<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 1 Breakfast Muffin, Cheese Stick & Fruit  
Cheese Ravioli w/ Veggie Packed Marinara Sauce, Caesar Salad & Fresh Fruit  
or Garden Salad Box | 2 Oatmeal, Milk & Fresh Fruit  
Beef or Veggie Rice Bowl, Citrus Slaw & Fresh Fruit  
or Garden Salad Box | 3 Cheerios, Milk & Fruit  
Cheese or Pepperoni Pizza, Garden Salad & Fresh Fruit  
or Garden Salad Box | 4 Breakfast Muffin, Yogurt & Fruit  
BLT or Veggie Cheddar Sandwich, Veggie Sticks, Potato Chips & Fresh Fruit Smoothie  
or Garden Salad Box | 5 Oatmeal, Milk & Fresh Fruit  
Ramen w/ Steamed Fish or Tofu, Asian Spiced Veggies & Fresh Fruit  
or Garden Salad Box |
| 8 Cheerios, Milk & Fresh Fruit  
Pasta Carbonara(ish) Pasta, Caesar Salad & Fresh Fruit  
or Garden Salad Box | 9 Breakfast Muffin, Cheese Stick & Fruit  
Veggie Cheddar Bean Burrito, Citrus Slaw & Fresh Fruit  
or Garden Salad Box | 10 Oatmeal, Milk & Fruit  
Cheese or Pepperoni Pizza, Garden Salad & Fresh Fruit  
or Garden Salad Box | 11 Cheerios, Milk & Fresh Fruit  
Hot Dog or Tofu Dog, Sauerkraut & Potato Salad  
or Garden Salad Box | 12 Breakfast Muffin, Yogurt & Fruit  
Baked Fish or Tofu Nicoise Salad, Pita Bread & Fresh Fruit  
or Garden Salad Box |
| 15 Oatmeal, Milk & Fruit  
Pasta w/ Turkey Meatballs & Marinara Sauce, Caesar Salad & Fresh Fruit  
or Garden Salad Box | 16 Cheerios, Milk & Fresh Fruit  
Nachos w/ Butternut Squash Queso, Mexican Street Coen & Fresh Fruit  
or Garden Salad Box | 17 Breakfast Muffin, Cheese Stick & Fruit  
Cheese or Pepperoni Pizza, Garden Salad & Fresh Fruit  
or Garden Salad Box | 18 Oatmeal, Milk & Fresh Fruit  
Roasted Chicken or Mixed Veggies Panzanella Salad & Fresh Fruit Smoothie  
or Garden Salad Box | 19 Cheerios, Milk & Fresh Fruit  
Fishcakes, Mixed Green Salad & Fresh Fruit  
or Garden Salad Box |
| 22 Breakfast Muffin, Yogurt & Fruit  
Mac-n-Cheese, Steamed Garden Peas, Bread Stick & Fresh Fruit  
or Garden Salad Box | 23 Oatmeal, Milk & Fresh Fruit  
Pork Chili Verde, Corn Bread, Veggie Sticks & Fresh Fruit  
or Garden Salad Box | 24 Cheerios, Milk & Fresh Fruit  
Cheese or Pepperoni Pizza, Garden Salad & Fresh Fruit  
or Garden Salad Box | 25 Breakfast Muffin, Cheese Stick & Fruit  
Vegetarian Quiche, Mixed Green Salad & Fresh Fruit  
or Garden Salad Box | 26 Oatmeal, Milk & Fresh Fruit  
Tuna Melt or Veggie Melt, Coleslaw, Potato Chips & Fresh Fruit  
or Garden Salad Box |
| 29 Cheerios, Milk & Fresh Fruit  
Baked Ziti, Caesar Salad & Fresh Fruit  
or Garden Salad Box | 30 Breakfast Muffin, Yogurt & Fruit  
Beef or Veggie Tacos, Shredded Lettuce, diced Tomatoes & Cheddar  
or Garden Salad Box | 31 Oatmeal, Milk & Fresh Fruit  
Cheese or Pepperoni Pizza, Garden Salad & Fresh Fruit  
or Garden Salad Box |  | |

Menu is subject to change.

Please specify vegetarian or gluten free option when necessary.

Please notify kitchen staff of any food allergies when ordering.

Up Island Schools online lunch order form https://www.wtisburyschool.org