




Westport: Elementary Lunch Menu-MAY 2017

A full student lunch includes a choice of entree supplying protein and grain, one vegetable side dish, one fruit side dish, and a choice of milk. Milk choices - 1% , skim & low fat 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	4	5
B- Muffin Fun Lunch C-Chicken Ranch Wrap D-Strawberry Chicken Salad with Breadsticks	Grilled Cheese Tomato Soup Seasoned Corn	Teriyaki Chicken Noodle Bowl in Chinese take out box Green Beans	BREAKFAST FOR LUNCH! Aunt Jemima Pancakes Turkey Sausage Patty	PIZZA DAY! Cheesy Pizza	Whole Grain Pasta Marinara Meat Sauce Orange Glazed Carrots
	8	9	10	11	12
B-Hard Boiled Egg Fun Lunch C-Chicken Salad Ciabatta D-Mozzarella Garden Salad	Classic American Burger Cheeseburger Seasoned Peas	Creamy Macaroni & Cheese Savory Green Beans	Whole Grain French Toast Sticks Turkey Sausage Patty	PIZZA DAY! BBQ Chicken Pizza or Cheese	Crispy Chicken Tenders Seasoned Corn Whole Grain Biscuit
	15	16	17	18	19
B- Pretzel Fun Lunch C-Turkey Cheese Pinwheel D-Chick & Kale Salad with Breadsticks	Beefy Macho Nachos	Toasted Beefy Patty Melt Seasoned Corn	BREAKFAST FOR LUNCH! Aunt Jemima Pancakes Turkey Sausage Patty	Cheese Pizza Dunkers Marinara Dipping Sauce	Whole Grain Pasta Marinara Meat Sauce Seasoned Carrots
	22	23	24	25	26
B- Cereal Fun Lunch C-Ham & Cheddar Sandwich D-Chicken Fajita Caesar with Breadsticks	Classic American Burger Cheeseburger Seasoned Corn	Roasted Turkey Mashed Potatoes Gravy WG Biscuit	BREAKFAST FOR LUNCH! French Toast Sticks Turkey Sausage Patty	PIZZA DAY! Cheesy Pizza	WG Biscuit topped with Diced Chicken Breast & Chicken Gravy Lemon Glazed Carrots
	29	30	31		
B- Muffin Fun Lunch C-Chicken Ranch Wrap D-Strawberry Chicken Salad with Breadsticks	CLOSED FOR MEMORIAL DAY	Teriyaki Chicken Noodle Bowl in Chinese take out box Green Beans	BREAKFAST FOR LUNCH! Aunt Jemima Pancakes Turkey Sausage Patty		
 www.westport.nutrislice.com for menus, nutritional and allergy info	Extra Extra! - Choose with Any Meal				
	Fresh Baby Carrots Grape Tomatoes Strawberry Cup Seedless Grapes Fresh Whole Fruit	Celery Sticks Corn & Black 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 Pineapple Tidbits Fresh Whole Fruit

This institution is an equal opportunity employer and provider.

MONTHLY FOOD FOCUS: May's Food Focus is Berries! Berries are packed with important vitamins and nutrients, such as vitamin C, antioxidants, and fiber. These are all helpful in keeping your body healthy. Some of those nutrients have been shown to help build your immune system so you can fight off illnesses, control blood sugar for people with diabetes, and protect against many forms of cancer.

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