



October 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: Cranberries

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>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>
Pasta with Meatballs or Veggie Balls, Roast Cauliflower, & Fresh Fruit ²	Beef or Tofu Taco Rice Bowl, Mexican Corn, & Fresh Fruit ³	Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie ⁴	Grilled Cheese, Tomato Soup, & Fresh Fruit ⁵	No School ⁶ Professional Development	
No School ⁹ Indigenous People's Day	Cheese Quesadilla, Rice & Beans, Roasted Broccoli, & Fresh Fruit ¹⁰	Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie ¹¹	Chicken or White Bean Caesar Salad Wrap, & Fresh Fruit ¹²	Fish Sandwich, Fries, & Fresh Fruit ¹³	
Mac & Cheese, Steamed Peas, & Fresh Fruit ¹⁶	Pork or Veggie Enchiladas, Slaw, & Fresh Fruit ¹⁷	Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie ¹⁸	Chicken or Portobello Sandwich, Baked Zucchini Sticks, & Fresh Fruit ¹⁹	French Toast, Sausage, Potato Veggie Hash, & Fresh Fruit ²⁰	
Pasta with Sausage or Beans, Peppers, Onions and Tomato, Roast Squash, & Fresh Fruit ²³	Chicken or Tofu Taco, Mexican Veggies, & Fresh Fruit ²⁴	Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie ²⁵	Hamburger or Veggie Burger, Fries, & Fresh Fruit ²⁶	Baked Herb Fish, Rice, Roast Veggies, & Fresh Fruit ²⁷	
TBD ³⁰	TBD ³¹				