



FREDDY'S FOOTNOTES



A Newsletter from Onalaska High School

October 2026

Highlights

Important Dates

Senior Meeting	Oct. 15
Marching Band Fall Review	Oct. 19
No School	Oct. 30
Fall Sports Meeting	Nov. 2
Academic Awards Breakfast	Nov. 5
Fall Festival	Nov. 5-6

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Fall Review

**Onalaska High School
Marching Band**

Monday
19
October 2026

OHS Fieldhouse
7:30 PM

Admission
\$10

Students - Free

*Volunteers - Don't forget to use your "Event Tickets" to join us!
*Got extras? Share them with family & friends!!



Important Dates

Junior PSAT (during school)	Tuesday, October 13
Senior Class Photo (during resource)	Wednesday, October 15
Jostens Cap & Gown measurements for seniors (during resource)	Wednesday, October 15
Marching Band Fall Review	Monday, October 19
College application help days (during resource)	Wednesday, October 21 and Thursday, October 22
Campus tour to University of MN and UW Eau Claire.....	Tuesday, October 27
Junior/Senior ASVAB (during school).....	Tuesday, October 27
No School --- Professional Development	Friday, October 30
Mandatory Parent & Athlete Winter Sports Meeting	Monday, November 2 --- 5:30 PM in the PAC
Food Pantry (First Monday of the Month)... Monday, November 2 --- 3:15-5:15 PM ---	Onalaska Middle School
Academic Awards Breakfast Recognition.....	Thursday, November 5 --- 7:15 AM – 7:40 AM – Hilltopper Room
Fall Festival.....	Thursday, November 5 --- 7:30 PM and Friday, November 6 --- 7:00 PM
UW System practice placement tests (resource).....	November 11 – 12
Fall Drama Production “ <i>Crucible</i> ”	November 20 – 21

Changes in Student Information

If you have any changes throughout the year in your child’s information, please contact our Pupil Services office at 783-4610.

This information would include:

- address/phone number
- parent/guardian information
- emergency contacts
- health issues
- email address

FAMILY SCHOOL LIAISON

In recognition of the importance in supporting the **whole** child (e.g. students’ physical and mental health, their social and emotional learning along with their academic growth), the School District of Onalaska has a Family School Liaison position. My name is Diana DiazGranados and as the Family School Liaison for the School District of Onalaska, my role is to collaborate with families in effort to support overall student success. Services may include collaboration, consultation, home visits, and/or information and referral to community resources and agencies. If you are interested in learning more about community resources to assist with student or family needs (e.g., food, housing, healthcare, human services, clothing, etc.), feel free to contact me.

Diana DiazGranados, Family School Liaison, School District of Onalaska, 608-779-1959.

A note to families from Kerry Johnson, Director of School Nutrition.

Please reference our [School Nutrition policy](#) for information on our program including unpaid meal balances. If you believe, you may qualify for free or reduced meals, please contact the school nutrition office at 608-783-6251 to receive an application.

To those that regularly dine with us, thank you for your patronage. For others, we welcome the opportunity to serve you "the best meal deal in town."

Nutrition Policy: <https://go.boarddocs.com/wi/ona/Board.nsf/goto?open&id=CLWMPN5BB5A5>

Onalaska High School Drama Department presents



the **CRUCIBLE**

Friday, November 20
and
Saturday, November 21
7:30 PM



**ONALASKA
HIGH SCHOOL**
Drama
Department
Presents
Performing Arts Center

This year's Fall Play will be "*The Crucible*" by Arthur Miller. Published in 1953, this play is an award-winning drama about the Salem witch trials of 1673.

The cast and crew are in rehearsal for performances on November 20 and 21 at 7:30 pm in the Claude C. Deck Performing Arts Center.

Tickets for adults are \$9, and tickets for students and senior citizens are \$7.



October 2026 Students of the Month

Every month students who meet specific criteria are nominated by departments and voted on by the entire staff.

The STUDENT OF THE MONTH honor goes to the student in each grade level who receives the most votes. The STUDENT OF THE MONTH receives a plaque and recognition in Freddy's Footnotes and our district Facebook page.

Criteria for nomination includes: long term academic effort and achievement; a high degree of life skills – respect, responsibility, teamwork, integrity, and initiative – demonstrated on a regular basis; and involvement in co-curricular activities.

