NOVEMBER 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
OTHER ALTERNATES MAY BE OFFERED: **CHICKEN PATTY** **PIZZA SLICE** **YOGURT MEAL** **(yogurt, cheese stick, pretzels, fruit & milk)**	1 **Mozzarella Cheese Sticks** *w/marinara sauce* Steamed Fresh Cauliflower "New" Texas Toast Chilled Applesauce	2 **Bacon Cheeseburger on a Bun** *with OR without cheese* Crispy Onion Rings "Bush's" Baked Beans Diced Chilled Pears Dill Pickle	3 **Chicken Patty Filet on a bun** *w/lettuce & tomato* Steamed Carrot Coins Fresh Apple Baked Lays Potato Chips	4 **Stuffed Crust Pizza** Fresh Romaine Salad *w/tomatoes* Jell-O Mixed Fruit Cup *w/whipped topping*
7 **Crispy Chicken Bites** Seasoned Potato Wedges "Bush's" Baked Beans Chilled Applesauce	8 **Staff Development Day** **1/2 day**	9 **"Sampler Platter"** Five Chicken Bites,Two Pizza Sticks & Garlic Breadstick Fresh Romaine Salad Chilled Diced Peaches	10 **Chicken Tenders** Crispy Tator Tots Steamed Carrot Coins Chilled Strawberry Cup	11
14 **Chicken Nuggets** *"Mrs. T's" Pierogies* Steamed Carrot Coins "Bush's" Baked Beans Chilled Mixed Fruit	15 **French Toast Sticks** Scrambled Eggs Hash Brown Potato Chilled Applesauce	16 **Lunch Around Pizza** Steamed Green Beans Fresh Banana	17 **Holiday Turkey Dinner** *Turkey, Gravy & Mashed Potatoes* Glazed Carrot Coins Dinner Roll "Homemade" Baked Apple Crisp	18 **Pizza Sticks & Meatballs** *w/marinara sauce* Fresh Romaine Salad *w/shredded carrots* Chilled Diced Peaches
21 **Crispy Chicken Smackers** Crispy Tator Tots Steamed Carrot Coins Chilled Applesauce	22 **Stuffed Crust Pizza** Fresh Romaine Salad *w/Chickpeas* Chilled Diced Pears	23 ***Thanksgiving Recess***	24 	25 ***Thanksgiving Recess***
28 **Crispy Chicken Bites** Baked Macaroni & Cheese Steamed Seasoned Broccoli Chilled Diced Peaches	29 **Toasted Cheese Pretzelwich** "Campbell's" Tomato Soup Steamed Green Beans Chilled Applesauce "Pepperidge" Farm Goldfish Crackers	30 **Philly Cheesesteak Sandwich** *w/ peppers & onions (if you like)* Crinkle Cut Fries "Bush's" Baked Beans Fresh Orange	**Milk $.65** **Ice Cream $.75** **Specialty Ice Cream $1.25**	***November "did you know":*** ***1523*** *- Fall of the Inca Empire.* ***1805*** *- Lewis & Clark reached the* ***1922*** *- King Tut's tomb discovered.* ***1982 -*** *Vietnam Veterans Memorial dedicated.* ***Good Nutrition 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.*