

# WESTPORT MIDDLE-HIGH SCHOOL

<https://westportschoolsorg.finalseite.com/services/nutrition-services>



## September 2022 LUNCH MENU

GRADES 5 - 12

### Breakfast Menu Items

Muffins, bagels, cereal, pancakes,  
yogurt, cereal bars – milk and juice

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily Alternatives</b> <b>Chicken Patty</b> <b>Cheeseburgers</b> <b>Pizza</b> <b>Salads to go!</b>	<b>30</b> Chicken Fajita Wraps Lettuce, Cheese & Salsa Sour Cream TexMex Rice and Corn Fruit and Milk	<b>31</b> Beef Taco's w/Lettuce Cheese, Sour Cream, Salsa Black Bean Salad Pudding w/Topping Fresh Fruit and Milk	<b>1</b> American Chop Suey Crispy Garlic Bread Steamed Green Beans Fruit Cup Milk	<b>2</b>  <p style="text-align: center;"><b>No School</b></p>
<b>5</b>  <p style="text-align: center;"><b>Labor Day</b> <b>No School</b></p>	<b>6</b> Chicken Nuggets Mashed Potatoes Steamed Peas Fruit Milk	<b>7</b> Chicken Noodle Soup w/Crackers Max Cheese Sticks Streamed Carrots Fruit and Milk	<b>8</b> Domino's Pizza Buttered Noodles Chick Peas Fruit Cup Milk	<b>9</b> Chourico & Pepper Subs Baked French Fries Steamed Green Beans Jello w/Topping Fruit and Milk
<b>12</b> Meatballs & Cheese Sub Buttered Noodles Crispy Carrot Sticks Strawberry Cup Milk	<b>13</b> Hot Dog on a Roll w/Coney Island Sauce Mac & Cheese Vegetarian Baked Beans Fruit and Milk	<b>14</b> Minestrone Soup Goldfish Crackers Chourico Patty Steamed Peas Fruit and Milk	<b>15</b> Domino's Pizza French Fries Cheese Stick Carrot Sticks Juice and Milk	<b>16</b> Shepherd's Pie Steamed Corn Blueberry Cobbler Applesauce Milk
<b>19</b> Hot Meatball Sub Three Bean Salad Steamed Broccoli Goldfish Cracker Fresh Fruit and Milk	<b>20</b> Rib Sandwich Buffalo or Plain Mac & Cheese Buttered Corn Fruit and Milk	<b>21</b> Tomato Soup Saltine Crackers Grilled Cheese Green Beans Fruit and Milk	<b>22</b> Domino's Pizza Cheese Stick Romaine Salad Assorted Fruit Milk	<b>23</b> Meatloaf w/Gravy Mashed Potatoes Vegetarian Baked Beans Fresh Baked Cookie Fruit and Milk
<b>26</b> Baked Potato w/Cheese and Broccoli, Diced Ham Sour Cream, Teddy Grahams, Ambrosia Fruit and Milk	<b>27</b> American Chop Suey Crispy Garlic Bread Steamed Green Beans Strawberry Cup Milk	<b>28</b> Creamy Clam Chowder Tuna Roll Garden Salad Crispy Carrot Sticks Fruit and Milk	<b>29</b> Domino's Pizza Cheese Stick Three Bean Salad Assorted Fruit Milk	<b>30</b> Chicken Fajita Wraps Lettuce & Cheese TexMex Rice and Corn Pudding w/Topping Fruit and Milk

*"This Institution is an equal opportunity provider" -- Menu subject to change due to supply issues!*

**ALLERGIES:** Before  
placing your order,  
Please, inform your  
server if there is a food  
allergy.

**COMPLETE BREAKFAST & LUNCHES ARE**  
**FREE** FOR ALL STUDENTS until  
**June 30, 2023!**  
Ala Carte items are NOT included!