



May 2025



Breakfast and Lunch Menu for the West Tisbury and Chilmark Elementary Schools
The Up-Island Regional School District is an Equal Opportunity Provider

Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	<p><u>NEWS</u></p> <p>Menu Subject to Change.</p> <p>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.</p> <p>Please Let Nurse and Kitchen Staff Know About Any Food Allergies</p> <p>Menu Available Online at: wtisburyschool.org</p>
Blueberry Muffin, Yogurt with Fruit or Cereal and Milk	Scrambled Eggs, Bacon and Toast or Cereal and Milk	Oatmeal, Yogurt with Granola or Cereal and Milk	Sausage, Egg and Cheese Sandwich or Cereal and Milk	Bagel and Cream Cheese with Yogurt Smoothie or Cereal and Milk	
Monday	Tuesday	Wednesday	Thursday	Friday	
			1 Sloppy Joes or Junes, Roast Carrots & Fresh Fruit	2 French Toast, Sausage (Meat or Plant Based), Home Fries & Fresh Fruit	
5 Chicken or Bean Pesto Pasta, Caesar Salad & Fresh Fruit	6 Greek Beef or Veggie Balls, Pita, Rice, Cucumber Salad & Fresh Fruit	7 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie	8 Roast Turkey and Cheese Panini or Veggie Melt, Veggie Sticks & Fresh Fruit	9 Fish or Veggie Tacos, Mexican Slaw & Fresh Fruit	
12 Pasta with Beef or Veggie Tomato Sauce, Greek Salad & Fresh Fruit	13 Chicken or Bean Quesadilla, Rice & Beans, Roast Corn & Fresh Fruit	14 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie	15 BBQ Pork or Veggie Sandwich, Baked Beans & Fresh Fruit	16 Egg, Ham (or not) and Cheese on a Croissant, Steamed Carrots & Fresh Fruit	
19 Pasta with Lemon, Ricotta, Basil, Roast Broccoli & Fresh Fruit	20 Roast Pork or Veggie Burger, Baked Potato & Fresh Fruit	21 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie	22 Chicken or Bean Caesar Wrap, Potato Chips & Fresh Fruit	23 Garlic Shrimp or Tofu and Rice, Roast Green Beans & Fresh Fruit	
26 No School Memorial Day	27 Turkey or Veggie Tacos, Mexican Cauliflower & Fresh Fruit	28 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie EARLY DISMISSAL	29 Hamburger or Veggie Burger, Potato Wedges & Fresh Fruit	30 Waffles, Ham(or not), Roast Sweet Potatoes & Fresh Fruit	