



March 2026



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	NEWS 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
Blueberry Muffin, Yogurt with Fruit or Cereal and milk	Scrambled Eggs Bacon and Toast or Cereal and milk	Oatmeal, Yogurt with granola or Cereal and milk	Sausage, Egg and Cheese Sandwich or Cereal and milk	Bagel and Cream Cheese, Fruit & Yogurt Smoothie or Cereal and milk	
Monday	Tuesday	Wednesday	Thursday	Friday	
Pasta with Beef or Veggie ² Tomato Sauce, Caesar Salad and Fresh Fruit	Chicken or Veggie Taco ³ Rice and Beans, Roasted Corn and Fresh Fruit	Cheese or Pepperoni Pizza ⁴ Garden Salad, Fresh Fruit & Cookie	Fresh Mozzarella, ⁵ Tomato and Basil Mayo Panini, Roast Carrots and Fresh Fruit	Sausage(or Not), Egg and Cheese Sandwich, ⁶ Hash brown and Fruit Smoothie	
Macaroni and Cheese, ⁹ Peas and Fresh Fruit	Sesame Chicken or Tofu, ¹⁰ Rice, Broccoli and Fresh Fruit	<u>Early Dismissal</u> ¹¹ Cheese or Pepperoni Pizza Garden Salad, Fresh Fruit & Cookie	Turkey and Cheese Panini ¹² or Veggie Burger, Cole Slaw and Fresh Fruit	Breaded Fish or ¹³ Eggplant and Chips, Corn and Fresh Fruit	
Cheese Tortellini with ¹⁶ Tomato Sauce, Roast Carrots and Fresh Fruit	Pork Chili Verde over ¹⁷ Rice, Roast Mexican Slaw and Fresh Fruit	Cheese or Pepperoni Pizza ¹⁸ Garden Salad, Fresh Fruit & Cookie	Crispy Chicken or ¹⁹ Eggplant Parm Sandwich, Veggie Sticks and Fresh Fruit	Egg and Cheddar ²⁰ Quiche, Croissant, Roast Potatoes and Fresh Fruit	
Pesto Pasta with Chicken ²³ or White Beans, Greek Salad and Fresh Fruit	Roast Turkey, Mashed ²⁴ Potatoes, Roll and Fresh Fruit	Cheese or Pepperoni Pizza ²⁵ Garden Salad, Fresh Fruit & Cookie	Hamburger or Veggie ²⁶ Burger, Potato Wedges & Fresh Fruit	Herb Baked Fish or ²⁷ Portobello Mushroom, Biscuit, Roast Veggies and Fresh Fruit	
Chicken or Beans in ³⁰ Tomato Sauce with Pasta, Roast Brussel Sprouts and Fresh Fruit	Turkey or Bean ³¹ Quesadilla, Mexican Spiced Cauliflower and Fresh Fruit				