

FEBRUARY 2017





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
		1 Crispy Chicken Smackers Mashed Potatoes & Gravy "Bush's" Baked Beans Chilled Mixed Fruit	2 Mozzarella Cheese Sticks & Meatballs <i>w/marinara sauce</i> Steamed Carrot Coins "New" Texas Toast Fresh Banana 	3 "WG" Personal Pizza (Cheese OR Pepperoni) Romaine Salad <i>w/cukes</i> Chilled Peach Cup 
6 Chicken Patty Filet on a bun <i>w/lettuce & tomato</i> Crispy Tator Tots "Bush's" Baked Beans Chilled Diced Pears	7 "Taco Tuesday" Taco w/Chips & Cheese Sauce Steamed Sweet Corn Zesty Tomato Salsa Chilled Peach Cup	8 Crispy Chicken Nuggets <i>"Mrs. T's" Pierogies</i> Steamed Green Beans Chilled Applesauce	9 French Toast Sticks Cheesy Scrambled Eggs Hash Brown Potatoes Fresh Carrots Chilled Strawberry Cup	10 Lunch Around Pizza Steamed Fresh Broccoli <i>w/cheese sauce</i> Chilled Peach Cup
13 "Brunch for Lunch" Breakfast Sandwich <i>(bagel, egg, cheese, & bacon)</i> Crispy Tator Tots Chilled Applesauce	14 Crispy Chicken Smackers Baked Macaroni & Cheese Steamed Carrot Coins Fresh Orange 	15 Mozzarella Cheese Sticks & Meatballs <i>w/marinara sauce</i> Romaine Salad <i>w/cukes</i> "New" Texas Toast Chilled Mixed Fruit	16 Burger on a Bun <i>with OR without cheese</i> Crispy Baked Onion Rings Dill Pickle Spear "Bush's Baked Chilled Diced Pears	17 Crispy Chicken Nuggets Mashed Potatoes & Gravy Steamed Green Beans Chilled Peach Cup
20 WINTER RECESS	21 WINTER RECESS	22 WINTER RECESS	23 WINTER RECESS	24 WINTER RECESS
27 Stuffed Crust Pizza Steamed Fresh Broccoli <i>w/cheese sauce</i> Chilled Applesauce	28  "Roasted" Picnic Chicken Smashed Potatoes <i>w/gravy</i> Carrot Coins Chilled Peach Cup	<u>OTHER ALTERNATES</u> <u>MAY BE OFFERED:</u> CHICKEN PATTY PIZZA SLICE YOGURT MEAL (yogurt, cheese stick, pretzels, fruit & milk)	Milk \$.65 Ice Cream \$.75 Specialty Ice Cream \$1.25	FEBRUARY "did you know": 1885 - Washington Monument 1910 - Boy Scouts of America founded 1947 - Polaroid Camera 1st introduced 1973 - Vietnam War ended AMERICAN HEART MONTH

**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.