



December 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 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, Yogurt with Fruit 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, Smoothie or Cereal & Milk	
Monday	Tuesday	Wednesday	Thursday	Friday	
¹ Pasta with Meat or Plant Based Balls, Caesar Salad and Fresh Fruit	² Pork or Veggie Taco, Rice and Beans, Roasted Corn and Fresh Fruit	³ Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie	⁴ Chicken or White Bean Caesar Wrap, Yogurt Smoothie and Fresh Fruit	⁵ Fish or Veggie Bean Taco, Mexican Corn Salad and Fresh Fruit	
⁸ Buttered Noodles with Roast Chicken or Tofu, Roast Broccoli and Fresh Fruit	⁹ Beef or Tofu Curry, Cucumber Salad and Fresh Fruit	¹⁰ Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie	¹¹ Grilled Cheese and Tomato Soup & Fresh Fruit	¹² Waffles, Sausage (or not), Hash Brown and Fresh Fruit	
¹⁵ Pasta Alfredo with Chicken or White Beans, Roast Brussel Sprouts and Fresh Fruit	¹⁶ Turkey or Bean Quesadilla, Mexican Spiced Cauliflower and Fresh Fruit	¹⁷ Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie	¹⁸ Hot Dog or Tofu Dog, Baked Beans & Fresh Fruit	¹⁹ Fish Sandwich or Veggie Burger, Fries and Fresh Fruit	
²² HAVE A	²³ LOVELY	²⁴ WINTER	²⁵ BREAK	²⁶ See you all next year!	