ONALASKA HIGH SCHOOL MENU
OCTOBER 2026

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: French Toast (38) / sausage (1 ea.) Choice 2: WG Fish (23) Tacos (13) / Slaw (11) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Applesauce (24)/ Slushy Cup (45), Tri Tater (16-18), Garden Bar **Breakfast: French Toast (38) and Sausage (1 ea.), fruit, juice, milk**	6 Choice 1: WG Spaghetti (20) plain sauce (11) Meatballs (4), Cheese (1) Breadstick (27) Choice 2: Chicken Ranch Wrap (12) / Shell (13) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Green Beans (7) /Orange Slices (11)/ Garden Bar **Breakfast: WG Breakfast Bagel (33), fruit, juice, milk**	7 Choice 1: WG Chicken (11) and Waffles (63) Choice 2: Grilled Cheese (27)/ Baja Soup 22) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety 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 Choice 2: Mini Corn Dogs Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Mac-n-Cheese (32)/ Peas (5) Peaches (12)/Garden Bar **Breakfast: Breakfast Pizza (26), fruit, juice, milk**	9 Choice 1: Walking Taco Meat (4) Fritos (16) Choice 2: Chicken Patty (17) Bun (31) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Corn (9)/ Pineapple (19)/ Blueberries (5)/ Garden Bar **Breakfast: WG Muffin (19-21), Tri-Tater (16-18), fruit, juice, milk**
12 **Celebrate** Choice 1: Orange Chicken (22) Brown Rice (36) Choice 2: Bakalar Hot Dog (3) WG Bun (27) Choice 3: Chicken Ranch Wrap (12) / Shell (13) Choice 4: Hot Spot Grab & Go variety Stir Fry Veggies (8)/ Cole Slaw (11)/ Mandarin Oranges (11) Garden Bar **Breakfast: WG Breakfast Bagel (33), fruit, juice, milk**	13 **National** Choice 1: Swedish Meatballs (4) Dinner Roll (18) Choice 2: Chicken Strips (11) / Dinner Roll (18) Choice 3: French Brd Pizza (29)/ Broc Soup (13) Choice 4: Hot Spot Grab & Go variety Mashed Potatoes (20)/ Gravy (6) Carrots (7) /Peaches (12)/ Slushy Cup (45) Garden Bar **Breakfast: Breakfast Pizza (26), fruit, juice, milk**	14 **School** Choice 1: Chicken (11) Alfredo (4) Pasta (39) Breadstick (27) Choice 2: Scalloped Potatoes & Ham (12)/ Bosco Stick (17) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Green Beans (7)/Orange Slices (11)/ Garden Bar **Breakfast: WG Uncrustable PB&J (32), fruit, juice, milk**	15 **Lunch** Choice 1: WG Chicken (11) and Waffles (63) Choice 2: Cheeseburger OK (2) / Bun (31) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Sweet Potato Fries (22), Applesauce (24), Garden Bar **Breakfast: WG Muffin (19-21), Tri-Tater (16-18), fruit, juice, milk**	16 **Week** Choice 1: Chicken Patty (17) Bun (31) Choice 2: Chicken Panini / Ciabatta Bun (25.5) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Baked Beans (14.5)/ Grapes (23)/ Garden Bar **Breakfast: Breakfast Sandwich on a WG Croissant (37), fruit, juice, milk**
19 Choice 1: Walking Taco (4) Fritos G/F (16) Choice 2: Gr. Cheese (27) / Brocc. Soup (13) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Corn (9)/ Pineapple (19)/ Blueberries (5)/ Garden Bar **Breakfast: WG Mini Bagels with Cream Cheese (41), fruit, juice, milk**	20 Choice 1: Cheese Omelet (1)/ Pancakes (42) Choice 2: Chicken Ranch Wrap (12) / Shell (13) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Sweet Potato Fries (22), Applesauce (24), Garden Bar **Breakfast: WG Muffin (19-21), Tri-Tater (16-18), fruit, juice, milk**	21 Choice 1: Chicken /Vegetable Potstickers (23) sweet/sour sauce (13) Rice (36) Woodles (20) Choice 2: WG Mini Corn Dogs (35) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Stir Fry Veggies (8), Pears (14), Garden Bar **Breakfast: Egg Bites (3)/ Sausage Links (1 ea.), Fruit, Juice, Milk**	22 Choice 1: WG Spaghetti (20) plain sauce (11) Meatballs (4), Cheese (1) Breadstick (27) Choice 2: Meatball Sub (4)/ Mozz (1) Hoagie (31) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Green Beans (7) /Orange Slices (11)/ G. Bar **Breakfast: Breakfast Sandwich on a WG Croissant (37), fruit, juice, milk**	23 Choice 1: Orange Chicken (22) Rice (36) Choice 2: Baked Potato (26) Bar (Broccoli (5)/ Ham/ (1) Cheese/ Sour Cream (1)) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Roasted Broccoli (5) / Mandarin Oranges (14) Garden Bar **Breakfast: Breakfast Pizza (26), fruit, juice, milk**
26 Choice 1: Chicken Fajitas (1) shell (13) Peppers Choice 2: WG Chicken (11) and Waffles (63) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Roasted Broccoli (5), Pears (14), Garden Bar **Breakfast: Breakfast Pizza (26), fruit, juice, milk**	27 Choice 1: Orange Chicken (22) Rice (36) Choice 2: WG Fish (23) Tacos (13) / Slaw (11) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Stir Fry Veggies (8)/ Mandarin Oranges (14) Garden Bar **Breakfast: Egg Bites (3)/ Sausage Links (1 ea.), Fruit, Juice, Milk**	28 Choice 1: Chicken (11) Alfredo (4) Pasta (39) Breadstick (27) Choice 2: Chicken Panini / Ciabatta Bun (25.5) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Green Beans (7), Grapes (23), Slushy Cup (45), Garden Bar **Breakfast: WG Uncrustable PB&J (32), fruit, juice, milk**	29 Choice 1: Swedish Meatballs (4) D. Roll (18) Choice 2: Chicken Strips (11) / D. Roll (18) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Mashed Potatoes (20)/ Gravy (6) Carrots (7) Peaches (12)/ Slushy Cup (45) / 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