

WEST ISLIP  
MIDDLE SCHOOL MENU

September 2009



Monday

Tuesday

Wednesday

Thursday

Friday

STUDENT LUNCH \$2.00

A LA CARTE MILK \$.50

ADULT LUNCH \$3.75 incl. tax

1

2

3

4

SUPERINTENDENT'S  
CONFERENCE DAY

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CONFERENCE DAY

PRE-PAID MEALS  
ARE RECOMMENDED

20 MEAL PLAN  
\$40.00



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CHECKS SHOULD BE  
MADE PAYABLE TO  
WEST ISLIP UFSD  
CAFETERIA FUND AND  
SENT TO YOUR  
CHILD'S SCHOOL  
(ATTENTION KITCHEN)

DAILY ALTERNATES  
CHEESE PIZZA  
HAMBURGER  
BAGEL LUNCH  
CUSTOM MADE DELI  
SANDWICHES

AVAILABLE DAILY  
GARDEN SALAD  
CHILLED FRUIT  
FRESH FRUIT  
ASSORTED MILK

ASSORTED SALADS  
TUNA SALAD  
CHEF'S SALAD  
TURKEY SALAD

MENU SUBJECT TO  
CHANGE



7

SCHOOL CLOSED

8

CHICKEN NUGGETS  
W/ DIPPING SAUCE  
WW BREAD SLICE  
HOT CORN  
APPLESAUCE

"LUCKY TRAY DAY"

BBQ RIBS ON A  
WHOLE WHEAT BUN  
W/ BBQ SAUCE  
OVEN BAKED POTATO  
ROUNDS  
CHILLED FRUIT

10

MEATBALL HERO  
PARMESAN  
TOSSED SALAD W/  
DRESSING  
PEACHY PEACHES

11

PIZZA  
PLAIN OR PEPPERONI  
CUCUMBERS  
W/ DIP  
CHILLED FRUIT

14

SPICY OR PLAIN  
CHICKEN PATTY  
ON A WHOLE WHEAT  
ROLL  
TOSSED SALAD W/  
DRESSING  
APPLESAUCE

15

HAMBURGER OR  
CHEESEBURGER  
W/ ALL THE FIXINGS  
OVEN BAKED  
FRENCH FRIES  
CHILLED FRUIT

16

TWIN TACOS  
W/ SHREDDED LETTUCE,  
CHEESE & DICED  
TOMATOES  
HOT CORN  
JUICY PEARS

17

POPCORN CHICKEN  
MASHED POTATOES  
W/ GRAVY  
CARROTS  
PEACHES

18

PERSONAL PIZZA  
GREEN BEAN  
SALAD  
FRUIT COCKTAIL

21

MOZZARELLA PIZZA  
DIPPERS  
W/ MARINARA  
DIPPING SAUCE  
GARDEN SALAD  
MIXED FRUIT

22

BRUNCH FOR LUNCH  
CINNAMON FRENCH  
TOAST  
EGG PATTY  
HASH BROWN PATTY  
FRESH APPLE

23

MEATBALL  
HERO PARMESAN  
TOSSED SALAD  
PEACHES

24

CHICKEN FAJITAS W/  
LETTUCE, SALSA &  
SOUS CREAM  
HOT CORN  
CHILLED FRUIT

25

"NEW"  
BIG DADDY PIZZA  
BABY CARROTS  
WITH DIP  
JUICY PEARS

28

SCHOOL CLOSED

29

MOZZARELLA STICKS  
W/ MARINARA DIPPING  
SAUCE  
TOSSED SALAD W/  
DRESSING  
FRESH FRUIT

30

"LUCKY TRAY DAY"  
BBQ RIBS  
ON A BUN  
W/ BBQ SAUCE  
OVEN BAKED  
POTATO ROUNDS  
APPLESAUCE

*Guess What?*

REMEMBER TO  
**LOOK FOR**  
LUCKY TRAY DAY

