


WESTPORT MIDDLE-HIGH SCHOOL

<https://www.westportschools.org/school-life/food-services/>



OCTOBER 2021

GRADES 5 - 12 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>Daily Alternatives</u> Chicken Patty Spicy Chicken Patty Cheeseburgers Pizza Salads to go!		1 Domino's Pizza Cheese Stick Garden Fresh Salad Assorted Fruit Milk
4 Mozzarella Sticks w/Dipping Sauce Steamed Green Beans Dinner Roll Fresh Fruit and Milk	5 Cheeseburger w/ Lettuce and pickles Three Bean Salad Fruit Milk	6 Vegetable Soup Gold Fish Crackers Grilled Cheese Carrot Sticks Fruit and Milk	7 Chicken Parmesan Sand. Garlic Buttered Noodles Steamed Peas Fresh Fruit Milk	8 Domino's Pizza Cheese Stick Tossed Romaine Salad Assorted Fruit Milk
11 	12 Buffalo Mac & Cheese Dinner roll Steamed Green Beans Fresh Fruit Milk	13 Chicken Chow Mein Fluffy White Rice Steamed Peas Fruit Milk	14 Turkey Sub Three Bean Salad Carrot Sticks Jello w/Topping Fruit and Milk	15 Domino's Pizza Cheese Stick Tossed Romaine Salad Assorted Fruit Milk
18 Chicken Tenders Creamy Mashed Potatoes Steamed Corn Fruit Milk	19 Chicken Caesar Salad w/Wrap Chickpeas Steamed Green Bean Fruit and Milk	20 Creamy Clam Chowder Fish Sticks w/Tartar Sauce Steamed Carrots Cookie Fruit and Milk	21 Taco's w/Cheese, Lettuce and Salsa TexMex Rice w/Corn and Black Beans Fruit and Milk	22 Domino's Pizza Cheese Stick Tossed Romaine Salad Fruit Milk
25 Hot Dog on a Bun Vegetarian Baked Beans Steamed Carrots Fresh Fruit Milk	26 Shepherd's Pie Steamed Corn Dinner Roll Applesauce Fruit and Milk	27 Chourico & Pepper Sub Baked French Fries Steamed Green Beans Pudding w/Topping Fruit and Milk	28 Ham & Cheese Grinder w/Lettuce & Pickles Baked French Fries Fruit Milk	29 Domino's Pizza Cheese Stick Tossed Romaine Salad Fruit Milk

"This Institution is an equal opportunity provider" -- Menu subject to change.

ALLERGIES:
*Before placing
 your order,
 Please, inform
 your server if
 there is a food*

**COMPLETE BREAKFAST & LUNCHES ARE
FREE FOR ALL STUDENTS until
 June 30, 2022!
 Ala Carte items are NOT included!**