



November 2023



Lunch Menu for the Chilmark Elementary School
The Up-Island Regional School District is an Equal Opportunity Provider
Harvest of the Month: Root Vegetables

Monday	Tuesday	Wednesday	Thursday	Friday	<p>NEWS</p> <p>Menu Subject to Change.</p> <p>Skim and 1% Milk offered with every lunch.</p> <p>Lunch 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>
³⁰ Nut Free Pesto Pasta, Caesar Salad, Fresh Fruit	³¹ Pork Tostada, Rice and Beans, Green Beans., & Fresh Fruit	¹ Cheese or Pepperoni Pizza, Garden Salad with Tomatoes, Cucumbers, and Carrots, Fresh Fruit & Cookie	² Grilled Cheese and Tomato Soup, Fresh Fruit	³ Pancakes, Bacon, Home Fried Potatoes, Fruit Smoothie	
⁶ Pasta with Meat or Veggie Sauce, Squash Bake, & Fresh Fruit	⁷ Beef or Bean and Cheese Burrito, Spanish Rice, Corn, & Fresh Fruit	⁸ Cheese or Pepperoni Pizza, Garden Salad with Tomatoes, Cucumbers, and Carrots, Fresh Fruit & Cookie	⁹ Caprese Panini, Crispy Potatoes, & Fresh Fruit	¹⁰ No School	
¹³ Pasta Alfredo with Chicken or Beans, Roast Brussel Sprouts, & Fresh Fruit	¹⁴ Beef or Tofu and Rice Bowl, & Fresh Fruit	¹⁵ Cheese or Pepperoni Pizza, Garden Salad with Tomatoes, Cucumbers, and Carrots, Fresh Fruit & Cookie	¹⁶ Ham and Cheese Sandwich or Hummus Veggie Wrap, Veggie Sticks, & Fresh Fruit	¹⁷ Community Lunch Bagged Lunch Available	
²⁰ Pasta with Meatballs or Veggie Balls & Fresh Fruit	²¹ Fish Tacos, Rice and Beans, & Fresh Fruit	²² No School	²³ No School	²⁴ No School	
²⁷ Mac and Cheese, Peas, & Fresh Fruit	²⁸ Chicken or Veggie Enchilada, Mexican Slaw, & Fresh Fruit	²⁹ Cheese or Pepperoni Pizza, Garden Salad with Tomatoes, Cucumbers, and Carrots, Fresh Fruit & Cookie	³⁰ Hot Dog or Tofu Dog, Fries, & Fresh Fruit	¹ Fish or Veggie Cake, Rice, Roast Veggies, & Fresh Fruit	

