

What's on the Menu?

Westport Public Schools
October Elementary Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Week of
October 1-4
B: Turkey & Cheese
Sandwich
C: Bagel Bento Box
Soup: Tomato Soup



1
Beef Nachos
Rice
Black Beans

2
Breakfast for Lunch!
Fluffy Pancakes
Blueberry Compote
Turkey Sausage

3
No School
Rosh Hashanah

4
Chicken Tenders
French Fries
Seasoned Carrots

Milk choices
include
**1% low-fat
white milk & fat
free chocolate**

Week of
October 7-11
B: Garden Salad
w/Chickpea Salad
C: Cereal Fun Lunch
Soup: Chicken Soup

7
**Hispanic Heritage
Month**
**Chicken & Cheese
Quesadilla**
Seasoned Corn
Sweet Plantains

8
**American Cheese
Burger**
French Fries

9
**Breakfast for
Lunch!**
**French Toast
Sticks**
Strawberry
Compote
Turkey Sausage

10
Pizza Day!
Cheese Pizza
Or
Pepperoni Pizza

11
**Penne Pasta
Meatballs**
Marinara Sauce
Mixed Veggie



Week of
October 14-18
B: Italian Combo
C: Pretzel bento Box
Soup: Tomato Soup

14
**Macaroni &
Cheese**
Seasoned Green
Peas

15
**Chicken Patty
Sandwich**
Seasoned Broccoli

16
**Breakfast for
Lunch!**
Waffles
Blueberry Compote
Turkey Sausage

17
Pizza Day!
Cheese Pizza
Or
Pepperoni Pizza

18
Half Day
**Option B or C
Only**

All lunches come
with:
**Whole Fruit
Cut Fruit
Veggie Crudité**

Week of
October 21-25
B: Sunbutter & Jelly
C: Garden Salad
w/Chicken Salad
Soup: Chicken Noodle

21
Grilled Cheese
Seasoned Broccoli

22
Beef Hot Dog
Tater Tots

23
**Breakfast for
Lunch!**
Fluffy Pancakes
Strawberry
Compote
Turkey Sausage

24
Pizza Day!
Cheese Pizza
Or
Pepperoni Pizza

25
Penna Pasta
Marinara Sauce
Mixed Veggies



Week of
October 28-31
B: Ham & Cheese
Sandwich
C: Bagel Bento Box
Soup: Tomato Soup

28
**Mozzarella Stuffed
Breadstick**
Marinara Sauce
Seasoned Green
Beans

29
Taco Tuesday
Beef Tacos
Seasoned Corn
**Cilantro Black
Beans**
*Seed to Table
Discovery Kitchen*

30
**Breakfast for
Lunch!**
**French Toast
Sticks**
Blueberry Compote
Turkey Sausage

31
Happy Halloween!
Pizza Day!
Cheese Pizza
Or
Pepperoni Pizza

Leaf =
Is or can be
vegetarian

**MOOD
BOOST**