

NOVEMBER 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
OTHER ALTERNATES MAY BE OFFERED: CHICKEN PATTY PIZZA SLICE YOGURT MEAL (yogurt, cheese stick, pretzels, fruit & milk)	1 Mozzarella Cheese Sticks <i>w/marinara sauce</i> Steamed Fresh Cauliflower "New" Texas Toast Chilled Applesauce	2 Bacon Cheeseburger on a Bun <i>with OR without cheese</i> Crispy Onion Rings "Bush's" Baked Beans Diced Chilled Pears Dill Pickle	3 Chicken Patty Filet on a bun <i>w/lettuce & tomato</i> Steamed Carrot Coins Fresh Apple Baked Lays Potato Chips	4 Stuffed Crust Pizza Fresh Romaine Salad <i>w/tomatoes</i> Jell-O Mixed Fruit Cup <i>w/whipped topping</i>
7 Crispy Chicken Bites Seasoned Potato Wedges "Bush's" Baked Beans Chilled Applesauce	8 Staff Development Day 1/2 day	9 "Sampler Platter" Five Chicken Bites, Two Pizza Sticks & Garlic Breadstick Fresh Romaine Salad Chilled Diced Peaches	10 "Buffalo" Chicken Patty on a bun Crispy Tator Tots Steamed Carrot Coins Chilled Strawberry Cup	11
14 Chicken Nuggets "Mrs. T's" Pierogies Steamed Carrot Coins "Bush's" Baked Beans Chilled Mixed Fruit	15 French Toast Sticks Scrambled Eggs Hash Brown Potato Chilled Applesauce	16 Lunch Around Pizza Steamed Green Beans Fresh Banana	17 Holiday Turkey Dinner Turkey, Gravy & Mashed Potatoes Glazed Carrot Coins Dinner Roll "Homemade" Baked Apple Crisp	18 Pizza Sticks & Meatballs <i>w/marinara sauce</i> Fresh Romaine Salad <i>w/shredded carrots</i> Chilled Diced Peaches
21 Crispy Chicken Smackers Crispy Tator Tots Steamed Carrot Coins Chilled Applesauce	22 Stuffed Crust Pizza Fresh Romaine Salad <i>w/Chickpeas</i> Chilled Diced Pears Lay's BBQ Chips	23 Thanksgiving Recess	24 	25 Thanksgiving Recess
28 Crispy Chicken Bites Baked Macaroni & Cheese Steamed Seasoned Broccoli Chilled Diced Peaches	29 Toasted Cheese Pretzelwich "Campbell's" Tomato Soup Steamed Green Beans Chilled Applesauce "Pepperidge" Farm Goldfish Crackers	30 Philly Cheesesteak Sandwich <i>w/ peppers & onions (if you like)</i> Crinkle Cut Fries "Bush's" Baked Beans Fresh Orange	Milk \$.65 Ice Cream \$.75 Specialty Ice Cream \$1.25	November "did you know": 1523 - Fall of the Inca Empire. 1805 - Lewis & Clark reached the 1922 - King Tut's tomb discovered. 1982 - Vietnam Veterans Memorial dedicated. Good Nutrition Month!

WE USE AS MUCH

LOCAL FRUITS & VEGETABLES

AS POSSIBLE!



WE NOW SERVE "WHOLE GRAIN WHITE" BREAD PRODUCTS!



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.

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

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