



**Westport Middle Schools: MARCH 2017**

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**CREATE**

Build Your Own Chicken Fajita	Build Your Own Pasta Bar Tender Green Beans	Chicken and Cheese Quesadilla  Seasoned Corn
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**2MATO**

Philly Cheesesteak Pizza	Buffalo Chicken Pizza	Broccoli & Cheese Flatbread
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**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
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**MONTHLY FOOD FOCUS: March's Food Focus is Cruciferous Vegetables. Cruciferous vegetables are rich in fiber, vitamins, minerals and phytochemicals. Cruciferous vegetables are vegetables of the family Brassicaceae and include Brussels sprouts, kale, broccoli, cauliflower, cabbage, and bok choy.**

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



**Westport Middle Schools: MARCH 2017**

6	7	8	9	10
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**CREATE**

Macaroni & Cheese	BREAKFAST FOR LUNCH	Ginger Chicken	Build Your Own	Turkey Hot Dog
Seasoned Broccoli	Pancakes	Edamame Bowl	Pasta Bar	All Beef Chili
	Turkey Sausage			Roasted Carrot Fries

**2MATO**

Bacon Cheddar Pizza	BBQ Chicken Pizza	Philly Cheesesteak Pizza	Buffalo Chicken Pizza	Chicken Parmesan Pizza
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**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	Citrus Chick Peas	Power Carrot Sticks	Citrus Chick Peas	Power Carrot Sticks
Tossed Salad	Fresh Celery Sticks	Sweet Corn/Pepper Salad	Fresh Broccoli Florets	Sweet Corn/Pepper Salad
Orange Wedges	Applesauce Cup	Seedless Grapes	Apple Slices	Strawberry Cup
Strawberry Cup	Honeydew Cubes	Diced Pineapple	Orange Wedges	Cantaloupe Cubes
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit

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13	14	15	16	17
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**CREATE**

Toasty Cheese Sandwich Campbell's Tomato Soup	BREAKFAST FOR LUNCH French Toast Sticks 4 Turkey Sausage	Beef, Bean and Cheese Burritos	Build Your Own Pasta Bar	Teriyaki Chicken Noodle Bowl
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**2MATO**

Garlic Chicken Pizza	Buffalo Chicken Pizza	Meatball Pizza	Veggie Lovers Pizza	Chicken Parmesan Calzone
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**Cheese and Pepperoni Pizza Daily**

**GRILLED**

Chicken Parm 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**

Ham & Turkey Chef Salad

**Fruit & Yogurt Parfaits available Daily**

**EXTRA EXTRA**

Power Carrot Sticks	Citrus Chick Pea Salad	Power Carrot Sticks	Citrus Chick Pea Salad	Sweet Corn/Pepper Salad
Tossed Salad	Fresh Celery Sticks	Sweet Corn/Pepper Salad	Fresh Broccoli Florets	Power Carrot Sticks
Diced Pineapple	Cantaloupe Cubes	Applesauce Cup	Orange Wedges	Strawberry Cup
Apple Slices	Seedless Grapes	Strawberry Cup	Honeydew Cubes	Cantaloupe Cubes
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit

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## Westport Middle Schools: MARCH 2017

20	21	22	23	24
<b>CREATE</b>				
Bosco Cheese Stuffed Breadsticks Seasoned Green Beans	BREAKFAST FOR LUNCH Golden Waffles Turkey Sausage	Boars Head Chicken Nachos	Build Your Own Pasta Bar	Chicken Tenders Roasted Carrot Fries
<b>2MATO</b>				
South of the Border Pizza	Hawaiian Pizza	Spinach Ricotta Pizza	Brooklyn Style Flatbread	Italian Stromboli
<b>GRILLED</b>				
Turkey Bacon Sub				
<b>SO DELI</b>				
Buffalo Chicken Wrap				
<b>ON THE GO</b>				
Caprese Shaker Salad				
<b>EXTRA EXTRA</b>				
Carrot Sticks Garden Salad Pinnacle Cubes Apple Slices Fresh Whole Fruit	Citrus Chick Peas Celery Sticks Cantaloupe Red Grapes Fresh Whole Fruit	Sweet Corn & Pepper Carrot Sticks Applesauce Strawberries Fresh Whole Fruit	Citrus Chick Peas Broccoli Florettes Orange Smiles Honeydew Fresh Whole Fruit	Carrot Sticks Sweet Corn & Pepper Strawberries Cantaloupe Fresh Whole Fruit

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**Westport Middle Schools: MARCH 2017**

27	28	29	30	31
<b>CREATE</b>				
Cheesy Baked Pasta Seasoned Broccoli	BREAKFAST FOR LUNCH French Toast Sticks 4 Turkey Sausage	Tuscan Noodle Bowl	Build Your Own Pasta Bar Seasoned Green Beans	Tyson Chicken Tenders Seasoned Corn
<b>2MATO</b>				
Bacon Cheeseburger Pizza	Roasted Veggie & Spinach Stromboli	Philly Cheesesteak Pizza	Buffalo Chicken Pizza	
<b>Cheese and Pepperoni Pizza Daily</b>				
<b>GRILLED</b>				
Mozzarella and Tomato Panini				
<b>Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily</b>				
<b>SO DELI</b>				
Italian Combo				
<b>Boars Head Deli Sandwiches Made Fresh Your Way. Available Daily: Assorted Whole Grain Breads, Wraps and Rolls, Assorted Meats, Cheeses, Vegetables, and Condiments.</b>				
<b>ON THE GO</b>				
Chicken Caesar Salad				
<b>Fruit &amp; Yogurt Parfaits available Daily</b>				
<b>EXTRA EXTRA</b>				
Power Carrot Sticks Corn/Pepper Salad Diced Pineapple Strawberry Cup Fresh Whole Fruit	Citrus Chick Pea Salad Celery Sticks Apple Slices Honeydew Cubes Fresh Whole Fruit	Power Carrot Sticks Corn/Pepper Salad Applesauce Cantaloupe Fresh Whole Fruit	Citrus Chick Pea Salad Broccoli Florettes Apple Slices Honeydew Cubes Fresh Whole Fruit	Power Carrot Sticks Corn/Pepper Salad Diced Pineapple Red Grapes Fresh Whole Fruit

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