



April 2024



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

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
Muffin Fruit Smoothie or Cereal and milk	Scrambled Eggs Bacon or Cereal and milk	Oatmeal and Yogurt with Fruit or Cereal and milk	Sausage, Egg and Cheese Sandwich or Cereal and milk	Bagel and Cream Cheese Yogurt with Fruit or Cereal and milk	
Monday	Tuesday	Wednesday	Thursday	Friday	
1 Pasta with Turkey or Veggie Balls Roast Carrots Fruit	2 Taco Tuesday Beef or Veggie Rice and Beans Broccoli Fruit	3 Cheese or Pepperoni Pizza Garden Salad Fruit & Cookie	4 Turkey or Eggplant and Cheese Sandwich Brussel Sprouts Fruit	5 French Toast Sausage(or not) Hash Brown Fruit Smoothies	Menu Available Online at: wtisburyschool.org
8 Chicken or Bean Alfredo Pasta Roast Sweet Potatoes Fruit	9 Curry Beef or Tofu Rice Sliced Peppers Fruit	10 Cheese or Pepperoni Pizza Garden Salad Fruit & Cookie	11 Hot Dog or Tofu Dog Baked Beans Sliced Peppers Fruit	12 Fish Sandwich or Veggie Burger Fries Fruit	
15	16 SPRING BREAK	17 🌸🌺🌴🌻	18 NO SCHOOL	19	
22 Pasta with Beef or Tofu Tomato Sauce Roast Brussel Sprouts Fruit	23 Cheese Quesadilla Rice and Beans Mexican Slaw Fruit	24 Cheese or Pepperoni Pizza Garden Salad Fruit & Cookie	25 Chicken or White Bean Caesar Wrap Fruit	26 Bacon(or not) Egg and Cheese Sandwich Hash Browns Fruit	