Freshmen Class

Student of the Month:

Isabella Sammann

Nominees:

Shanyu Chandana
John Euler-Hernandez
Emily Jacobson
Avan Lor
Megan Pratt
Jack Sobiech

Sophomore Class

Student of the Month:

William Rodenkirch

Nominees:

Ellanor Greene
Sanjana Kommireddi
Liam Popowich
Alexander Sammann
Ariana Staudenmayer
Alexander Walden
Sean Weng

Junior Class

Student of the Month:

Greta Kleven

Nominees:

Ellie Archer
Esmay Baldwin
Aaron Hodson
Grant Hughes
Adam Kuhn
Claire Weigel

Senior Class

Student of the Month:

Olivia Pray

Nominees:

Colin Camp
Sienna Engholdt
Esme Pinter
Emily Runyan
Myles Stapelton
Slyvian Yang



Isabella Sammann
Freshman



William Rodenkirch
Sophomore



Greta Kleven
Junior



Olivia Pray
Senior

Freddy Extra Effort Award ...

October



Quinn Ricker
Freshman



Emery Miller
Sophomore



Duncan Grover
Junior



Alexa Popowich
Senior

This award is given to a student who works above and beyond what is expected while displaying positive leadership and school spirit.

Four winners per month from each grade are chosen by the academic departments. The award is sponsored by the staff and is dedicated to promoting student success and school pride.

The FREDDY EXTRA EFFORT AWARD winners will receive a certificate, a gift from the staff and recognition in Freddy's Footnotes and our district Facebook page.

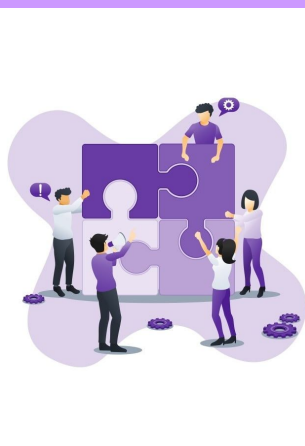


ENGAGE!



Engage class period twice a month.

Students have the opportunity to sign up for a wide variety of clubs or activities throughout the year hosted by OHS staff. Engage will occur 2 times a month and students can select different Engage activities each time or stick with what they have previously done. We hope that Engage will help strengthen our community at OHS and help students and staff find common connections outside of the classroom. Encourage your student to sign up for Engage and try new activities each time.



Engage Dates:

October 8 and 22
November 5 and 19

December 3 and 17
January 7 and 28

February 11 and 25
March 11

April 22
May 6 and 20

ONALASKA SCHOOLS FOOD PANTRY 2026 - 27



The Onalaska Schools Food pantry is open to families with children in any Onalaska school (public, private, or home school) who need supplemental food staples.

Distributions are held on the **first *school* Monday of each month** throughout the school year at:

Onalaska Middle School, Door C
Enter the north parking lot on 8th Ave. N.,
and drive up to door C
from 3:15- 5:15 PM.



Monthly updates and reminders will be posted on the Onalaska Schools Food Pantry Facebook page and the School District of Onalaska Facebook page.

There is also information on the District website.

Distribution Dates

- September 14
- October 5
- November 2
- December 7
- January 4
- February 1
- March 1
- April 5
- May 3





Onalaska High School

Student Services

700 Wilson Street

Onalaska, WI 54650

Phone: 608.783.4571

Fax: 608.783.2604

Office Hours:

Week Days: 7:00 am - 3:30 pm

Reach the Administrative Assistants at:

Melissa de Boer – Ext. 5034

deboer.melissa@onalaskaschools.com

Jennifer Morrison – Ext. 5029

morrison.jennifer@onalaskaschools.com

Your High School Student Services Staff

Garrett Silker - Ext. 5032

silker.garrett@onalaskaschools.com

Serves students with last names beginning with A – Ht

Chrissy DeLong - Ext. 5030

delong.christine@onalaskaschools.com

Serves students with last names beginning with Hu – Ri

John Horman - Ext. 5031

horman.john@onalaskaschools.com

Serves students with last names beginning with Rj– Z

CHECK OUT OUR WEBSITE...

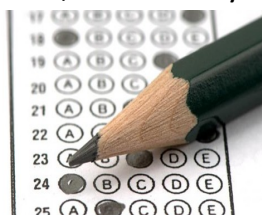
<https://onalaskahighschool.onalaskaschools.com/student-services>



ACT[®]

Statewide Junior ACT Day for 2027

All OHS Juniors test on
March 9, 2027 next year!



