

DECEMBER 2016





WEST GENESEE
MIDDLE 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 |
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| DECEMBER "did you know": 1818 - <i>Silent Night, Holy Night 1st</i> 1903 - <i>Wright Bros made 1st</i> 1937 - <i>"Snow White" & 7 Dwarfs premiered.</i> 1941 - <i>Japanese attacked Pearl</i> National "Love" Your Neighbor Month | OTHER ALTERNATES MAY BE OFFERED: CHICKEN PATTY PIZZA SLICE YOGURT MEAL (yogurt, cheese stick, pretzels, fruit & milk) | Milk \$.65 Ice Cream \$.75 Specialty Ice Cream \$1.25 | 1 Chicken Patty Filet on a bun Mashed Potatoes & Gravy Steamed Fresh Cauliflower Chilled Diced Peaches | 2 Stuffed Crust Pizza Fresh Romaine Salad <i>w/tomatoes</i> Chilled Diced Peaches |
| 5 Mozzarella Cheese Sticks <i>w/marinara</i> Meatlovers "Hot Pockets" Steamed Fresh Broccoli Chilled Applesauce | 6 Crispy Chicken Smackers Crispy Tator Tots Steamed Green Beans Chilled Peach Cup | 7 Pasta & Meatballs <i>(pasta, 5 meatballs & Marinara)</i> Romaine Salad <i>w/cukes</i> "Texas" Toast Chilled Strawberry Cup | 8 Crispy Chicken Nuggets <i>"Mrs. T's" Pierogies</i> "Bush's" Baked Beans Chilled Diced Peaches | 9 "Homemade" Pizza <i>Cheese OR Pepperoni</i> Fresh Carrots Chilled Diced Peaches |
| 12 French Toast Sticks Sausage Patty Hash Brown Potatoes Chilled Applesauce | 13 Crispy Chicken Nuggets Mashed Potatoes & Gravy "Bush's" Baked Beans Chilled Diced Peaches | 14 Philly Cheesesteak Sandwich <i>w/ peppers & onions (if you like)</i> Crispy Tator Tots Fresh Romaine Salad Chilled Mixed Fruit | 15 Toasted Cheese Pretzelwich "Campbell's" Tomato Soup Chilled Diced Peaches "Pepperidge" Farm Goldfish | 16 Sampler Platter <i>Five Chicken Nuggets & Two Pizza Sticks</i> <i>w/marinara</i> Garlic Breadstick Chilled Peach Cup |
| 19 Crispy Chicken Smackers Baked Macaroni & Cheese "Bush's" Baked Beans Chilled Applesauce | 20 Taco w/Chips & Cheese Sauce Steamed Sweet Corn Zesty Tomato Salsa Chilled Peach Cup |  21 Italian Meatball Sub <i>(5 meatballs, sub roll & marinara)</i> Parmesean Cheese <i>if you please</i> Steamed Green Beans Cool Ranch Doritos Chilled Mixed Fruit | 22 Chicken Patty Filet on a bun <i>w/lettuce & tomato</i> Steamed Carrot Coins Chilled Diced Peaches Baked Lays Potato Chips | 23 Lunch Around Pizza Steamed Fresh Broccoli w/Cheese Sauce Chilled Peach Cup |
| 26  | 27 Christmas/New Year's Recess | 28  | 29 Christmas/New Year's Recess | 30  |

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.



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.