



March 2024



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:

Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	NEWS Menu Subject to Change. Skim and 1% Milk offered with every lunch. Available Everyday: Salad Bar with Meat or Veggie Protein OR Chicken Salad Sandwich OR Sun Butter Sandwich Please Note Vegetarian and/or Gluten Free When Ordering. Please Let Nurse and Kitchen Staff Know About Any Food Allergies Menu Available Online at: wtisbury.school.org
Muffin Fruit Smoothie or Cereal and milk	Scrambled Eggs Bacon or Cereal and milk	Oatmeal and Yogurt with Fruit or Cereal and milk	Sausage, Egg and Cheese Sandwich or Cereal and milk	Bagel and Cream Cheese Yogurt with Fruit or Cereal and milk	
Monday	Tuesday	Wednesday	Thursday	Friday	
Pasta with Tomato Sauce, Sausage or Pepper and Onions ⁴	Indian Butter Chicken or Tofu, Rice, Naan Bread, Cucumber Salad, Fruit ⁵	Cheese or Pepperoni Pizza Garden Salad Fruit & Cookie 1/2 Day ⁶	Grilled Cheese and Soup, Roast Veggies, Fresh Fruit ⁷	Pancakes with or without Sausage, Hash Browns, and Fruit Smoothie ⁸	
Pesto Pasta with Chicken or White Beans ¹¹	Ground Turkey and Cheese or Bean and Cheese Burrito, Spanish Rice, Fresh Fruit 1/2 Day ¹²	Cheese or Pepperoni Pizza Garden Salad Fruit & Cookie ¹³	Ham & Cheese Sandwich, Roast Brussel Sprouts 1/2 Day ¹⁴	Open Face Tuna Melt, Fries, Fresh Fruit ¹⁵	
Cheese Lasagna, Roll, Caesar Salad 1/2 Day ¹⁸	Sesame Chicken, Rice, and Asian Slaw ¹⁹	Cheese or Pepperoni Pizza Garden Salad Fruit & Cookie ²⁰	BBQ Pulled Pork or Veggie Burger, Roast Green Beans, Fresh Fruit ²¹	Veggie and Cheese Frittata, Home Fries, Fresh Fruit ²²	
Mac & Cheese, Peas, Fresh Fruit ²⁵	Lemon Herb Chicken or Tofu, Greek Orzo, Fresh Fruit ²⁶	Cheese or Pepperoni Pizza Garden Salad Fruit & Cookie ²⁷	Hamburger or Veggie Burger, Fries, and Fresh Fruit ²⁸	Garlic Herb Fish, Rice Pilaf, Caesar Salad ²⁹	