Upcoming ACT Dates and Deadlines

Test Date	Register By	Late Registration (Additional Fee)
October 17, 2026	September 11	September 29
December 12, 2026	November 6	November 29
February 27, 2027	January 22	February 9
March 9, 2027	All Juniors required – Free - No registration required	
April 10, 2027	March 5	March 23
June 12, 2027 at OHS	May 7	May 25
July 10, 2027	June 4	June 22

Important Dates

October 6	Western Career Coach at OHS
October 7	Western Technical College Open House 4-7 pm
October 13	Junior PSAT (during school)
October 15	Jostens and Visual Image at OHS - cap & gown measurements and senior photo
October 19	Jr STAR Kick-Off Meeting 6:30 pm, OHS Commons
October 21	Unity Day - Wear ORANGE
October 21-22	WI Students Go to College during Resource
October 27	ASVAB
Oct 26-Dec 11	Jr STAR Conferences
October 27	Campus tours to U of MN and UWEC
October 29	AP Test Orders DUE
October 29	End of Quarter 1
November 3	Western Career Coach at OHS
November 6	Payments DUE for AP Exams
November 11-12	UW System Pre-Tests during Resource



Mental Health Counseling Services for Students



Peace of Mind Counseling LLC

Hello Hilltoppers! My name is Caitlyn Snyder and I am a licensed therapist that is contracted through Peace of Mind Counseling. We are partnering with the

School District of Onalaska to provide full-time mental health and/or substance abuse counseling services at OHS. I am available to any students who may need some additional support. If you are interested in counseling services, reach out to your school counselor to discuss the referral process.

Mental Health Resources:

<https://sites.google.com/onalaskaschools.com/mental-health-resources/student-parent-family-caregiver-resources>

What is Unity Day?

Unity Day, started by PACER's National Bullying Prevention Center in October 2011, is the signature event of [National Bullying Prevention Month](#). This is a day when we can come together to send a visible message of building commUNITY through kindness, acceptance, and inclusion. The call to action is simple: **wear and share the color orange**. This vibrant statement becomes a conversation starter, showing support for students who have been bullied and for bullying prevention. This year's Unity Day is Wednesday, October 21.



ACT Updates

The University of Wisconsin System has suspended the ACT requirement for all UW colleges and universities **through the spring of 2028**. The University of Minnesota has extended their test optional policy for the class of 2027 applying Seniors. Many other colleges have also waived the ACT requirement. A strong ACT score can still help with admission to college, course/program placement, and scholarships. Since most schools are now "test optional", students can choose not to use a score if they are not pleased with it. Students will choose if they wish to have their ACT scores considered as part of their application when they apply. Visit the websites of your colleges for more information.

Register to Retake the ACT

Students interested in retaking the ACT, please register at ACT.org. The following are tips to help students complete the registration process:

- Students go to myACT.org to log into their account, register and pay for the ACT test
- Plan to register at least a month in advance of the test date to avoid late fees!
- Decide if you want to take the writing test. Most schools do NOT require the writing test.
- Decide if you want to take the science test. The option to include the science portion is new this year. We suggest all students include the science portion when registering for any additional ACT.
- Give yourself at least 45 minutes to complete the registration.
- Decide which 4 colleges/universities you want FREE score reports sent to. It is better and easier to do this now to avoid extra steps later.
- Be prepared to upload a clear headshot photo to the website. Students without a picture are NOT allowed to test!
- Fee waivers are available for students who qualify - see your school counselor if you need one.
- Print your admission ticket and keep it somewhere safe – you will need it to be admitted to your testing room.

Looking for a Job? Check out the OHS Jobs Board

Students:

Check out the Job Opportunities on the OHS website. Opportunities change, so check it often!

<https://onalaskahighschool.onalaskaschools.com/student-services/job-board>

Parents & Employers:

Please submit childcare or employment opportunities you have to the Student Services Office for posting. You can reach us at 608-783-4571 or by email at deBoer.Melissa@onalaskaschools.com.

WORK PERMITS ARE DONE ON-LINE ONLY

Students under age 16 need a work permit. Work permits are now completed by the parent online, and can be done 24 hours a day, 7 days a week. Payment is made directly through the application, using credit or debit card, or by ACH direct withdrawal. Go to

<https://dwd.wisconsin.gov/er/laborstandards/workpermit/> for instructions and more information.

