

March 2024

West Seneca Schools Middle & High School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



DID YOU KNOW?

Alexander Graham Bell made the first ever phone call on March 10th, 1876. He called his assistant and said "Mr. Watson, come here. I want to see you."

Stuffed Crust Pizza
Smile Fries
Steamed Broccoli
Assorted Fruits

Roasted Chicken
WG Dinner Roll
Mashed Potatoes
Savory Green Beans
Assorted Fruits

"Taco Tuesday"
Taco in a Bag
w/Doritos, Turkey Taco,
Lettuce, Cheese & Salsa
Crisp Corn
Steamed Brown Rice
Assorted Fruits

"Brunch For Lunch"
French Toast Sticks
Colby Cheese omelet
Potato rounds
Welch's Slushy
Assorted Fruits

Wild Mike's
Jalapeno Cheese
Bites
Curly Fries
Chef Salad
Assorted Fruits

No School
Superintendent
Conference Day

Italian Chicken
Sandwich on a WG
Bun w/Cheese &
Bacon
Sweet Potato Fries
Sweet Peas
Assorted Fruits

Cheese & Turkey
Pepperoni Pockets
Crinkle Cut Fries
Savory Green Beans
Assorted Fruits

Street Tacos with
Chicken, Lettuce,
Cheese & Salsa
Steamed Brown Rice
Crisp Corn
Assorted Fruits

Pasta with NY
Meatballs & Sauce
Bread Stick
Garden Salad
Assorted Fruits

Big Daddy Pizza
Broccoli w/Cheese
Sauce
Cheese-it Crackers
Assorted fruits

Chicken Nuggets
WG Dinner Roll
Roasted Red Potatoes
California Blend
Vegetables
Assorted Fruits

Tomato Soup
Toasted Cheese
Sandwich
Savory Green Beans
Cheddar Goldfish
Crackers
Assorted Fruits

Hot Dog on a WG
Bun
Baked Beans
Seasoned Spiral
Fries
Assorted Fruits

Breaded Drumstick
WG Dinner Roll
Macaroni & Cheese
Glazed Carrots
Assorted Fruits

"National French
Bread Day
French Bread
Pizza
Smile Fries
Garden salad
Assorted Fruits

"Dipper Day"
Chicken Tenders
Mozzarella Sticks
Onion Rings
Marinara Sauce Cup
Assorted Fruits

"Brunch For Lunch"
French Toast Sticks
Turkey Sausage Links
Potato Rounds
Glazed carrots
Assorted Fruits

Hamburger or
Cheeseburger on a WG
Bun
Baked Beans
French Fries
Assorted Fruits

Turkey & Cheese Meat
on a WG Croissant
Roasted red Potatoes
Savory Green Beans
Frog Pond Jell-O
Assorted fruits

No School
Good Friday

Food Service news

MENU subject to
change without notice

NY Low fat, chocolate,
1% or skim milk
included daily in every
meal.

Meals are free for ALL
students

Students must take 3
full items including a
½ cup of fruit or
vegetable.

Daily Alternates
available:

PBJ

Deli Sandwich

Julienne Salad

Fun Lunch

Baby carrots offered
daily.

Veggie Crunchers &
Hummus offered Tuesday
& Thursday

March harvest of
the month is
potatoes.

District Info.

This institution is an
equal opportunity
provider and employer.

We have part time food
service helper and school
lunch monitor positions
open Apply online on our
district website.

BREAKFAST

A Great Way to Start Your School Day!!

Choose One Entree:

(Each Entrée Selection Counts as Two Items)

- English Muffin Sandwich (Egg & Cheese)
- Warm Bagel
- Yogurt & Graham Crackers
- Cereal & Graham Crackers
- Muffin & Cereal

May Choose Two Fruits:

- 100% Juice Cup (4oz.): Apple or Orange
- Fresh Fruit or Canned Fruit

Choose One Milk:

- Carton Milk (8oz.): 1% or Fat Free

Each student must take a minimum of three items to be a complete breakfast.

½ cup of fruit must be chosen with all meals.

LUNCH

You May Choose the Menu of the Day or Substitute as Follows:

Your Choice of One

The Daily Entrée (Item shown in **bold type** on front of the menu)

OR

- Yogurt & Cheese Lunch (Fun Lunch)
- Garden Salad Entrée
- Peanut Butter & Jelly Sandwich
- Deli Sub
- Grilled Cheese

Fresh Fruit Available Daily

Milk: \$0.75 / Ice Cream: \$1.00-\$1.25
Chips \$1.00

RECIPE

Yogurt Parfait

SERVINGS: 1 | PREP: 5 Minutes

This yogurt parfait recipe makes a delicious breakfast, snack, or dessert! It looks great in a glass, but can also be made in a bowl. Use your favorite fruit, or whatever is in season.

INGREDIENTS

- 1 cup vanilla yogurt
- 1/2 cup granola
- ½ cup Fresh Fruit

DIRECTIONS

Layer 1/4 cup fresh fruit, ½ cup yogurt and ¼ cup of granola in a large glass jar; repeat layers. Enjoy!

Menu is available online at: <https://www.wscschools.org> (Click: Departments > Food Service > Breakfast and Lunch Menus)

PRE-PAYMENTS FOR SNACKS & À LA CARTE ITEMS

1.) To pre-pay for your child's à la carte items online, go to MySchoolBucks.com. Here you can register your child(ren). After completing the registration process you will be able to make payments and view transactions on each account. A fee of \$2.75 is applied for each payment made online by MySchoolBucks. Please call (716) 677-3810 or (716) 677-3808 to get your child's student ID number or if you have any questions.

2.) You can also send in a check or cash with your child. Please place it in an envelope marked clearly with your child's name, the teacher's name, the dollar amount and check number. Turn in the pre-payments to the cafeteria.

PRE-PAYMENTS Clip & send this form with child and exact amount required to your Cook, in a sealed envelope with the student's name on the outside. **NOTE:** One form per child. Write checks to: West Seneca Food Service.

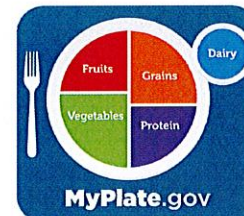
Students Name: _____
Teacher: _____ Grade: _____ Date: _____

Earn as Your Children Learns!

Food Service is accepting applications for **Food Service and School Lunch Monitor Substitutes.**

Apply on-line <https://www.wscschools.org>

West Seneca Central School District
Mrs. Sue Whalen, Food Service Director



Chuckle Corner

Q. What's a vegetable's favorite kind of joke?

A. A corny one.

