



# Middle School Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Vegetable of the Day: Broccoli</i>	<i>Vegetable of the Day: Corn</i>	<i>Vegetable of the Day: Green Beans</i>	<i>Vegetable of the Day: See Below</i>	<i>Vegetable of the Day: Peas</i>
<b>Thanksgiving Break</b> 11/22 thru 11/24  <b>WEEK 1</b>  <b>Winter Break</b> 12/21/17 thru 1/1/18	8/28 No School, 9/25,10/23,11/20,12/18 Chicken Nuggets w/ Dipping Sauce & Dinner Roll or Spicy Chicken Sandwich Baked Beans	8/29 No School, 9/26,10/24,11/21,12/19 Beef Taco in a bag w/ Rice, Cheese & Salsa or Cheeseburger on Bun Black Beans	8/30,9/27,10/25, 11/22 No School,12/20 Grilled Chicken Sandwich or Specialty Cheese Pizza	8/31,9/28,10/26, 11/23 No School,12/21 <b>Brunch for Lunch:</b> French Toast & Sausage Patties or Chicken Sandwich Sliced Zucchini	9/1,9/29,10/27, 11/24 No School,12/22 Tangerine Chicken w/ Rice or Specialty Cheese Pizza
<b>WEEK 2</b>  <b>10/31 Happy Halloween Treat!</b>	9/4 No School, 10/2,10/30,11/27 Popcorn Chicken w/ Dipping Sauce w/ Dinner Roll or Spicy Chicken Sandwich Baked Beans	9/5,10/3,10/31,11/28 Beef Soft Taco w/ Rice Cheese & Salsa or Cheeseburger on Bun Black Beans	9/6,10/4,11/1,11/29 Fish w/ Cheese Sandwich or Specialty Cheese Pizza	9/7,10/5,11/2,11/30 Cincinnati Chili Cheese Coney or Bosco Sticks w/ Marinara Seasoned Cauliflower	9/8,10/6 No School,11/3,12/1 Hamburger on Bun or Specialty Cheese Pizza
<b>WEEK 3</b>	9/11,10/9,11/9,12/4 Chicken Strips w/ Dipping Sauce w/ Dinner Roll or Spicy Chicken Sandwich Baked Beans	9/12,10/10,11/7 No School,12/5 Beef Taco in a bag w/ Rice, Cheese & Salsa or Cheeseburger on Bun Black Beans	9/13,10/11,11/8,12/6 Pretzel Dog w/ Dinner Roll or Specialty Cheese Pizza	9/14,10/12,11/9,12/7 Grilled Cheese w/ Tomato Soup or Chicken Sandwich Yellow Squash	9/15,10/13,11/10,12/8 Hot Dog on Bun or Specialty Cheese Pizza
<b>WEEK 4</b>  <b>11/16 Thanksgiving Feast!</b>	9/18,10/16,11/13,12/11 Popcorn Chicken w/ Dinner Roll or Spicy Chicken Sandwich Baked Beans	9/19,10/17,11/14,12/12 Beef Soft Taco w/ Rice, Cheese & Salsa or Cheeseburger on Bun Black Beans	9/20,10/18,11/15,12/13 Cheesy Bread w/ Marinara Sauce or Specialty Cheese Pizza	9/21,10/19,11/16,12/14 Oven Fried Chicken w/ Biscuit & Mashed Potatoes or Bosco Sticks w/ Marinara Brussel Sprouts	9/22,10/20,11/17,12/15 Spaghetti & Meatsauce w/ Breadstick or Specialty Cheese Pizza

**School Lunch Prices - All meals include 2 sides (must take fruit/vegetable)**

**Regular Meal: \$2.90** (Daily Alternates: Cheeseburger/Hamburger, Chef Salad w/ Goldfish Crackers, Grape/Strawberry Pbj Uncrustable w/ Goldfish and String Cheese, Trix Yogurt w/ String Cheese, Granola and Goldfish Crackers, Sunflower Butter and Jelly, Cheese or Deli Meat & Cheese Sandwich)

**Super Meal: \$3.25** (Homestyle/Spicy Chicken Sandwich, Calzone, Bosco Sticks or Specialty Pizza)

**Reduced Price Meal \$0.40**

Meals include 2 side items fruit/vegetable and milk (must select 1 fruit or vegetable with each meal). Daily Fruit & Vegetable choices contain selections from the dark green, red/orange, bean, starchy, & other veg. groups, weekly. High VIT-A choice 3x a week. Romaine & Spring Mix Salad w/various cooked/fresh fruits & vegetables daily in addition to menu listings.

**See Cafeteria for listing of Daily Alternate Offerings!**

Please make separate lunch checks payable to your Child's School Cafe. To check meal account balances, view detailed list of payments received and items purchased or to make a payment to your child's meal account, log into you're account with EZPay or check with **Cindy Buchanan, 513-947-7406**. For more regarding Nutrition services, visit [www.westcler.k12.oh.us](http://www.westcler.k12.oh.us).

**For comments or concerns about the lunch program, contact Tiffany McCleese: [mccleese\\_t2@westcler.org](mailto:mccleese_t2@westcler.org)**

This institution is an equal opportunity employer and provider.  
Thank you for participating in the school lunch program!