

ONALASKA HIGH SCHOOL MENU

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 Pizza, fruit, juice, milk	3 Choice 1: WG French Toast. Sausage links Choice 2: Chicken Alfredo/ Breadstick Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Green Beans, Apple Slices, Garden Bar Breakfast: Cheese Omelet and Pancakes, fruit, juice, milk	4 Choice 1: Chicken and Waffles Choice 2: Baked Potato Bar (Broccoli/ Ham/ Cheese/ Sour Cream) Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Roasted Broccoli, Grapes, Pears, Garden Bar Breakfast: WG Uncrustable PB&J, fruit, juice, milk	5 Choice 1: Tater Tot Hot Dish/ Bosco Stick Choice 2: Chicken Parmesan/ WG Bun Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Carrot Coins, Banana, Pears, Garden Bar Breakfast: Chicken & Waffles, fruit, juice, milk	6 Choice 1: Spaghetti/ Meatballs or Plain sauce and Cheese/ Breadstick Choice 2: Chicken Ranch Wrap Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Whole Kernel Corn, Blueberries/ Pineapple, Garden Bar Breakfast: WG Cinamon Roll and Sausage, fruit, juice, milk
9 Choice 1: Orange Chicken over Brown Rice Choice 2: Mac-N- Cheese with Ham Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Stir Fry Veggies, Mandarin Oranges, Garden Bar Breakfast: Chicken & Waffles, fruit, juice, milk	10 Choice 1: Chicken and Waffles Choice 2: Chicken Fajita with Peppers/Onions Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Sweet Potato Fries, Peaches, Garden Bar Breakfast: WG Breakfast Bagel, fruit, juice, milk	11 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, Slushy Cup, Pears, Garden Bar Breakfast: Cheese Omelet and Pancakes, fruit, juice, milk	12 Choice 1: Fish Sandwich with Cheese/ Bun Choice 2: WG French Toast. Sausage links Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Cole Slaw, Applesauce, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk	13 Choice 1: Chicken Pot Pie Casserole Choice 2: Spicy Chicken Fritters/ Crackers Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Oven Fries, Orange Slices, Garden Bar Breakfast: WG Uncrustable PB&J, fruit, juice, milk
16 Choice 1: Walking Tacos/ Fritos Choice 2: Chicken Fajita with Peppers/Onions Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Corn, Blueberries/ Pears, Garden Bar Breakfast: French Toast and Sausage, fruit, juice, milk	17 Choice 1: Spaghetti/ Meatballs or Plain sauce and Cheese/ Breadstick Choice 2: Chicken Ranch Wrap Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Carrot Coins, Grapes, Garden Bar Breakfast: WG Muffin, Tri-Tater, fruit, juice, milk	18 Choice 1: Chicken and Waffles Choice 2: Chicken Pot Pie Casserole Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Green Peas, Pineapple, Cookie, Garden Bar Breakfast: Chicken and Waffles, fruit, juice, milk	19 Choice 1: Chicken Alfredo/ Breadstick Choice 2: Mac-N- Cheese with Ham Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Roasted Broccoli, Banana, Garden Bar Breakfast: WG Uncrustable PB&J, fruit, juice, milk	20 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 Stir Fry Veggies, Peaches, Garden Bar Breakfast: Breakfast Pizza, fruit, juice, milk
23 Choice 1: WG French Toast. Sausage links Choice 2: Baked Potato Bar (Broccoli/ Ham/ Cheese/ Sour Cream) Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Roasted Broccoli, Apple Slices, Garden Bar Breakfast: WG Breakfast Bagel, fruit, juice, milk	24 Choice 1: Chicken Alfredo/ Breadstick Choice 2: Mac-N- Cheese with Ham Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Onion Rings, Orange Slices, Garden Bar Breakfast: Cheese Omelet and Pancakes, fruit, juice, milk	25 No School	26 No School	27 No School
30 Choice 1: Spaghetti/ Meatballs or Plain sauce and Cheese/ Breadstick Choice 2: Tater Tot Hot Dish/ Bosco Stick Choice 3: SMART MOUTH PIZZA Choice 4: Hot Spot Grab & Go variety Carrot Coins, Slushy Cup, Pineapple, Garden Bar Breakfast: WG Muffin, Tri-Tater, fruit, juice, milk		The menu is subject to change without notice <u>USDA IS AN EQUAL OPPORTUNITY PROVIDER</u> <u>AND EMPLOYER</u>	Fresh Garden Bar and milk choices available	

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