

ONALASKA HIGH SCHOOL MENU

NOVEMBER 2026 WITH CARB COUNTS

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 Pizza (26), fruit, juice, milk	3 Choice 1: French Toast (38) / sausage (1 ea.) Choice 2: Chicken (11) Alfredo (4) Pasta (39) Breadstick (27) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Green Beans (7), Apple Slices (9), Garden Bar Breakfast: Cheese Omelet (1) and Pancakes 42), fruit, juice, milk	4 Choice 1: WG Chicken (11) and Waffles (63) 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), Grapes (23), Pears (14), Garden Bar Breakfast: WG Uncrustable PB&J (32), fruit, juice, milk	5 Choice 1: Tater Tot Hot Dish (15)/ Bosco (17) Choice 2: Chicken Parmesan (19)/ Bun (31) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Carrot Coins (7), Banana (27), Pears (14), Garden Bar Breakfast: Chicken (8) & Waffles (36), 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 Corn (9), Blueberries (5)/ Pineapple (19), Garden Bar Breakfast: WG Cinamon Roll (40) and Sausage (1 ea.), fruit, juice, milk
9 Choice 1: Orange Chicken (22) Brown Rice (36) Choice 2: Mac-N- Cheese (30) with Ham (1) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Stir Fry Veggies (8), Mandarin Oranges (14), Garden Bar Breakfast: Chicken (8) & Waffles (36), fruit, juice, milk	10 Choice 1: WG Chicken (11) and Waffles (63) Choice 2: Chicken Fajita (1) shell = (13) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Sweet Potato Fries (22), Peaches (12), Garden Bar Breakfast: WG Breakfast Bagel (33), fruit, juice, milk	11 Choice 1: Swedish Meatballs (4) Dinner Roll (18) Choice 2: Chicken Strips (11) / Dinner Roll (18) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Mashed Potatoes (20)/ Gravy (6), Slushy cup (23) Pears (14), Garden Bar Breakfast: Cheese Omelet (1) and Pancakes 42), fruit, juice, milk	12 Choice 1: Fish Sandwich (13) with Cheese (1)/ Bun (31) Choice 2: French Toast (38) / sausage (1 ea.) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Cole Slaw (11), Applesauce (24), Garden Bar Breakfast: Breakfast Pizza (26), fruit, juice, milk	13 Choice 1: Chicken Pot Pie Casserole (29) Choice 2: Spicy Chicken Fritters (22)/ Crackers (23) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Oven Fries (16-18), Orange Slices (11), Garden Bar Breakfast: WG Uncrustable PB&J (32), fruit, juice, milk
16 Choice 1: Walking Taco (4) Fritos G/F (16) Choice 2: Chicken Fajita (1) shell = (13) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Corn (9), Blueberries (5)/ Pears (14), Garden Bar Breakfast: French Toast (38) /Sausage (1 ea.), fruit, juice, milk	17 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 Carrot Coins (9), Grapes (23), Garden Bar Breakfast: WG Muffin (19-21), Tri-Tater (16-18), fruit, juice, milk	18 Choice 1: WG Chicken (11) and Waffles (63) Choice 2: Chicken Pot Pie Casserole (29) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Green Peas (5), Pineapple (19), Cookie (31), Garden Bar Breakfast: Chicken (8) & Waffles (36), fruit, juice, milk	19 Choice 1: Chicken (11) Alfredo (4) Pasta (39) Breadstick (27) Choice 2: Mac-N- Cheese (30) with Ham (1) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Roasted Broccoli (5), Banana (27), Garden Bar Breakfast: WG Uncrustable PB&J (32), fruit, juice, milk	20 Choice 1: Orange Chicken (22) Brown 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 Stir Fry Veggies (8), Peaches (12), Garden Bar Breakfast: Breakfast Pizza (26), fruit, juice, milk
23 Choice 1: French Toast (38) / sausage (1 ea.) 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), Apple Slices (9), Garden Bar Breakfast: WG Breakfast Bagel (33), fruit, juice, milk	24 Choice 1: Chicken (11) Alfredo (4) Pasta (39) Breadstick (27) Choice 2: Mac-N- Cheese (30) with Ham (1) Choice 3: SMART MOUTH PIZZA (40) Choice 4: Hot Spot Grab & Go variety Onion Rings (32), Orange Slices (11), Garden Bar Breakfast: Cheese Omelet (1) and Pancakes 42), 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 (40) Choice 4: Hot Spot Grab & Go variety Carrot Coins, Slushy Cup, Pineapple, Garden Bar Breakfast: WG Muffin (19-21), Tri-Tater (16-18), fruit, juice, milk	<u>Breakfast Carb Counts:</u> <u>Fruit =12-19</u> <u>Juice = 13-19</u> <u>Milk = 11-20</u>	The menu is subject to change without notice <u>USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</u>	Fresh Garden Bar and milk choices available	
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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