




## Westport: Elementary Lunch Menu-February 2017

A full student lunch includes a choice of entrée supplying protein and grain, one vegetable side dish, one fruit side dish, and a choice of milk. Milk choices - 1% , whole , skim & chocolate.

**Student Lunch: \$2.45; Reduced Price: \$0.40**

**A la Carte Items Available Daily:**

Vegetable: \$0.75      Bottled Water: \$0.75  
 Whole Fruit: \$0.75      Juice: \$0.75  
 Assorted Milk: \$0.55      Organic Milk: \$1.50

Weekly Alternate Meals	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
B- Bagel Fun Lunch C-Ham & Cheese Wrap D-Chicken Caesar Salad with Breadsticks			BREAKFAST FOR LUNCH! Aunt Jemima Pancakes Turkey Sausage Patty	PIZZA DAY! Cheesy Pizza Colorful Garden Salad	Whole Grain Pasta Marinara Meat Sauce Savory Green Beans
	6	7	8	9	10
B- Cereal Fun Lunch C-3 Cheese Pretzel Sandwich D-Taco Salad w/chips	Classic American Burger Seasoned Peas Roasted Carrot Fries	Chicken Fajitas Mexican Rice and Beans Steamed Corn	BREAKFAST FOR LUNCH! French Toast Sticks Turkey Sausage Patty Tater Tots	PIZZA DAY! Cheesy Pizza	Beef Macho Nachos Seasoned Carrots Brown Rice
	13	14	15	16	17
B- Pretzel Fun Lunch C-Turkey Cheese Pinwheel D-Chick & Kale Salad with Breadsticks	Turkey Hot Dog Roasted Carrots	Chicken and Cheese Quesadilla Mexican Rice & Beans Seasoned Corn	BREAKFAST FOR LUNCH! Golden Waffles Turkey Sausage Patty	PIZZA DAY! Cheese Pizza Dunkers Seasoned Broccoli	Café Closed Staff Development Day
	20	21	22	23	24
	Café Closed Presidents Day	Café Closed February Recess	Café Closed February Recess	Café Closed February Recess	Café Closed February Recess
	27	28			
B- Muffin Fun Lunch C-Chicken Ranch Wrap D-Strawberry Chicken Salad with WG Pretzel	Italian Meatball Grinder Tossed Salad	Macaroni & Cheese Seasoned Broccoli			
 <p>www.westport.nutrislice.com for nutritional and allergy info</p>	<b>Extra Extra! - Choose with Any Meal</b>				
	Fresh Baby Carrots Grape Tomatoes Strawberry Cup Seedless Grapes Fresh Whole Fruit	Celery Sticks Citrus Bean Salad Honeydew Cubes Apple Slices Fresh Whole Fruit	Cauliflower Florets Power Peas Applesauce Cup Cantaloupe Cubes Fresh Whole Fruit	Colorful Garden Salad Baby Carrots Seedless Grapes Orange Smiles Fresh Whole Fruit	Broccoli Florets Chick Peas Apple Slices Diced Pineapple Fresh Whole Fruit

This institution is an equal opportunity employer and provider.

### MONTHLY FOOD FOCUS:

**Herbs and Spices - Herbs and Spices can be found in fresh and dry form. Dry spices have a long shelf life, meaning they can last a long time. Whole spices like peppercorn or celery seed will stay fresh for about 4 years, ground spices like turmeric, garlic powder or ginger last about 2 to 3 years. Dried herbs like oregano and thyme can last 1 to 3 years.**

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