

# WESTPORT MIDDLE-HIGH SCHOOL

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



## March 2023 LUNCH MENU

GRADES 5 - 12

### Breakfast Menu Items

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Daily Alternative May Change Day-to-Day</u></b></p> <p><b>Salads to go!</b></p>	<p><b>Harvest of the Month</b></p>	<p><b>1</b> Homemade Beef Stew Dinner Roll Carrot Sticks Fresh Fruit Milk</p>	<p><b>2</b> Domino's Pizza Cheese Sticks Three Bean Salad Fresh Fruit Milk</p>	<p><b>3</b> Tuna Salad Wrap w/Lettuce, Tomato French Fries Homemade Cole Slaw Fruit and Milk</p>
<p><b>6</b> Chourico &amp; Pepper Sub Baked French Fries Steamed Green Beans Fresh Fruit Milk</p>	<p><b>7</b> Chicken Fajita Lettuce &amp; Sour Cream TexMex Rice Steamed Corn Fresh Fruit and Milk</p>	<p><b>8</b> Homemade Chili Hot Dog on a Roll Bean Salad Bag of Chips Fruit and Milk</p>	<p><b>9</b> <b>Early Release</b> <b>No Lunch Served</b></p>	<p><b>10</b> Fish Sandwich w/Tartar Sauce Baked French Fries Homemade Cole Slaw Fruit and Milk</p>
<p><b>13</b> Taco Meat w/Baked Potato Sour Cream &amp; Salsa TexMex Rice Steamed Corn Fruit and Milk</p>	<p><b>14</b> Chicken Chow Mein Fluffy White Rice Steamed Broccoli Fresh Fruit Milk</p>	<p><b>15</b> Minestrone Soup Grilled Cheese Sandwich Carrot Sticks Fresh Fruit Milk</p>	<p><b>16</b> Domino's Pizza Cheese Stick Fresh Romaine Salad Fresh Fruit Milk</p>	<p><b>17</b> Fish Sticks French Fries Homemade Cole Slaw Celery Sticks Fruit and Milk</p>
<p><b>20</b> Sausage, Egg and Cheese Croissant Hash Browns Veggie Sticks Juice Cup and Milk</p>	<p><b>21</b> Chicken Nuggets Mashed Potatoes Bean Salad Fresh Fruit Milk</p>	<p><b>22</b> Tomato Soup Grilled Cheese Sandwich Crispy Carrot Sticks Fresh Fruit Milk</p>	<p><b>23</b> Domino's Pizza Cheese Stick Fresh Romaine Salad Fresh Fruit Milk</p>	<p><b>24</b> Cheese Burger w/Pickles Bag of Chips Crispy Carrot &amp; Celery Sticks Fruit and Milk</p>
<p><b>27</b> Fish Sticks French Fries Homemade Cole Slaw Celery Sticks Fruit and Milk</p>	<p><b>28</b> Hot Dog on a Roll Bag of Potato Chips Celery Sticks Fresh Fruit Milk</p>	<p><b>29</b> Creamy Clam Chowder Tuna Roll Bag of Chips Bean Salad Fruit and Milk</p>	<p><b>30</b> Domino's Pizza Cheese Stick Fresh Romaine Salad Fresh Fruit Milk</p>	<p><b>31</b> Fish Sandwich French Fries Celery Sticks Homemade Cole Slaw Fruit and Milk</p>

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

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

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