



# February 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: Cabbage*

Monday	Tuesday	Wednesday	Thursday	Friday	<p><b>NEWS</b></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: <a href="http://wtisburyschool.org">wtisburyschool.org</a></p>
			1 Meatloaf, Roasted Broccoli, Garlic Roll, & Fruit	2 French Toast Chicken Sausage Hash Browns Fruit Smoothie	
5 Pasta with Beef or Tofu and Tomato Sauce, Caesar Salad, & Fruit	6 Baked Chicken or Bean Enchiladas, Rice, Corn & Fruit	7 Cheese or Pepperoni Pizza, Garden Salad, Fruit & Cookie	8 Warm Caprese Sandwich, Carrots, & Fruit	9 Fish and Chips or Breaded Eggplant and Chips, Mixed Veggies, & Fruit	
12 Chicken or Bean Pasta Alfredo, Peas, & Fruit	13 Roast Turkey or Veggie Stack, Mashed Sweet Potatoes and Stuffing, & Fruit	14 Cheese or Pepperoni Pizza, Garden Salad, Fruit & Cookie	15 BBQ Pork Ribs or Tofu, Cornbread, ColeSlaw, & Fruit	16 Spinach and Swiss Quiche, Caesar Salad, & Fruit	
19 No School Presidents Day	20 Chicken or Bean Quesadilla, Green Beans, & Fruit	21 Cheese or Pepperoni Pizza, Garden Salad, Fruit & Cookie	22 Hamburger or Veggie Burger, Fries, & Fruit	23 Fish Tacos, Mexican Slaw, Rice & Beans, & Fruit	
26 No School Vacation	27 No School Vacation	28 No School Vacation	29 No School Vacation	1 No School Vacation	