

# NOVEMBER 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
<p><b>Milk \$.65</b> <b>Ice Cream \$.75</b> <b>Specialty Ice Cream \$1.25</b></p>	<p><u><b>OTHER ALTERNATES</b></u> <u><b>MAY BE OFFERED:</b></u> CHICKEN PATTY PIZZA SLICE YOGURT MEAL (yogurt, cheese stick, pretzels, fruit &amp; milk)</p>	<p><b>1</b> Crispy Chicken Tenders <i>"Mrs. T's" Pierogies</i> Steamed Carrot Coins Fresh Banana</p>	<p><b>2</b> Bacon Burger on a Bun <i>with OR without cheese</i> "Bush's" Baked Beans Diced Chilled Pears BBQ Baked Lays Potato Chips</p>	<p><b>3</b>  <b>"Sampler Platter"</b> Five Chicken Nuggets Two Pizza Sticks <i>w/marinara</i> Fresh Romaine Salad <i>w/cukes</i> Chilled Diced Peaches</p>
<p><b>6</b> Crispy Chicken Smackers Mashed Potatoes <i>w/gravy</i> Steamed Carrot Coins Chilled Mixed Fruit</p>	<p><b>7</b> <b>1/2 DAY</b> <b>Staff Development Day</b></p>	<p><b>8</b> Hot Meatball Sub <i>w/marinara &amp; parm cheese</i> Steamed Broccoli &amp; Cheese Smiley Fries Chilled Strawberry Cup</p>	<p><b>9</b> "Homemade" Pizza Cheese OR Garlic Romaine Salad <i>w/chickpeas</i> Chilled Peach Cup</p>	<p><b>10</b> <b>VETERAN'S DAY</b> </p>
<p><b>13</b> Crispy Chicken Tenders Crispy Tator Tots Fresh Steamed Broccoli Chilled Applesauce</p>	<p><b>14</b> Burger on a Bun <i>with OR without cheese</i> Baked Onion Rings "Bush's" Baked Beans Diced Chilled Pears</p>	<p><b>15</b> Two Toasted Cheese Pretzelwich Cheese OR Ham Campbell's Tomato Soup Steamed Green Beans Fresh Orange</p>	<p><b>16</b> Lunch Around Pizza Fresh Romaine Salad <i>w/cukes</i> Garlicy Breadstick <i>w/marinara</i> Fresh Banana</p>	<p><b>17</b> <b>"Holiday" Turkey Dinner</b> <i>Turkey, Gravy &amp; Mashed Potatoes</i> Steamed Carrot Coins Chilled Cranberry Cup Fresh Peach Cobbler</p>
<p><b>20</b> Jalapeño "Firecracker" Wrap Steamed Broccoli &amp; Cheese Diced Chilled Pears Cool Ranch Doritos</p>	<p><b>21</b> Mozzarella Cheese Sticks <i>w/marinara sauce</i> Texas Toast Fresh Carrots <i>w/ranch dip</i> Fresh NYS Apple</p>	<p><b>22</b> <b>THANKSGIVING RECESS</b></p>	<p><b>23</b> </p>	<p><b>24</b> <b>THANKSGIVING RECESS</b></p>
<p><b>27</b> French Toast Sticks Sausage Links Hash Brown Potatoes Chilled Applesauce</p>	<p><b>28</b> Crispy Chicken Smackers Homemade Mac &amp; Cheese Steamed Carrot Coins Chilled Strawberry Cup</p>	<p><b>29</b> Philly Cheese Beef Rib <i>(mozz cheese, onion ring or peppers &amp; onions)</i> "Bush's" Baked Beans Crispy Tator Tots Chilled Peach Cup</p>	<p><b>30</b> General Tso's Chicken <i>w/rice &amp; broccoli</i> Steamed Mixed Veggies Chilled Pineapple Tidbits Chinese Fortune Cookie</p>	<p><b>"Good Nutrition Month"</b> </p>

**WE USE AS MUCH  
LOCAL FRUITS & VEGETABLES  
AS POSSIBLE!**

**MIDDLE SCHOOL LUNCH IS \$2.85. 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.*



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

*\*\*Nutritional Facts are available upon request through the Food Service Office OR*