

# JANUARY 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
 2	<b>3</b> <b>Stuffed Crust Pizza</b> Fresh Carrots <i>w/ranch dip</i> Chilled Diced Peaches	<b>4</b> <b>Mozzarella Cheese Sticks</b> <b>The "Max" Maxstix w/marinara</b> <i>(mozz cheese filled breadsticks)</i> Steamed Fresh Broccoli Chilled Applesauce	<b>5</b> <b>Pasta &amp; Meatballs</b> <i>(pasta, 5 meatballs &amp; Marinara)</i> Romaine Salad <i>w/cukes</i> "Texas" Toast Fresh Banana	<b>6</b> <b>Crispy Chicken Smackers</b> Mashed Potatoes & Gravy "Bush's" Baked Beans Chilled Peach Cup
<b>9</b> <b>Crispy Chicken Nuggets</b> <i>"Mrs. T's" Pieragies</i> Steamed Green Beans Chilled Applesauce	<b>10</b> <b>"Taco Tuesday"</b> <b>Taco w/Chips &amp; Cheese Sauce</b> Steamed Sweet Corn Zesty Tomato Salsa Chilled Peach Cup	<b>11</b> <b>Burger on a Bun</b> <i>with OR without cheese</i> Crispy Baked Onion Rings Dill Pickle Spear "Bush's Baked" Chilled Mixed Fruit	<b>12</b> <b>Toasted Cheese Pretzelwich</b> <i>w/cheese OR ham &amp; Cheese</i> "Campbell's" Tomato Soup Chilled Diced Pears "Pepperidge" Farm Goldfish	<b>13</b> <b>Lunch Around Pizza</b> Steamed Fresh Broccoli <i>w/cheese sauce</i> Chilled Peach Cup
 <b>16</b> <b>NO SCHOOL</b>	<b>17</b> <b>Crispy Chicken Smackers</b> Baked Macaroni & Cheese Steamed Carrot Coins Fresh Orange	<b>18</b> <b>Mozzarella Cheese Sticks</b> <i>w/marinara sauce</i> Steamed Fresh Cauliflower "New" Texas Toast Chilled Applesauce	<b>19</b> <b>Crispy Chicken Nuggets</b> Mashed Potatoes & Gravy "Bush's" Baked Beans Chilled Diced Pears	<b>20</b> <b>"Homemade" Pizza</b> <i>Cheese OR Pepperoni</i> Romaine Salad <i>w/cukes</i> Chilled Diced Peaches
<b>23</b> <b>Chicken Patty Filet on a bun</b> <i>w/lettuce &amp; tomato</i> Crispy Tator Tots "Bush's" Baked Beans Chilled Diced Pears	<b>24</b> <b>REGENTS</b>	<b>25</b> <b>REGENTS</b>	<b>26</b> <b>REGENTS</b>	<b>27</b> <b>REGENTS</b>
<b>30</b> <b>TEACHER WORKSHOP</b> <b>NO SCHOOL</b>	<b>31</b> <b>Stuffed Crust Pizza</b> Steamed Fresh Broccoli <i>w/cheese sauce</i> Chilled Diced Peaches	<u><b>OTHER ALTERNATES</b></u> <u><b>MAY BE OFFERED:</b></u> <b>CHICKEN PATTY</b> <b>PIZZA SLICE</b> <b>YOGURT MEAL</b> (yogurt, cheese stick, pretzels, fruit & milk)	Milk \$.65 Ice Cream \$.75 Specialty Ice Cream \$1.25	<b>JANUARY "did you know":</b> <b>1784</b> - Revolutionary War ended. <b>1878</b> - 1st milk time delivered in bottles. <b>1967</b> - 1st Super Bowl played. <b>2007</b> - 1st iPhone was introduced. <b>National Staying Healthy Month</b>

**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](http://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.