Westport Middle Schools: FEBRUARY

		1	2	3
CREATE				
		Build Your Own Chicken Fajita	Build Your Own Pasta Bar Tender Green Beans	Beefy Macaroni Bake Seasoned Corn
2MATO				
		Philly Cheesesteak Pizza	Buffalo Chicken Pizza	Broccoli & Cheese Flatbread
Cheese and Pepperoni Pizza Daily				
GRILLED				
		Mozzarella and Tomato Panini		
Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily				
SO DELI				
		Italian Combo		
Boars Head Deli Sandwiches Made Fresh Your Way. Available Daily: Assorted Whole Grain Breads, Wraps and Rolls, Assorted Meats, Cheeses, Vegetables, and Condiments.				
ON THE GO				
		Chicken Caesar Salad		
Fruit & Yogurt Parfaits available Daily				
EXTRA EXTRA				
		Power Carrot Sticks Corn/Pepper Salad Strawberry Cup Cantaloupe Cubes Fresh Whole Fruit	Citrus Chick Pea Salad Fresh Broccoli Florets Honeydew Cubes Apple Slices Fresh Whole Fruit	Power Carrot Sticks Corn/Pepper Salad Diced Pineapple Seedless Grapes Fresh Whole Fruit

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.**

Have Questions?
Deborah Vancoughnett
Director of Dining Services
(203) 341-2431

Westport Middle Schools: FEBRUARY

6	7	8	9	10
CREATE				
Macaroni & Cheese Seasoned Broccoli	BREAKFAST FOR LUNCH Pancakes Turkey Sausage	Chicken and Cheese Quesadilla	Build Your Own Pasta Bar Roasted Broccoli	Turkey Hot Dog All Beef Chili Roasted Carrot Fries
2MATO				
Bacon Cheddar Pizza	BBQ Chicken Pizza	Spinach Ricotta Pizza	Brooklyn Style Pizza	Chicken Parmesan Pizza
Cheese and Pepperoni Pizza Daily				
GRILLED				
BBQ Pork Riblet Sandwich				
Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily				
SO DELI				
Ham & Cheddar Wrap				
Boars Head Deli Sandwiches Made Fresh Your Way. Available Daily: Assorted Whole Grain Breads, Wraps and Rolls, Assorted Meats, Cheeses, Vegetables, and Condiments.				
ON THE GO				
Cobb Salad				
Fruit & Yogurt Parfaits available Daily				
EXTRA EXTRA				
Power Carrot Sticks Tossed Salad Orange Wedges Strawberry Cup Fresh Whole Fruit	Citrus Chick Peas Fresh Celery Sticks Applesauce Cup Honeydew Cubes Fresh Whole Fruit	Power Carrot Sticks Tossed Salad Seedless Grapes Diced Pineapple Fresh Whole Fruit	Citrus Chick Peas Fresh Broccoli Florets Apple Slices Orange Wedges Fresh Whole Fruit	Power Carrot Sticks Sweet Corn/Pepper Salad Strawberry Cup Cantaloupe Cubes Fresh Whole Fruit

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.**

Have Questions?
Deborah Vancoughnett
Director of Dining Services
(203) 341-2431

Westport Middle Schools: FEBRUARY

13	14	15	16	17
CREATE				
Toasty Cheese Sandwich Campbell's Tomato Soup	BREAKFAST FOR LUNCH French Toast Sticks 4 Turkey Sausage	Beef, Bean and Cheese Burritos Roasted Veggies	Build Your Own Pasta Bar Garden Fresh Salad	Café Closed Staff Development Day
2MATO				
Garlic Chicken Pizza	Buffalo Chicken Flatbread	Meatball Pizza	Veggie Lovers Pizza	
Cheese and Pepperoni Pizza Daily				
GRILLED				
Italian Meatball Sub				
Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily				
SO DELI				
Chicken Caesar Wrap				
Boars Head Deli Sandwiches Made Fresh Your Way. Available Daily: Assorted Whole Grain Breads, Wraps and Rolls, Assorted Meats, Cheeses, Vegetables, and Condiments.				
ON THE GO				
Buffalo Chicken Salad				
Fruit & Yogurt Parfaits available Daily				
EXTRA EXTRA				
Power Carrot Sticks Tossed Salad Diced Pineapple Apple Slices Fresh Whole Fruit	Citrus Chick Pea Salad Fresh Celery Sticks Cantaloupe Cubes Seedless Grapes Fresh Whole Fruit	Power Carrot Sticks Tossed Salad Applesauce Cup Strawberry Cup Fresh Whole Fruit	Citrus Chick Pea Salad Fresh Broccoli Florets Orange Wedges Honeydew Cubes Fresh Whole Fruit	

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.**

Have Questions?
Deborah Vancoughnett
Director of Dining Services
(203) 341-2431

Westport Middle Schools: FEBRUARY

20	21	22	23	24
CREATE				
Café Closed President's Day	Café Closed February Recess	Café Closed February Recess	Café Closed February Recess	Café Closed February Recess
2MATO				
GRILLED				
SO DELI				
ON THE GO				
EXTRA EXTRA				

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.**

Have Questions?
Deborah Vancoughnett
Director of Dining Services
(203) 341-2431

Westport Middle Schools: FEBRUARY

27	28			
CREATE				
Cheesy Baked Pasta Seasoned Broccoli	BREAKFAST FOR LUNCH French Toast Sticks 4 Turkey Sausage			
2MATO				
Bacon Cheeseburger Pizza	Roasted Veggie & Spinach Stromboli			
Cheese and Pepperoni Pizza Daily				
GRILLED				
Mozzarella and Tomato Panini				
Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily				
SO DELI				
Italian Combo				
Boars Head Deli Sandwiches Made Fresh Your Way. Available Daily: Assorted Whole Grain Breads, Wraps and Rolls, Assorted Meats, Cheeses, Vegetables, and Condiments.				
ON THE GO				
Antipasta Salad				
Fruit & Yogurt Parfaits available Daily				
EXTRA EXTRA				
Power Carrot Sticks Corn/Pepper Salad Diced Pineapple Strawberry Cup Fresh Whole Fruit	Citrus Chick Pea Salad Fresh Broccoli Florets Apple Slices Honeydew Cubes Fresh Whole Fruit			

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.**

Have Questions?
Deborah Vancoughnett
Director of Dining Services
(203) 341-2431