

JANUARY 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
 2	3 Stuffed Crust Pizza Fresh Carrots <i>w/ranch dip</i> Chilled Diced Peaches	4 Mozzarella Cheese Sticks The "Max" Maxstix w/marinara <i>(mozz cheese filled breadsticks)</i> Steamed Fresh Broccoli Chilled Applesauce	5 Pasta & Meatballs <i>(pasta, 5 meatballs & Marinara)</i> Romaine Salad <i>w/cukes</i> "Texas" Toast Fresh Banana	6 Crispy Chicken Smackers Mashed Potatoes & Gravy "Bush's" Baked Beans Chilled Peach Cup
9 Crispy Chicken Nuggets <i>"Mrs. T's" Pierogies</i> Steamed Green Beans Chilled Applesauce	10 "Taco Tuesday" Taco w/Chips & Cheese Sauce Steamed Sweet Corn Zesty Tomato Salsa Chilled Peach Cup	11 Burger on a Bun <i>with OR without cheese</i> Crispy Baked Onion Rings Dill Pickle Spear "Bush's Baked Chilled Mixed Fruit	12 Toasted Cheese Pretzelwich <i>w/cheese OR ham & cheese</i> "Campbell's" Tomato Soup Chilled Diced Pears "Pepperidge" Farm Goldfish	13 Lunch Around Pizza Steamed Fresh Broccoli <i>w/cheese sauce</i> Chilled Peach Cup
16  NO SCHOOL	17 Crispy Chicken Smackers Baked Macaroni & Cheese Steamed Carrot Coins Fresh Orange	18 Mozzarella Cheese Sticks <i>w/marinara sauce</i> Steamed Fresh Cauliflower "New" Texas Toast Chilled Applesauce	19 Crispy Chicken Nuggets Mashed Potatoes & Gravy "Bush's" Baked Beans Chilled Diced Pears	20 "Homemade" Pizza <i>Cheese OR Pepperoni</i> Romaine Salad <i>w/cukes</i> Chilled Diced Peaches
23 French Toast Sticks Sausage Links Hash Brown Potatoes Chilled Applesauce	24 "Taco Tuesday" Beef Taco OR Chicken Fajita on soft taco shell Steamed Sweet Corn Zesty Tomato Salsa Chilled Peach Cup	25 Chicken Patty Filet on a bun <i>w/lettuce & tomato</i> Crispy Tator Tots "Bush's" Baked Beans Chilled Diced Pears	26 Italian Meatball Sub <i>(5 meatballs, sub roll & marinara)</i> Parmesan Cheese <i>if you please</i> Steamed Fresh Broccoli Cool Ranch Doritos Chilled Mixed Fruit	27 Sampler Platter <i>Five Chicken Nuggets & Two Pizza Sticks</i> <i>w/marinara</i> Fresh Carrots <i>w/ranch dip</i> Garlic Breadstick Chilled Peach Cup
30 TEACHER WORKSHOP NO SCHOOL	31 Stuffed Crust Pizza Steamed Fresh Broccoli <i>w/cheese sauce</i> Chilled Diced Peaches	<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	JANUARY "did you know": 1784 - Revolutionary War ended. 1878 - 1st milk time delivered in bottles. 1967 - 1st Super Bowl played. 2007 - 1st iPhone was introduced. National Staying Healthy 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.**