



# January 2024



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:*

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>
No School <sup>1</sup>	French Toast, Chicken Sausage, Potato Hash Brown, Fruit Smoothie <sup>2</sup>	Cheese or Pepperoni Pizza, Garden Salad, Fruit & Cookie <sup>3</sup>	Bag Lunch - Sandwich, Veggie Sticks, and Fresh Fruit <sup>4</sup>	Mexican Chicken or Tofu Rice Bowl, Spiced Cauliflower, Fruit <sup>5</sup>	
Pasta and Meat or Veggie Balls, Garlic Bread, Caesar Salad, and Fruit <sup>8</sup>	Sesame Chicken or Tofu, Rice, Green Beans, and Fruit <sup>9</sup>	Cheese or Pepperoni Pizza, Garden Salad, Fruit & Cookie HALF DAY <sup>10</sup>	Bag Lunch - Sandwich, Veggie Sticks, and Fresh Fruit <sup>11</sup>	Fish or Veggie Cakes, Fries, and Fruit <sup>12</sup>	
No School <sup>15</sup>	Indian Butter Chicken, Rice, Cucumber Salad, and Fruit <sup>16</sup>	Cheese or Pepperoni Pizza, Garden Salad, Fruit & Cookie <sup>17</sup>	Bag Lunch - Sandwich, Veggie Sticks, and Fresh Fruit <sup>18</sup>	Sausage(or not), Egg and Cheese Sandwiches, Hash Browns, and Fruit Smoothie <sup>19</sup>	
Pesto Cheese Tortellini, Garlic Bread, Roast Carrots , and Fruit <sup>22</sup>	BBQ Chicken or Veggie Patty, Biscuit, Peas and Fruit <sup>23</sup>	Cheese or Pepperoni Pizza, Garden Salad, Fruit & Cookie <sup>24</sup>	Bag Lunch - Sandwich, Veggie Sticks, and Fresh Fruit <sup>25</sup>	Herb Fish, Baked Potato, and Fruit <sup>26</sup>	
Mac & Cheese, Peas, and Fruit <sup>29</sup>	Turkey or Tofu Tacos, Rice and Beans, and Fruit <sup>30</sup>	Cheese or Pepperoni Pizza Garden Salad, Fruit & Cookie <sup>31</sup>			