SCHOLARSHIPS for SENIORS

Check out our on-line scholarship database, which is updated often:

<https://onalaskahighschool.onalaskaschools.com/student-services/college-information/scholarships>

This is your site for upcoming scholarship deadlines and information needed to be a successful scholarship recipient. Continue to check this database for new arrivals!



UGETCONNECTED

UNITED IN *Service*

UNIVERSITY of WISCONSIN
LA CROSSE

VITERBO
UNIVERSITY

Western
Technical College

United
Way



UGETCONNECTED! - Many opportunities to participate in community service as a family, with friends, or by yourself. This organization matches volunteers with organizations in need. Visit

<https://www.usetconnected.org/> and check it out!

www.usetconnected.org

Student Services Accepting Donations for Students

The OHS Student Services office maintains a supply of items for students who need them throughout the school day. At this time, we are in need of the following items:

- feminine hygiene products such as pads and tampons
- deodorant - both male and female scents/brands

If you have any of these items you'd like to donate, you can drop them off at OHS and let them know your donation is for the Student Services Office. Thank you!

Eligible for Free or Reduced Lunch?

Any student who has participated in, or has younger siblings who have participated in the free or reduced lunch program should reapply each year, **even if they do not eat in the school cafeteria**. Many opportunities are available to students participating in this program such as fee waivers for tests, like the ACT, and scholarship/grant programs. OHS Counselors often confidentially inform students of these opportunities, but only know who is eligible based on this program.

Applications for the School District of Onalaska's Free and Reduced Lunch Program are available in the main office or online. Names of students participating in this program are kept confidential.

2026-2027 Assessments at OHS

The following is a schedule of assessments that will be given to each grade level at no cost to the student and families.

Freshmen	* Required Pre ACT	March 16
Sophomores	* Required Pre ACT * Required Forward Exam (Social Studies)	March 16 April 7-8
Juniors	* PSAT (Pre SAT, Optional, Fee Required) * Required State-wide ACT	October 13 March 9
Seniors	* PSAT (Pre SAT, Optional, Fee Required) * UW System Early Math & English Placement Practice Tests	October 13 November 11-12

Youth Apprenticeship

Students who participate in Youth Apprenticeship are able to learn essential skills under the supervision of a skilled mentor while earning high school credit. Juniors and Seniors who have part-time jobs in areas including food service, banking, automotive, construction, computer science, agriculture, nursing assistant or other related careers who are interested in earning high school credit for their employment should see Mrs. DeLong in Student Services for more information about the Youth Apprenticeship program!

ASVAB

Tuesday, October 27, 2026 and Tuesday, April 13, 2027

The ASVAB is a military entrance exam as well as a career exploration tool available for free for all students. OHS will be hosting the exam on October 27 and again on April 13. After the exam students will gain access to a career exploration portal that can help align them with careers in both military and civilian life. If students are interested, they can sign up in Student Services.

Senior UW System Practice Placement Tests

November 11-12 – during Resource

Many seniors planning to attend 4-year universities will be required to take a placement test this coming spring. These tests will be used to determine which level of coursework they can take during their first year of college. Depending on their scores, some students may pass into advanced courses while others may be required to take remedial coursework to build their skills. To give seniors an opportunity to see how they may score on this test, we are offering the University of Wisconsin system Early Math and English Placement Tools. This test is free, taken online, and provides immediate results. Interested seniors should sign up in Student Services.

PSAT

Tuesday, October 13

8:00 AM

Cost = \$18.00

The PSAT (Pre-SAT) will be offered on October 13 at Onalaska High School. Juniors with very high PSAT scores may qualify for the National Merit Scholarship (for all students) and National Achievement (for Black American students) competitions. Students may also wish to take the PSAT as a way to assess their college readiness and practice for future college admissions tests. We encourage students with strong standardized test-taking skills, or those who are looking to prepare for future tests, to take advantage of this opportunity. Interested students should sign up in the Student Services Office. Space is limited, and filled on a first-come, first-served basis.

Juniors and Seniors - It's Time to Schedule Campus Visits:

Now is a great time to schedule in-person college campus visits. Go to your college's website to schedule your visit. While it's important to meet with admissions counselors and take the official campus tour, it's also helpful to take your own personal tour. Check out the places they don't show you, talk to a student in the student union about what they like about the school, as well as what they do not like about the school. Look at the school's admissions social media accounts to see what's happening on campus. If you don't feel like the school is a good fit, it may be a difficult place for you to find success. Refer to your Junior STAR Conference materials for more helpful tour tips.

