick (27) Choice 2: WG Pizza Slice (24) Roasted Broccoli (5), Pears (14), Garden Bar **Breakfast: Breakfast Pizza (26), fruit, juice, milk**	27 Choice 2: Scalloped Potatoes & Ham (12)/ Bosco Stick (17) Choice 2: Cheeseburger OK (2) / WG Bun (31) sub = G/F Bread slice (15) Onion Rings (32)/ Mandarin Oranges (14)/Garden Bar **Breakfast: Egg Bites (3)/ Sausage Links (1 ea.), Fruit, Juice, Milk**	28 Choice 1: Walking Taco Meat OK (4) / Fritos G/F (16) Choice 2: WG Chicken Patty (13) Bun (31) Sub= G/F Tenders (12) G/F Bread Slice (15) Corn (9)/ Pineapple (19)/ Blueberries (5)/ Garden Bar **Breakfast: WG Uncrustable PB&J (32), fruit, juice, milk**	29 Choice 1: WG Corn Dog (30) Choice 2: Egg Bites OK/ G/F (3)/ sausage OK/ G/F (1 ea.) Peas(7), Applesauce (24)/ Banana (27)/ Garden Bar **Breakfast: WG Muffin (19-21), Tri-Tater (16-18), 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