



November 2025



Breakfast and Lunch Menu for the West Tisbury and Chilmark Elementary Schools
The Up-Island Regional School District is an Equal Opportunity Provider

Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	<u>NEWS</u> Menu Subject to Change. Skim and 1% Milk offered with every breakfast and lunch. Breakfast Available Everyday: Cereal and Milk Lunch Available Everyday: Salad Bar with Meat or Veggie Protein OR Chicken Salad Sandwich OR Sun Butter Sandwich Please Note Vegetarian and/or Gluten Free When Ordering. Please Let Nurse and Kitchen Staff Know About Any Food Allergies Menu Available Online at: wtisburyschool.org
Muffin Fruit Smoothie Or Cereal & Milk	Scrambled Eggs Bacon or Cereal & Milk	Oatmeal and Yogurt with Fruit or Cereal & Milk	Sausage, Egg and Cheese Sandwich or Cereal & Milk	Bagel and Cream Cheese Yogurt with Fruit or Cereal & Milk	
Monday	Tuesday	Wednesday	Thursday	Friday	
³ Pasta with Beef or Veggie Tomato Sauce, Caesar Salad and Fresh Fruit	⁴ Chicken or Veggie Taco, Rice and Beans, Roasted Corn and Fresh Fruit	⁵ Cheese or Pepperoni Pizza, Garden Salad and Cookie	⁶ Fresh Mozzarella, Tomato and Basil Mayo Panini, Roast Carrots and Fresh Fruit	⁷ Sausage(or Not), Egg and Cheese Sandwich, Hash brown and Fruit Smoothie	
¹⁰ Macaroni and Cheese, Peas and Fresh Fruit	¹¹ NO SCHOOL VETERANS DAY	¹² Cheese or Pepperoni Pizza, Garden Salad and Cookie	¹³ Crispy Chicken or Eggplant Parm Sandwich, Veggie Sticks and Fresh Fruit	¹⁴ Breaded Fish or Eggplant and Chips, Corn and Fresh Fruit	
¹⁷ Cheese Tortellini with Tomato Sauce, Greek Salad and Fresh Fruit	¹⁸ Lemon Herb Chicken or Tofu, Veggie Cous Cous and Fresh Fruit	¹⁹ Cheese or Pepperoni Pizza, Garden Salad and Cookie	²⁰ Hamburger or Veggie Burger, Potato Wedges & Fresh Fruit	²¹ Pancakes, Ham (or not), Sweet Potato Hash and Fresh Fruit	
²⁴ Creamy Pasta with Chicken and Broccoli, Roast Carrots and Fresh Fruit	²⁵ Mexican Turkey or Bean Tostada, Rice and Beans, Mexican Slaw and Fresh Fruit	²⁶ NO SCHOOL	²⁷ Thanksgiving Break	²⁸ NO SCHOOL	