College Bound Student Athletes

Students who plan to compete in D1 or D2 athletics in college must register with the NCAA in order for you to be eligible to compete prior to enrollment this fall.

1. Log into his or her account at www.eligibilitycenter.org
2. Follow the directions on the page to register for the clearinghouse

If you have questions, please contact Mr. Wojta in room 105, or call 783-4571 Ext. 5105.

Prepare to Apply to College Soon!

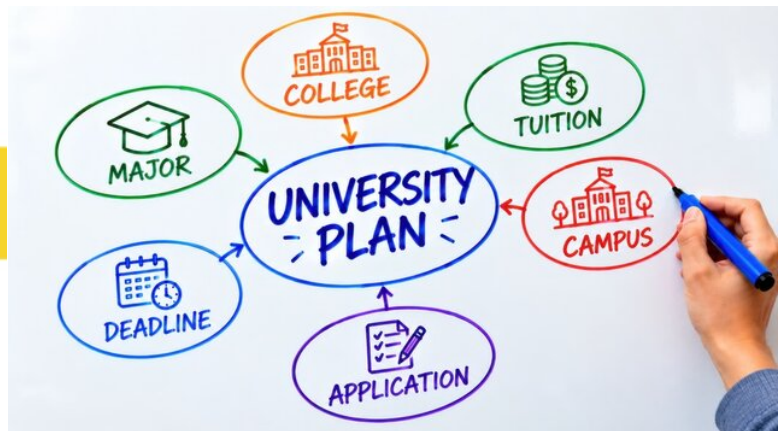
Seniors are encouraged to begin applying to colleges and universities. Students should gather materials such as lists of activities, involvements, community service and recognition, and letters of recommendation (if necessary) to make completing applications easier. It should be simple to find the application to your college on their website. We suggest using the Common Application ONLY IF students are applying to many schools in many different states. The Common App can be more time consuming than applying to 1-3 colleges directly from the college website.

Regardless of the kind of school students plan on attending, it is very important to apply early. Technical college programs, especially, fill quickly on a first come first serve basis. Our goal is for ALL seniors going on to postsecondary education to have applications turned in and processed by Thanksgiving!

Application Process:

Once a student has completed their application, he or she should:

1. Request a transcript by filling out the link on the OHS website ([Current OHS Student Transcript Request](#))
2. Include letters of recommendation, IF necessary. (Most schools do NOT require letters of recommendation.)
3. Applications completed using online programs like the Common Application or Send Edu will request a High School counselor's email. Transcripts for these applications are sent directly to colleges using these programs and do not require students to make transcript requests through the link above.
4. Counselors will complete requested information, and all application materials will be mailed out in a timely manner.



Upcoming Opportunities

There are several great career opportunities coming up in October and November through Western Technical College and local trade, apprenticeship, and industry partners! Read below for more information!

Western Technical College Open House

Wednesday, October 7 from 4-6:30 pm

Western La Crosse Campus

Explore 90+ programs, meet instructors, seniors can apply for free!

Western Advanced Manufacturing Apprenticeship Night

Monday, October 26 from 6-7:30 pm

Wanek Center, Western La Crosse Campus

Learn how registered apprenticeships can lead to high-demand careers in Mechatronics, Industrial Electrician, and Maintenance Technician. Meet with instructors and hear from current apprentices about their experiences.

We Work the Waterways Maritime Industry Interaction Day

Thursday, October 29 - during school day, field trip possible for interested students

Western La Crosse Campus

Explore real-world maritime careers through interactive stations and live demonstrations, network, discover pathways, and engage in conversation about workforce development, job outlook, and more! Stop in Student Services by October 7th to sign up if you're interested!

Western Apprenticeship Career Exploration Fair

Tuesday, November 10th from 5-7 pm

Lunda Center, Western La Crosse Campus

Explore opportunities in the world of Registered Apprenticeships, meet with employers, and discover next steps in setting up an apprenticeship!



Advanced Manufacturing Apprenticeship Night



Western Technical College
APPRENTICESHIP



Monday, October 26th



6:00-7:30 PM



Wanek Center of Innovation
Western Technical College
744 Badger Street
La Crosse, WI 54601

High school juniors and seniors are invited to learn how registered apprenticeships can lead to high-demand careers after graduation. A registered apprenticeship gives you the opportunity to earn a paycheck while learning valuable skills through hands-on training and classroom instruction.

