

ONALASKA MIDDLE SCHOOL MENU

NOVEMBER 2026 WITH CARB COUNTS

Monday	Tuesday	Wednesday	Thursday	Friday
2 Choice 1: WG Chicken Nuggets (11) Choice 2: WG Mini Corn Dogs (35) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Mac-n-Cheese (30) / Green Peas (5), Apple Slices (9), Garden Bar Breakfast: Breakfast Pizza (26), fruit, juice, milk	3 Choice 1: Scalloped Potatoes & Ham (12)/ Goldfish Crackers (19) Choice 2: Cheeseburger OK (2) Bun (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Corn (9)/ Banana (27)/ Blueberries (5)/ G. Bar Breakfast: Cheese Omelet (1) and Pancakes 42), fruit, juice, milk	4 Choice 1: Orange Chicken (19) over Brown Rice (36) Choice 2: Spicy Chicken Fritters/ Crackers Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Stir Fry Veggies (8)/ Mandarin Oranges (4), Garden Bar Breakfast: WG Uncrustable PB&J (32), fruit, juice, milk	5 Choice 1: WG Spaghetti (20) plain sauce (11) Cheese (1) Meatballs OK (4) Bosco (17) Choice 2: Tater Tot Hot Dish (15) / Bosco (17) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Green Beans (7)/ Grapes (23)/ Orange Slices (11)/ Garden Bar Breakfast: Chicken (8) & Waffles (27), fruit, juice, milk	6 Choice 1: Grilled Cheese Sandwich (27)/ Tomato Soup (24.5) Choice 2: WG Chicken Patty (17) Bun (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Oven Fries (16-18), Pears (12), Garden Bar Breakfast: WG Cinamon Roll (40) and Sausage (1 ea.), fruit, juice, milk
9 Choice 1: Chicken (1) Alfredo (4) Pasta (39) Breadstick (27) Choice 2: Toasted Ravioli (64)/ Marinara (6)/ Breadstick (27) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Roasted Broccoli, Apple Slices, Garden Bar Breakfast: Chicken (8) & Waffles (27), fruit, juice, milk	10 Choice 1: Swedish Meatballs (4) G/F / Dinner Roll (18) Choice 2: Chicken Strips (11) sub = G/F Tenders Dinner Roll (18) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Mashed Potatoes (20)/ Gravy (6) Carrots (7) / Slushy Cup (23) Garden Bar Breakfast: WG Breakfast Bagel (33), fruit, juice, milk	11 Choice 1: WG Chicken (11) and Waffles (36) Choice 2: Dill Chicken Patty (19) WG Bun (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Baked Beans (14.5)/ Grapes (23)/ Garden Bar Breakfast: Cheese Omelet (1) and Pancakes 42), fruit, juice, milk	12 Choice 1: WG Chicken Nuggets (11) Choice 2: WG Mini Corn Dogs (35) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Mac-n-Cheese (30) / Pea (5) Peaches (14) Garden Bar Breakfast: Breakfast Pizza (26), fruit, juice, milk	13 Walking Taco Meat OK (4) / Fritos G/F (16) Choice 2: Chicken Pot Pie Casserole (29) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Corn (9)/ Pineapple (19)/ Blueberries (5)/ Garden Bar Breakfast: WG Uncrustable PB&J (32), fruit, juice, milk
16 Choice 1: Orange Chicken (19) over Brown Rice (36) Choice 2: Chicken Parmesan (19) / WG Bun (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Stir Fry Veggies (8)/ Mandarin Oranges (4), Garden Bar Breakfast: French Toast (38) /Sausage (1 ea), fruit, juice, milk	17 Choice 1: WG French Toast Sticks (38)/ Sausage (1 ea.) Choice 2: WG Fish Sticks (23) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Applesauce (24)/ Slushy Cup (23), Tri Tater (16-18), Cole Slaw (11) Garden Bar Breakfast: WG Muffin (19-21), Tri-Tater (16-18), fruit, juice, milk	18 Choice 1: WG Spaghetti (20) plain sauce (11) Cheese (1) Meatballs OK (4) Bosco (17) Choice 2: Chicken Pot Pie Casserole Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Green Beans (7)/Orange Slices (11)/ Garden Bar Breakfast: Chicken (8) & Waffles (27), fruit, juice, milk	19 Choice 1: Scalloped Potatoes & Ham (12)/ Goldfish Crackers (19) Choice 2: Cheeseburger OK (2) Bun (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Green Peas (5), Applesauce (24), Garden Bar Breakfast: WG Uncrustable PB&J (32), fruit, juice, milk	20 Choice 1: WG Chicken (11) and Waffles (36) Choice 2: Spicy Chicken Fritters (22) /Crackers (23) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Baked Beans (14.5)/ Grapes (23)/ Garden Bar Breakfast: Breakfast Pizza (26), fruit, juice, milk
23 Choice 1: Uncrustable PB&J (32)/ Cheese Stick (1) Choice 2: Grilled Cheese Sandwich (27) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Homemade Chicken Noodle Soup (11)/ Pineapple (19)/ Blueberries (5)/ Garden Bar Breakfast: WG Breakfast Bagel (33), fruit, juice, milk	24 Chicken (1) Alfredo (4) Pasta (39) Breadstick (27) Choice 2: Cheeseburger OK (2) Bun (31) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Sweet Potato Fries (22), Applesauce (24), G. Bar Breakfast: Cheese Omelet (1) and Pancakes 42), fruit, juice, milk	25 No School	26 No School	27 No School

30 Choice 1: Tater Tot Hot Dish (15) / Bosco (17) Choice 2: Chicken Strips (11) / Dinner Roll (18) Choice 3: WG Pizza (24) Choice 4: Sub Sandwich Station (31) Roasted Broccoli (5), Pears (12), 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