

SEPTEMBER 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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| OTHER ALTERNATES MAY BE OFFERED: CHICKEN PATTY PIZZA SLICE YOGURT MEAL (yogurt, cheese stick, pretzels, fruit & milk) | SEPTEMBER "did you know": 1787 - US Constitution signed. 1789 - US Post Office opened. 1825 - 1st Steam Locomotive run. 1909 - First Airport opened. National "Chicken" Month | Milk \$.65 Ice Cream \$.75 Specialty Ice Cream \$1.25 | TEACHER WORKSHOP | NO SCHOOL |
| 5 | 6 Crispy Chicken Smackers Crispy Tator Tots Steamed Green Broccoli Chilled Diced Peaches | 7 Bacon Cheeseburger on a Bun with OR without cheese Crispy Onion Rings "Bush's" Baked Beans Diced Chilled Pears Dill Pickle | 8 Chicken Patty Filet on a bun w/lettuce & tomato Steamed Carrot Coins Chilled Mixed Fruit Baked Lays Potato Chips | 9 Stuffed Crust Pizza Fresh Romaine Salad w/tomatoes Fresh Apple |
| 12 Mozzarella Cheese Sticks & Meatballs w/marinara sauce Steamed Fresh Cauliflower Dinner Roll Fresh Orange | 13 Crispy Chicken Smackers Seasoned Potato Wedges "Bush's" Baked Beans Chilled Pineapple Tidbits | 14 Lunch Around Pizza Steamed Green Beans Mandarin Oranges | 15 Chicken Wrap Sandwich w/Bufalo Bleu Sauce OR Not! Fresh Carrots Chilled Strawberry Cup Spicy Doritos | 16 "Sampler Platter" Five Chicken Bites, Two Pizza Sticks & Garlic Breadstick Fresh Romaine Salad w/cukes Chilled Diced Peaches |
| 19 Crispy Chicken Smackers Crispy Tator Tots Steamed Carrot Coins "Bush's" Baked Beans Chilled Mixed Fruit | "Taco Tuesday" 20 Seasoned Taco w/Chips & Cheese Sauce Steamed Sweet Corn Zesty Mexican Salsa Chilled Mandarin Oranges | 21 Mozzarella Cheese Sticks w/marinara sauce Fresh Romaine Salad "New" Texas Toast Diced Chilled Pears | 22 Chicken Patty Filet Smashed Potatoes w/gravy Steamed Fresh Broccoli Chilled Pineapple Tidbits | 23 "Homemade" Buffalo Chicken Pizza Fresh Celery sticks w/Bleu Cheese Fresh Orange Luigi's Sherbet |
| 26 Chicken Wrap Sandwich w/Bufalo Bleu Sauce OR Not! Fresh Carrots Chilled Strawberry Cup Spicy Doritos | 27 Cheeseburger on a Bun with OR without cheese Steamed Sweet Corn "Bush's" Baked Beans Lay's BBQ Chips Chilled Applesauce | "New" 28 "Giorgio's" Pepp & Cheese Stomboli w/marinara sauce Steamed Green Beans Fresh Banana | 29 Staff Development Day 1/2 DAY | 30 Pizza Sticks & Meatballs w/marinara sauce Fresh Romaine Salad w/shredded carrots Chilled Diced Peaches |

**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.