At this event, you will:

- Learn how the “earn while you learn” apprenticeship model works
- Explore careers in Mechatronics, Industrial Electrician, and Maintenance Technician
- Meet Western instructors and local employers
- Hear from current apprentices about their experience
- Find out what employers look for when hiring apprentices
- Tour the Wane Center of Innovation

Scan to Register



Register Today



EXPECTATIONS OF ONALASKA STUDENT ATHLETES

1. YOU ARE TOUGH
2. NO DRAMA...PERIOD
3. COMMITTED TO THE TASK
Find a Way, Take Care of your People
4. ABOVE THE LINE DECISION
MAKING 24-7-365
5. DO NOT BE A FENCE RIDER
Decide and Move on



Onalaska Hilltopper Athletic Booster Club

Page · Community · onaboosters · 782 like this

“Like” the Onalaska Booster Club Facebook page to get events and other information.

Follow Mr. Thiry @OnaActivities on Twitter for updates and results for Hilltopper Athletics.

Please subscribe to the Onalaska Booster Club YouTube Page for Home Event Streaming.

Check Out The Onalaska Booster club website -

[Onalaska - Team Home Onalaska Hilltoppers Sports](#)

Check it out - onalaskahilltoppers.net

*Sport schedules - continuously updated

*Link to join the Booster Club

*Link to become a sponsor

*Link to sign up your athlete for the upcoming season

Click the link to sign up now to get text updates for schedules & upcoming events:
<https://alerts.getvnn.com/>

Looking forward to a great school year supporting our student athletes!

Students registering for athletics

must have a **current physical examination** on file in the athletic office **before the student is authorized to participate in practice/tryouts**. If your students' physical is outdated and you are struggling to make an appointment with your regular physician other options include:

Bronston Chiropractic - 1202 CTH PH Suite 100 - Onalaska 608-781-2225

OR **Neighborhood Family Clinics** -

La Crosse - 1526 Rose Street - 608-781-9880 or

Onalaska - N5560 CTH ZM - 608-779-5323



ONALASKA HIGH SCHOOL ATHLETIC USER FEES

\$45.00 – (\$6.75)

Cross Country
Swimming
Tennis
Track & Field

\$100.00 – (\$15.00)

Dance
Golf
Gymnastics

\$75.00 – (\$11.25)

Baseball
Basketball
Football
Lacrosse
Ski & Snowboard
Soccer
Softball
Volleyball
Wrestling

\$200.00 – (\$30.00)

Winter Guard

\$250.00 – (\$37.50)

Hockey



*Students whose families submit the proper federal forms and qualify for free or reduced lunch under existing federal guidelines will have the option to have athletic fees waived/reduced.

*Families with students in multiple athletic programs will be responsible for a maximum family fee of \$350.00 per year.

*Participation fees are to be paid prior to the first competition.

*Refunds of athletic user fees will be considered if a student/athlete voluntarily terminates or is terminated from an athletic activity prior to the third competition in that sport.

*All school owned athletic equipment **MUST** be returned before any refunds will be considered. All school owned athletic equipment must be returned at the end of the season or cost of equipment will be added to the student's school account.

Admission Charges for Athletic Events: [Purchased through Bound](#)

