

OCTOBER 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>2</p> <p>Crispy Chicken Tenders <i>"Mrs. T's" Pierogies</i> Steamed Green Beans Fresh Banana</p>	<p>3</p> <p>French Toast Sticks Sausage Links Hash Brown Potatoes Chilled Applesauce</p>	<p>4</p> <p>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>5</p> <p>Crispy Chicken Smackers Smashed Potatoes Steamed Carrot Coins Chilled Mixed Fruit</p>	<p>6</p> <p>"Sampler Platter" Five Chicken Nuggets Two Pizza Sticks <i>w/marinara</i> Fresh Romaine Salad <i>w/cukes</i> Chilled Diced Peaches</p>
<p>9</p> <p>COLUMBUS DAY</p>	<p>10</p> <p>Burger on a Bun <i>with OR without cheese</i> Baked Onion Rings "Bush's" Baked Beans Diced Chilled Pears</p>	<p>11</p> <p>Mozzarella Cheese Sticks Italian Meatballs <i>w/marinara sauce</i> Steamed Green Beans Diced Chilled Pears</p>	<p>12</p> <p>Crispy Chicken Tenders Smashed Potatoes <i>w/gravy</i> Steamed Carrot Coins Chilled Mixed Fruit</p>	<p>13</p> <p>WG Personal Pizza Cheese, Garlic OR Pepperoni Romaine Salad <i>w/tomatoes</i> Chilled Peach Cup</p>
<p>16</p> <p>Crispy Chicken Smackers Crispy Tator Tots "Bush's" Baked Beans Chilled Diced Pears</p>	<p>"Taco Tuesday" 17</p> <p>Seasoned Taco <i>w/Chips & Cheese Sauce</i> Steamed Sweet Corn Zesty Mexican Salsa Chilled Mandarin Oranges</p>	<p>18</p> <p>Chicken Patty Filet on a bun <i>w/lettuce & tomato</i> Steamed Broccoli Seasoned Potato Wedges Chilled Peach Cup</p>	<p>19</p> <p>Two Toasted Cheese Pretzelwich Cheese OR Ham Campbell's Tomato Soup Steamed Green Beans Fresh Orange</p>	<p>"Homemade" 20</p> <p>Cheese, Garlic OR Pepperoni Pizza Romaine Salad <i>w/shredded carrots</i> Chilled Peach Cup</p>
<p>23</p> <p>"NEW" "MAX" Chicken Pizza Steamed Green Beans Garlicy Breadstick <i>w/marinara</i> Fresh Banana</p>	<p>24</p> <p>Crispy Chicken Smackers Crispy Tator Tots Steamed Carrot Coins Chilled Diced Pears</p>	<p>"NEW" 25</p> <p>Country BBQ Beef Rib Sandwich <i>(beef rib patty & onion ring)</i> "Bush's" Baked Beans Chilled Strawberry Cup</p>	<p>26</p> <p>Jalapeño "Firecracker" Wrap Steamed Green Broccoli Diced Chilled Pears Cool Ranch Doritos</p>	<p>27</p> <p>"Sampler Platter" Five Chicken Nuggets Two Pizza Sticks Steamed Sweet Corn Chilled Diced Peaches</p>
<p>30</p> <p>French Toast Sticks Sausage Links Hash Brown Potatoes Chilled Applesauce</p>	<p>"Taco Tuesday" 31</p> <p>Seasoned Taco <i>w/Chips & Cheese Sauce</i> Steamed Sweet Corn Zesty Mexican Salsa Chilled Mandarin Oranges "Spooky Sundae" Cup</p>	<p>"Family History Month"</p>	<p>Milk \$.65 Ice Cream \$.75 Specialty Ice Cream \$1.25</p>	<p><u>OTHER ALTERNATES</u> <u>MAY BE OFFERED:</u> CHICKEN PATTY PIZZA SLICE YOGURT MEAL (yogurt, cheese stick, pretzels, fruit & milk)</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 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*