ONALASKA MIDDLE SCHOOL MENU
OCTOBER 2026 WITH CARB COUNTS

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Carb Counts: **Fruit =12-19** **Juice = 13-19** **Milk = 11-20**			1 **Early Dismissal Day** **No lunch served** **Breakfast: Mini Bagels with Cream Cheese (41), fruit, juice, milk**	2 **No School**
5 Choice 1: Cheeseburger (2) / WG Bun (31) Choice 2: Chicken (1) Alfredo (4)/ Pasta (39) Breadstick (27) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Roast Broccoli (5), Peaches (12), Garden Bar **Breakfast: French Toast (38) and Sausage (1 ea.), fruit, juice, milk**	6 Choice 1: Swedish Meatballs (4) / Dinner Roll (18) Choice 2: Chicken Strips (11) / Dinner Roll (18) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) 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) Choice 2: Cook's Choice Variety Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) 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) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Mac-n-Cheese (32)/ Peas (5) Pears (14)/Garden Bar **Breakfast: Breakfast Pizza (26), fruit, juice, milk**	9 Choice 1: WG Walking Tacos (4)/ Fritos (16) Choice 2: WG Chicken Patty (17) Bun (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Oven Fries (16-18)/ Pineapple (19)/ Blueberries (5)/ Garden Bar **Breakfast: WG Muffin (19-21), Tri-Tater (16-18), fruit, juice, milk**
12 Choice 1: WG Chicken Patty (17) Bun (31) Choice 2: Cheeseburger (2) Bun (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Onion Rings (32), Slushy Cup (45), Garden Bar **Breakfast: WG Breakfast Bagel (33), fruit, juice, milk**	13 Choice 1: French Toast (38) / sausage (1 ea.) Choice 2: Scalloped Potato/ Ham (12)/ Bosco Stick (17) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Peas (5), Applesauce (24)/ Banana (27)/ G. Bar **Breakfast: Breakfast Pizza (26), fruit, juice, milk**	14 Choice 1: WG Spaghetti (20) plain sauce (11) Cheese (1) Breadstick (27) Choice 2: Meatballs (G/F 4/ Mozz (1) Hoagie (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Carrot Coins (7)/Orange Slices (11)/ Garden Bar **Breakfast: WG Uncrustable PB&J (32), fruit, juice, milk**	15 Choice 1: Orange Chicken (22) Rice (36) Choice 2: Dill Chicken Patty (19) Bun (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Stir Fry Veggies (8) / Mandarin Oranges (14) Garden Bar **Breakfast: WG Muffin (19-21), Tri-Tater (16-18), fruit, juice, milk**	16 Choice 1: WG Chicken (11) and Waffles (36) Choice 2: Potstickers (23)/ Sauce (13) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Green Beans (7)/ Grapes (23)/ Garden Bar **Breakfast: Breakfast Sandwich on a WG Croissant (37), fruit, juice, milk**
19 Choice 1: WG Walking Tacos (4)/ Fritos (16 Choice 2: Grilled Cheese (27) / Tomato Soup (24.5) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Corn (9)/Pineapple (19)/ Blueberries (5)/G. Bar **Breakfast: WG Mini Bagels with Cream Cheese (41), fruit, juice, milk**	20 Choice 1: WG Chicken Patty (17) Bun (31) Choice 2: Cheeseburger (2) Bun (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) 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) / Dinner Roll (18) Choice 2: Chicken Strips (11) / Dinner Roll (18) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) 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) Meatballs (G/F 4/ Mozz (1) WG Hoagie (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Green Beans (7)/Oranges (11)/ Garden Bar **Breakfast: Breakfast Sandwich on a WG Croissant (37), fruit, juice, milk**	23 Choice 1: Orange Chicken (22) Rice (36) Choice 2: Pork (23) Cheddar (1) Flatbread (33) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Veggies 8)/ Mandarin Oranges (14) G. Bar **Breakfast: Breakfast Pizza (26), fruit, juice, milk**
26 Choice 1: WG Spaghetti (20) plain sauce (11) Cheese (1) Breadstick (27) Choice 2: Cook's Choice Variety Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) 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) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Onion Rings (32)/ Mandarin Oranges (14)/G. Bar **Breakfast: Egg Bites (3)/ Sausage Links (1 ea.), Fruit, Juice, Milk**	28 Choice 1: WG Walking Tacos (4)/ Fritos (16 Choice 2: WG Chicken Patty (17) Bun (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Corn (9)/ Pineapple (19)/ Blueberries (5)/ G. Bar **Breakfast: WG Uncrustable PB&J (32), fruit, juice, milk**	29 Choice 1: WG Corn Dog (30) Choice 2: Egg Bites G/F (3)/ sausage (1 ea.) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) 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