



Middle School Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Vegetable of the Day: Cauliflower or Carrots</i>	<i>Vegetable of the Day: Corn or Peas</i>	<i>Vegetable of the Day: Green Beans or Carrots</i>	<i>Vegetable of the Day: Broccoli or Spinach</i>	<i>Vegetable of the Day: Peas or Carrots</i>
WEEK 1 <i>Winter Break 12/31 thru 1/2/19</i> 10/31 Happy Halloween Treat!	8/13 No School, 9/10, 10/8, 11/5, 12/3, 12/31 No School WG Chicken Nuggets w/ Dinner Roll Baked Beans	8/14 No School, 9/11, 10/9, 11/6, 12/4, 1/1/19 No School Beef Taco in a bag of Tostitos w/ Brown Rice, Cheese & Salsa	8/15, 9/12, 10/10, 11/7, 12/5, 1/2/19 No School WG Grilled Cheese Sandwich	8/16, 9/13, 10/11, 11/8, 12/6 Brunch for Lunch: Apple Cinnamon French Toast w/ Sausage Patties & Baked Deli Roasters	8/17, 9/14, 10/12, 11/9, 12/7 WG Meatball Hoagie w/ Marinara Sauce Baked Beans
WEEK 2 <i>10/15 Professional Day No School</i>	8/20, 9/17, 10/15 No School, 11/12, 12/10 WG Popcorn Chicken w/ Dinner Roll Baked Beans	8/21, 9/18, 10/16, 11/13, 12/11 Beef Haystack w/ Brown Rice, Cheese & Salsa	8/22, 9/19, 10/17, 11/14, 12/12 2-6" Pizza Dippers w/ Marinara Cup	8/23, 9/20, 10/18, 11/15, 12/13 Oven Fried Chicken w/ WG Biscuit and Mashed Potatoes	8/24, 9/21, 10/19, 11/16, 12/14 WG Cincinnati Chili Cheese Coney Baked Beans
WEEK 3 <i>Happy Thanksgiving! 11/21 thru 11/23 No School</i>	8/27, 9/24, 10/22, 11/19, 12/17 WG Chicken Nuggets w/ Dinner Roll Baked Beans	8/28, 9/25, 10/23, 11/20, 12/18 Nacho Beef Taco in a bag w/ Brown Rice, Cheese & Salsa	8/29, 9/26, 10/24, 11/21 No School, 12/19 WG Rotini Pasta w/ Marinara and Cheese	8/30, 9/27, 10/25, 11/22 No School, 12/20 Brunch for Lunch: Mini Maple Pancakes w/ Sausage Patties	8/31, 9/28, 10/26, 11/23 No School, 12/21 WG Mini Corn Dogs w/ Dipping Sauce Baked Beans
WEEK 4 <i>Labor Day! 9/3 No School</i> <i>Winter Break 12/24 thru 1/2/19</i>	9/3 No School, 10/1, 10/29, 11/26, 12/24 No School WG Popcorn Chicken w/ Dinner Roll Baked Beans	9/4, 10/2, 10/30, 11/27, 12/25 No School Ranch Beef Taco in a bag w/ Brown Rice, Cheese & Salsa	9/5, 10/3, 10/31, 11/28, 12/26 No School Cheesy Bread w/ Marinara Sauce	9/6, 10/4, 11/1, 11/29, 12/27 No School Oven Fried Chicken w/ WG Biscuit and Mashed Potatoes	9/7, 10/5, 11/2, 11/30, 12/28 No School Country Steak w/ WG Biscuit, Mashed Potatoes and Gravy

School Lunch Prices

Regular Meal: \$2.90 (Chef Salad w/ Croutons, Uncrustable w/ Goldfish and String Cheese, Yogurt w/ String Cheese, Granola and Goldfish Crackers, Hamburger on Bun, Cheeseburger on Bun, Cheese Sandwich or Deli Meat & Cheese Sandwich)

Super Meal: \$3.25 (Crispy/Spicy Chicken Sandwich or Specialty Pizza)

Reduced Price Meal \$0.40

Milk: \$.50 (FF White, 1% Chocolate, 1% Strawberry or 1 % White)

Meals include 2 side items fruit/vegetable and milk (**must select 1/2C. fruit or vegetable for a reimbursable meal**). Daily Fruit & Vegetable choices contain selections from the dark green, red/orange, bean, starchy, & other veg. groups, weekly. High VIT-A choice each day. 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 Manager **Becky Wulfeck, 513-947-7406**. For more regarding Nutrition services, visit www.westcler.k12.oh.us.

For comments or concerns about the lunch program, contact Tiffany McCleese: mccleese_t2@westcler.org
 This institution is an equal opportunity provider.
 Thank you for participating in the school lunch program!