



December 2023



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: Squash

Monday	Tuesday	Wednesday	Thursday	Friday	<p><u>NEWS</u></p> <p>Menu Subject to Change.</p> <p>Skim and 1% Milk offered with every lunch.</p> <p>Available Everyday: Salad Bar with Meat or Veggie Protein OR Chicken Salad Sandwich OR Sun Butter Sandwich</p> <p>Please Note Vegetarian and/or Gluten Free When Ordering.</p> <p>Please Let Nurse and Kitchen Staff Know About Any Food Allergies</p> <p>Menu Available Online at: wtisburyschool.org</p>
				1 Fish Cake, Rice, Roast Veggies, & Fruit	
4 Pasta with Sausages or Beans and Peppers and Onions, Caesar Salad, & Fruit	5 Pork or Tofu and Veggie, Fried Rice, Sesame Green Beans, & Fruit	6 Cheese or Pepperoni Pizza, Garden Salad with Tomatoes, Cucumbers, and Carrots, Fresh Fruit & Cookie	7 Hot Dog or Veggie Burger, Corn, & Fruit	8 Tuna Melt or Breaded Eggplant Sandwich, Fries, & Fruit	
11 Pesto Pasta with Chicken or White Beans, Roast Carrots, & Fruit	12 Beef or Tofu Tacos, Rice and Beans, Mexican Slaw, & Fruit	13 Cheese or Pepperoni Pizza, Garden Salad with Tomatoes, Cucumbers, and Carrots, Fresh Fruit & Cookie	14 Grilled Cheese and Soup with Fruit	15 French Toast, Chicken Sausage or Veggie, Potato, Hash, & Fruit	
18 Pasta with Pork Ragu or Veggie Sauce, Garlic Bread, Caesar Salad, & Fruit	19 Chicken or Tofu and Vegetable Curry Rice	20 Cheese or Pepperoni Pizza, Garden Salad with Tomatoes, Cucumbers, and Carrots, Fresh Fruit & Cookie	21 Hamburger or Veggie Burger, Fries, & Fruit	22 Clam Chowder or Corn Chowder, Roll, & Fruit 1/2 Day	