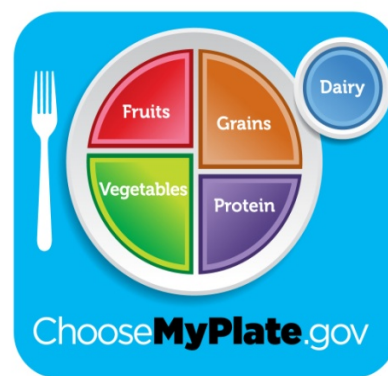



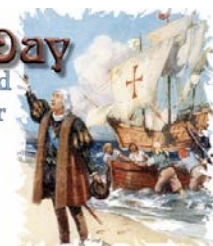

# OCTOBER 2016

## 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
<p><b>3</b></p> <p><b>"NEW" Crispy Chicken Bites</b> Smashed Potatoes <i>w/gravy</i> Steamed Green Broccoli Chilled Diced Peaches</p>	<p><b>4</b></p> <p><b>Mozzarella Cheese Sticks</b> <i>w/marinara sauce</i> Steamed Fresh Cauliflower Dinner Roll Fresh Orange</p>	<p><b>5</b></p> <p><b>Bacon Cheeseburger on a Bun</b> <i>with OR without cheese</i> Crispy Onion Rings "Bush's" Baked Beans Diced Chilled Pears Dill Pickle</p>	<p><b>6</b></p> <p><b>Chicken Patty Filet on a bun</b> <i>w/lettuce &amp; tomato</i> Steamed Carrot Coins Chilled Mixed Fruit Baked Lays Potato Chips</p>	<p><b>7</b></p> <p><b>Stuffed Crust Pizza</b> Fresh Romaine Salad <i>w/tomatoes</i> Fresh Apple</p> 
<p><b>10</b></p> <p><b>Columbus Day</b> <i>Observed the second Monday of October</i></p> 	<p><b>11</b></p> <p><b>"NEW" Crispy Chicken Bites</b> Seasoned Potato Wedges "Bush's" Baked Beans Chilled Pineapple Tidbits</p>	<p><b>12</b></p> <p><b>"Giorgio's" Pepp &amp; Cheese Stomboli</b> <i>w/marinara sauce</i> Fresh Romaine Salad <i>w/tomatoes</i> Chilled Mixed Fruit</p>	<p><b>13</b></p> <p><b>Chicken Tenders</b> Crispy Tator Tots Steamed Carrot Coins Chilled Strawberry Cup</p>	<p><b>14</b></p> <p><b>"Sampler Platter"</b> Five Chicken Bites, Two Pizza Sticks &amp; Garlic Breadstick Steamed Green Beans Chilled Diced Peaches</p>
<p><b>17</b></p> <p><b>Chicken Patty Filet on a bun</b> Smashed Potatoes <i>w/gravy</i> Steamed Fresh Broccoli Chilled Pineapple Tidbits</p>	<p><b>"Taco Tuesday" 18</b></p> <p><b>Seasoned Taco</b> <i>w/Chips &amp; Cheese Sauce</i> Steamed Sweet Corn Zesty Mexican Salsa Chilled Mandarin Oranges</p>	<p><b>19</b></p> <p><b>Mozzarella Cheese Sticks</b> <i>w/marinara sauce</i> Fresh Romaine Salad "New" Texas Toast Diced Chilled Pears</p>	<p><b>20</b></p> <p><b>Chicken Nuggets</b> <i>"Mrs. T's" Pierogies</i> Steamed Carrot Coins "Bush's" Baked Beans Chilled Mixed Fruit</p>	<p><b>21</b></p> <p><b>"Homemade" Buffalo Chicken Pizza</b> Fresh Celery sticks <i>w/Bleu Cheese</i> Chilled Diced Peaches Luigi's Sherbet</p> 
<p><b>24</b></p> <p><b>"NEW" Crispy Chicken Bites</b> Crispy Crinkle Fries "Bush's" Baked Beans Diced Chilled Pears</p>	<p><b>25</b></p> <p><b>Cheeseburger on a Bun</b> <i>with OR without cheese</i> Steamed Sweet Corn Chilled Applesauce Lay's BBQ Chips</p>	<p><b>26</b></p> <p><b>"Giorgio's" Pepp &amp; Cheese Stomboli</b> <i>w/marinara sauce</i> Steamed Green Beans Fresh Banana</p>	<p><b>27</b></p> <p><b>"Roasted" Picnic Chicken</b> Smashed Potatoes <i>w/gravy</i> Carrot Coins Chilled Diced Pears</p> 	<p><b>28</b></p> <p><b>Pizza Sticks &amp; Meatballs</b> <i>w/marinara sauce</i> Fresh Romaine Salad <i>w/shredded carrots</i> Chilled Diced Peaches</p>
<p><b>31</b></p> <p><b>Crawling Crispy Chicken Bites</b> Mashed <del>Poo</del>-tatoes <i>w/gravy</i> Steamed Ghoulish Broccoli Chilled Diced Peaches</p> <p><b>HALLOWEEN</b></p>		<p><b>OTHER ALTERNATES</b> <b>MAY BE OFFERED:</b> CHICKEN PATTY PIZZA SLICE YOGURT MEAL (yogurt, cheese stick, pretzels, fruit &amp; milk)</p>	<p><b>Milk \$.65</b> <b>Ice Cream \$.75</b> <b>Specialty Ice Cream \$1.25</b></p>	<p><b>October "did you know":</b> 1871 - Great Chicago Fire started. 1908 - Henry Ford introduced "Model T". 1950 - "Peanuts" Comic strip 1st 2001 - iPod 1st revealed. <b>National "PIZZA" Month</b></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](http://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.