

School Lunch Menu

WESTPORT HIGH SCHOOL

March 2010




State regulations do not permit students to “charge” lunches. It is the parents’ responsibility to send their children to school with a lunch or with lunch money. If there is a financial hardship at any time, applications for free and reduced-price school lunches are available throughout the year at each school or from the Student Services Coordinator. For more information, please see your school principal or school nurse, or call the Student Services Coordinator at (508) 636-1144.

Full-Price Lunch with Ten-Ounce Milk (\$2.00)

Reduced-Price Lunch with Ten-Ounce Milk (\$0.40)

Ten-Ounce Milk Alone (\$0.50)

Assorted fresh and chilled fruits are available every day. Students are always welcome to select fruit with their lunch, instead of the day’s dessert.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Meatball Sandwich on Enriched Roll Macaroni and Cheese Steamed Vegetable Chilled Fruit Cup and Milk	2 Dr. Seuss’s Birthday Green Eggs and Ham Sandwich on a Bagel Hash Brown Crispy Celery Sticks Applesauce Green Egg Shaped Cookie and Milk 	3 Corn Chowder Grilled Cheese Sandwich Crispy Oyster Crackers Steamed Vegetable Fresh Baked Cherry Cobbler Milk	4 Turkey Pot Pie Crispy Carrot Sticks with Low-Fat Ranch Dressing Frosty Strawberry Cup Milk	5 French Bread Pizza Fresh Tossed Garden Salad Applesauce Assorted Fruit and Desserts Milk
8 Chicken Nuggets Mashed Potatoes Steamed Corn Pudding with Topping Milk	9 Oriental Chow Mein White Rice Steamed Vegetables Fortune Cookie Peaches and Cream and Milk	10 Turkey Noodle Soup Grilled Cheese Sandwich Crispy Saltine Crackers Steamed Vegetables Apple and Pear Crisp Milk	11 Deli Turkey Sandwich with Cheese and Bacon Lettuce and Tomato Potato Puffs Fresh Baked Cookie and Milk	12 TEACHER TRAINING DAY  HALF DAY OF SCHOOL
15 Ham and Cheese Sandwich on Sub Roll Lettuce and Tomato Buttered Noodles Fresh Apple and Milk	16 Bacon Cheeseburger Lettuce and Tomato Bag of Baked Potato Chips Chilled Pudding and Milk	17 St. Patrick’s Day Clam Chowder Grilled Cheese Sandwich Steamed Corn St. Patrick’s Day Cake Milk 	18 Chourico and Peppers on Enriched Roll Oven Baked Potato Fries Steamed Vegetable Chilled Fruit Cup and Milk	19 Wholegrain Pizza Sticks Fresh Tossed Garden Salad Applesauce Assorted Fruit and Desserts Milk
22 BBQ Rib Sandwich Macaroni and Cheese Steamed Vegetable Sliced Orange and Milk	23 Spicy or Regular Chicken Patty Lettuce and Tomato Oven Baked Potato Fries Jello with Topping and Milk	24 Tomato Soup Grilled Cheese Sandwich Steamed Vegetables Blueberry Cobbler Milk	25 Multigrain Nachos with Taco Meat and Cheese Sauce Shredded Lettuce and Cheese Tomato Salsa Pudding with Topping and Milk	26 DOMINO’S PIZZA DAY Fresh Tossed Garden Salad Applesauce Assorted Fruit and Desserts Milk
29 Barbeque Turkey Sandwich on Enriched Sub Roll Oven Baked Potato Fries Steamed Peas Orange Slices and Milk	30 Baked Potato Broccoli and Cheese Sauce Bacon Bits and Sour Cream Chilled Pears Milk	31 Taco Soup Grilled Cheese Sandwich Steamed Vegetables Fresh Baked Strawberry Shortcake Milk		