

FEBRUARY 2017





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
		1 Crispy Chicken Smackers Mashed Potatoes & Gravy "Bush's" Baked Beans Chilled Mixed Fruit	2 Mozzarella Cheese Sticks & Meatballs <i>w/marinara sauce</i> Steamed Carrot Coins "New" Texas Toast Fresh Banana 	3 "WG" Personal Pizza (Cheese OR Pepperoni) Romaine Salad <i>w/cukes</i> Chilled Peach Cup 
6 Chicken Patty Filet on a bun <i>w/lettuce & tomato</i> Crispy Tator Tots "Bush's" Baked Beans Chilled Diced Pears	7 "Taco Tuesday" Taco w/Chips & Cheese Sauce Steamed Sweet Corn Mexicali Rice Zesty Tomato Salsa Chilled Peach Cup	8 Crispy Chicken Nuggets <i>"Mrs. T's" Pierogies</i> Steamed Green Beans Chilled Applesauce	9 Jalapeño "Firecracker" Wrap Fresh Carrots <i>w/ranch dip</i> Chilled Strawberry Cup Spicy Doritos	10 Lunch Around Pizza Steamed Fresh Broccoli <i>w/cheese sauce</i> Chilled Peach Cup
13 "Brunch for Lunch" Breakfast Sandwich <i>(bagel, egg, cheese, & bacon)</i> Crispy Tator Tots Chilled Applesauce	14 Crispy Chicken Smackers Baked Macaroni & Cheese Steamed Carrot Coins Fresh Orange 	15 Mozzarella Cheese Sticks & Meatballs <i>w/marinara sauce</i> Romaine Salad <i>w/cukes</i> "New" Texas Toast Chilled Mixed Fruit	16 Burger on a Bun <i>with OR without cheese</i> Crispy Baked Onion Rings Dill Pickle Spear "Bush's Baked Chilled Diced Pears	17 Crispy Chicken Nuggets Mashed Potatoes & Gravy Steamed Green Beans Chilled Peach Cup
20 WINTER RECESS	21 WINTER RECESS	22 WINTER RECESS	23 WINTER RECESS	24 WINTER RECESS
27 Stuffed Crust Pizza Steamed Fresh Broccoli <i>w/cheese sauce</i> Chilled Applesauce	28  "Roasted" Picnic Chicken Smashed Potatoes <i>w/gravy</i> Carrot Coins Chilled Peach Cup	<u>OTHER ALTERNATES</u> <u>MAY BE OFFERED:</u> CHICKEN PATTY PIZZA SLICE YOGURT MEAL (yogurt, cheese stick, pretzels, fruit & milk)	Milk \$.65 Ice Cream \$.75 Specialty Ice Cream \$1.25	FEBRUARY "did you know": 1885 - Washington Monument 1910 - Boy Scouts of America founded 1947 - Polaroid Camera 1st introduced 1973 - Vietnam War ended AMERICAN HEART MONTH

**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.