

DECEMBER 2016

WEST GENESEE
HIGH SCHOOL LUNCH MENU



STUDENTS MUST HAVE AT LEAST 3 MENU ITEMS ON THEIR TRAY TO COUNT AS A LUNCH (ONE ITEM MUST BE EITHER A FRUIT OR A VEGETABLE). FRESH FRUIT AND A CHOICE OF VEGETABLES ARE AVAILABLE EVERYDAY AS WELL AS THE FOLLOWING MILK OPTIONS: SKIM WHITE, 1% WHITE OR OR FAT FREE CHOCOLATE.

The 5 Food Components: Meat/Meat Alternate, Grain, Fruit, Vegetable & Milk!

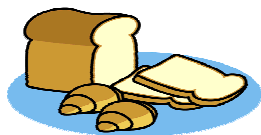
OFFERED EVERYDAY: INDIVIDUAL SALADS & SUBMARINE SANDWICHES WITH 2 OTHER CHOICES COUNT AS A MEAL.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER "did you know": 1818 - <i>Silent Night, Holy Night 1st</i> 1903 - <i>Wright Bros made 1st</i> 1937 - <i>"Snow White" & 7 Dwarfs premiered.</i> 1941 - <i>Japanese attacked Pearl</i> National "Love" Your Neighbor Month	OTHER ALTERNATES MAY BE OFFERED: CHICKEN PATTY PIZZA SLICE YOGURT MEAL (yogurt, cheese stick, pretzels, fruit & milk)	Milk \$.65 Ice Cream \$.75 Specialty Ice Cream \$1.25	1 Chicken Patty Filet on a bun Mashed Potatoes & Gravy Steamed Fresh Cauliflower Chilled Diced Peaches	2 Stuffed Crust Pizza Fresh Romaine Salad <i>w/tomatoes</i> Chilled Diced Peaches
5 Mozzarella Cheese Sticks <i>w/marinara</i> Meatlovers "Hot Pockets" Steamed Fresh Broccoli Chilled Applesauce	6 Crispy Chicken Smackers Crispy Tator Tots Steamed Green Beans Chilled Peach Cup	7 Pasta & Meatballs <i>(pasta, 5 meatballs & Marinara)</i> Romaine Salad <i>w/cukes</i> "Texas" Toast Chilled Strawberry Cup	8 Crispy Chicken Nuggets <i>"Mrs. T's" Pierogies</i> "Bush's" Baked Beans Chilled Diced Peaches	9 "Homemade" Pizza Cheese OR Pepperoni Fresh Carrots Chilled Diced Peaches
12 French Toast Sticks <i>Sauasgae Patty</i> Hash Brown Potatoes Chilled Applesauce	13 Crispy Chicken Nuggets Mashed Potatoes & Gravy "Bush's" Baked Beans Chilled Diced Peaches	14 Philly Cheesesteak Sandwich <i>w/ peppers & onions (if you like)</i> Crispy Tator Tots Fresh Romaine Salad Chilled Mixed Fruit	15 Toasted Cheese Pretzelwich "Campbell's" Tomato Soup Chilled Diced Peaches "Pepperidge" Farm Goldfish	16 Sampler Platter <i>Five Chicken Nuggets & Two Pizza Sticks</i> <i>w/marinara</i> Garlic Breadstick Chilled Peach Cup
19 Crispy Chicken Smackers Baked Macaroni & Cheese "Bush's" Baked Beans Chilled Applesauce	"Taco Tuesday" 20 Taco w/Chips & Cheese Sauce Steamed Sweet Corn Zesty Tomato Salsa Chilled Peach Cup	 21 Italian Meatball Sub <i>(5 meatballs, sub roll & marinara)</i> Parmesean Cheese <i>if you please</i> Steamed Green Beans Cool Ranch Doritos Chilled Mixed Fruit	22 Chicken Patty Filet on a bun <i>w/lettuce & tomato</i> Steamed Carrot Coins Chilled Diced Peaches Baked Lays Potato Chips	23 Lunch Around Pizza Steamed Fresh Broccoli <i>w/Cheese Sauce</i> Chilled Peach Cup
26 	27 Christmas/New Year's Recess	28 	29 Christmas/New Year's Recess	30 

WE USE AS MUCH LOCAL FRUITS & VEGETABLES AS POSSIBLE!

HIGH SCHOOL LUNCH IS \$2.85. MONEY IN YOUR CHILD'S ACCOUNT

MAY BE USED FOR ALL ITEMS IN THE CAFETERIA. **MAKE CHECKS PAYABLE TO WEST GENESEE FOOD SERVICE.**
 Adding money online at MySchoolBucks.com helps make the lunch line move faster and gives children more time for lunch.



WE NOW SERVE "WHOLE GRAIN WHITE" BREAD PRODUCTS!



****MENU SUBJECT TO CHANGE WITHOUT NOTICE**

**Nutritional Facts are available upon request through the Food Service Office OR your child's school nurse.