

SEPTEMBER 2020



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 CHOICES ARE AVAILABLE EVERYDAY, AS WELL AS THE FOLLOWING MILK OPTIONS:
 SKIM WHITE, 1% WHITE OR FAT FREE CHOCOLATE.

The 5 Food Components: Meat/Meat Alternate, Grain, Fruit, Vegetable & Milk!

HOLY FAMILY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
		WORKSHOP	WORKSHOP	
7	8	9	10	11
LABOR DAY	WORKSHOP	"DELI LUNCHABLE" Ham OR Turkey Squares Cheese & Crackers Carrots w/Hummus Fruit	Ham OR Turkey Sub Sandwich Celery w/dip Baked Lays Fruit	"PIZZA LUNCHABLE" WG Crust w/cheese OR pepperoni Pizza sauce Broccoli w/dip Fruit
14	15	16	17	18
Ham OR Turkey Sub Sandwich Cukes w/dip Baked Lays Fruit	Taco Tuesday Bean & Cheese Dip w/Fritos & Salsa Cherry tomatoes w/dip Fruit	"DELI LUNCHABLE" Ham OR Turkey Squares Cheese & Crackers Carrots w/Hummus Fruit	Ham OR Turkey Sub Sandwich Celery w/dip Baked Lays Fruit	"PIZZA LUNCHABLE" WG Crust w/cheese or pepperoni Pizza sauce Broccoli w/dip Fruit
21	22	23	24	25
Ham OR Turkey Sub Sandwich Cukes w/dip Baked Lays Fruit	Taco Tuesday Bean & Cheese Dip w/Fritos & Salsa Cherry tomatoes w/dip Fruit	"DELI LUNCHABLE" Ham OR Turkey Squares Cheese & Crackers Carrots w/Hummus Fruit	Ham OR Turkey Sub Sandwich Celery w/dip Baked Lays Fruit	"PIZZA LUNCHABLE" WG Crust w/cheese or pepperoni Pizza sauce Broccoli w/dip Fruit
28	29	30	October 1	October 2
Ham OR Turkey Sub Sandwich Cukes w/dip Baked Lays Fruit	Taco Tuesday Bean & Cheese Dip w/Fritos & Salsa Cherry tomatoes w/dip Fruit	"DELI LUNCHABLE" Ham OR Turkey Squares Cheese & Crackers Carrots w/Hummus Fruit	Ham OR Turkey Sub Sandwich Celery w/dip Baked Lays Fruit	"PIZZA LUNCHABLE" WG Crust w/cheese or pepperoni Pizza sauce Broccoli w/dip Fruit

**WE USE AS MUCH
 LOCAL FRUITS & VEGETABLES
 AS POSSIBLE!**



MAKE CHECKS PAYABLE TO WEST GENESEE FOOD SERVICE.

**Nutritional Facts are now available on the website using the "NEW" NUTRISLICE link.

**ALL MENUED SALADS ARE SERVED WITH ITALIAN DRESSING.

**MENU SUBJECT TO CHANGE WITHOUT NOTICE



WE NOW SERVE "WHOLE GRAIN WHITE" BREAD PRODUCTS!