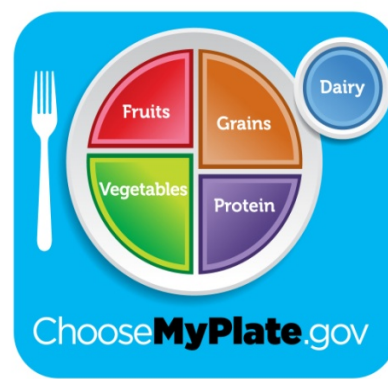


OCTOBER 2016

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
<p>3 "NEW" Crispy Chicken Bites Smashed Potatoes <i>w/gravy</i> Steamed Green Broccoli Chilled Diced Peaches</p>	<p>4 Mozzarella Cheese Sticks <i>w/marinara sauce</i> Steamed Fresh Cauliflower Dinner Roll Fresh Orange</p>	<p>5 Bacon Cheeseburger on a Bun <i>with OR without cheese</i> Crispy Onion Rings "Bush's" Baked Beans Diced Chilled Pears Dill Pickle</p>	<p>6 Chicken Patty Filet on a bun <i>w/lettuce & tomato</i> Steamed Carrot Coins Chilled Mixed Fruit Baked Lays Potato Chips</p>	<p>7 Stuffed Crust Pizza Fresh Romaine Salad <i>w/tomatoes</i> Fresh Apple</p> 
<p>10 </p>	<p>11 "NEW" Crispy Chicken Bites Seasoned Potato Wedges "Bush's" Baked Beans Chilled Pineapple Tidbits</p>	<p>12 "Giorgio's" Pepp & Cheese Stomboli <i>w/marinara sauce</i> Fresh Romaine Salad <i>w/tomatoes</i> Chilled Mixed Fruit</p>	<p>13 Jalapeño "Firecracker" Wrap Fresh Carrots <i>w/ranch dip</i> Chilled Strawberry Cup Spicy Doritos</p>	<p>14 "Sampler Platter" Five Chicken Bites, Two Pizza Sticks & Garlic Breadstick Steamed Green Beans Chilled Diced Peaches</p>
<p>17 Chicken Patty Filet Smashed Potatoes <i>w/gravy</i> Steamed Fresh Broccoli Chilled Pineapple Tidbits</p>	<p>18 "Taco Tuesday" Seasoned Taco <i>w/Chips & Cheese Sauce</i> Steamed Sweet Corn Zesty Mexican Salsa Chilled Mandarin Oranges</p>	<p>19 Mozzarella Cheese Sticks <i>w/marinara sauce</i> Fresh Romaine Salad "New" Texas Toast Diced Chilled Pears</p>	<p>20 Chicken Nuggets <i>"Mrs. T's" Pierogies aka "Parker's"</i> Steamed Carrot Coins "Bush's" Baked Beans Chilled Mixed Fruit</p>	<p>21 "Homemade" Buffalo Chicken Pizza Fresh Celery sticks <i>w/Bleu Cheese</i> Chilled Diced Peaches Luigi's Sherbet</p> 
<p>24 Jalapeño "Firecracker" Wrap Fresh Carrots <i>w/ranch dip</i> Chilled Strawberry Cup Spicy Doritos</p>	<p>25 Cheeseburger on a Bun <i>with OR without cheese</i> Steamed Sweet Corn Chilled Applesauce Lay's BBQ Chips</p>	<p>26 "Giorgio's" Pepp & Cheese Stomboli <i>w/marinara sauce</i> Steamed Green Beans Fresh Banana</p>	<p>27  "Roasted" Picnic Chicken Smashed Potatoes <i>w/gravy</i> "Bush's" Baked Beans Carrot Coins Chilled Diced Pears</p>	<p>28 Pizza Sticks & Meatballs <i>w/marinara sauce</i> Fresh Romaine Salad <i>w/shredded carrots</i> Chilled Diced Peaches</p>
<p>31  Crawling Crispy Chicken Bites Mashed Poo-tatoes <i>w/gravy</i> Steamed Ghoulish Broccoli Chilled Diced Peaches HALLOWEEN</p>		<p>OTHER ALTERNATES MAY BE OFFERED: CHICKEN PATTY PIZZA SLICE YOGURT MEAL (yogurt, cheese stick, pretzels, fruit & milk)</p>	<p>Milk \$.65 Ice Cream \$.75 Specialty Ice Cream \$1.25</p>	<p>OCTOBER "did you know": 1871 - Great Chicago Fire started. 1929 - Stock Market Crash. 1957 - American Banstand premiered. 2001 - iPod 1st revealed. National "PIZZA" Month</p>

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.