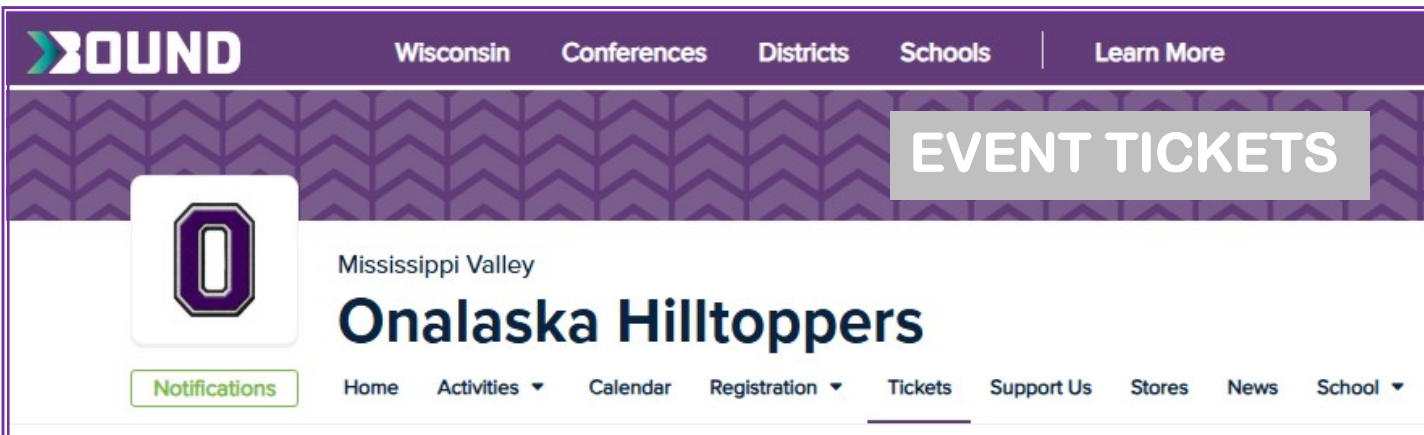
Adults - \$6.00

Students (K-12) - \$4.00

Senior Citizens (61 or Older) - FREE

School Year Sport Passes – Adults \$70.00 / Students (K-12) \$30.00

Good for all OHS home events - **except** post season tournament events



Bound Ticket/Sports Pass system

The [Bound Event Ticket system](https://www.gobound.com/wi/schools/onalaska/tickets) is the new ticketing system for all OHS events.

<https://www.gobound.com/wi/schools/onalaska/tickets>.

- Activity Sports Passes purchased through Bound.
 - Student Sports Pass – optional \$30 for all home athletic events (Students K-12)
 - Adult Sports Pass – optional \$70 for all home athletic events
 - NO PASS NEEDED - Senior Citizen – (61 or older) - **FREE**

Both Resident/Non-Resident - **FREE**

Partnering together, the MVC Conference has decided to admit ALL Senior Citizens to Coulee Region sporting events for free.

(ALL MVC Conference Schools ONLY, Resident or Non-Resident)

With proof of age (61 or older) No need for a ticket or pass, just a driver's license with proof of age for admittance.

- Download the [Bound](https://lets.gobound.com/the-new-bound-app) app and create an account
<https://lets.gobound.com/the-new-bound-app>

Bound is more than just tickets. It's an all-in-one fan engagement hub designed to keep fans informed and involved at every step of the season. Stay connected with schedules, rosters, scores, stats, and team notifications—all in one place.

Winter Sports Meeting



The OHS Winter Sports general team meeting will be held on Monday, November 2nd starting at 5:30 in the PAC. All student athletes/parent(s) MUST attend at least one general sport meeting each school year. Following the general meeting will be the individual meetings for teams with the coaches.



REGISTER THROUGH YOUR STUDENT EMAIL

questions? Mr. Wojta or Mrs. Needham can answer!

10/27	3 V 3 BASKETBALL 3:00 - 4:30 Fieldhouse
11/04	VOLLEYBALL 3:00-4:30 Fieldhouse & South Gym
12/15	DODGEBALL 3:00-4:30 Fieldhouse & South Gym
TBD	MORE TO COME! LET US KNOW WHAT YOU'D LIKE TO PLAY!



ONALASKA HIGH SCHOOL MENU OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			Early Dismissal Day No lunch Served Breakfast: Mini Bagels with cream cheese, fruit, juice, milk	No School
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	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	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	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	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
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	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	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	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	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
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	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	Choice 1: Chicken and Vegetable Potstickers with sweet/sour sauce and Woodies 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	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	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
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	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	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	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	No School
	Fresh Garden Bar and milk choices available	<u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u>	The menu is subject to change without notice	

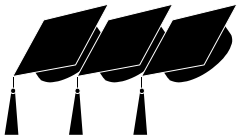
Allergy Notice: Menu items may contain tree nuts, peanuts/nut products, wheat, fish, eggs, soy, and various legumes. Students with allergies should contact the School Nurse or School Nutrition Director prior to eating any food served in the cafeteria

Onalaska High School
700 Wilson Street
Onalaska, WI 54650

Welcome to OHS! Check
out our website at:
www.onalaskaschools.com



An Equal Opportunity Employer



Important dates for Seniors

Cap and Gown measurements taken and packets sent home October 15, 2026 --- during Resource
Senior Class Group Photo October 15, 2026 --- during Resource
Graduation Date Saturday, May 22, 2027 --- 1:00 PM

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School Hours: 7:45 AM – 2:50 PM

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*The mission of
the School
District of
Onalaska is to
work together to
ensure high
levels of learning
for all.*

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