



Westport Middle Schools: APRIL 2017

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CREATE

Chicken Parmesan Penne Seasoned Broccoli	Breakfast for Lunch French Toast Sticks Turkey Sausage	Build Your Own Chicken Fajita	Build Your Own Pasta Bar Tender Green Beans	Crispy Fish Sticks Mac & Cheese Seasoned Corn
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2MATO

Bacon Cheeseburger Pizza	Roasted Veggie Stromboli	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

Marinated Cucumbers	Marinated Cucumbers	Marinated Cucumbers	Marinated Cucumbers	Marinated Cucumbers
Roasted Vegetables	Roasted Vegetables	Roasted Vegetables	Roasted Vegetables	Roasted Vegetables
Broccoli Florets	Garbanzo Beans	Seasoned Black Beans	Mexicali Corn	Power Carrot Sticks
Orange Wedges	Applesauce	Strawberry Cup	Honeydew Cubes	Diced Pineapple
Cut Strawberries	Honeydew Cubes	Cantaloupe Cubes	Apple Slices	Seedless Grapes
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
Asst. Fresh Veggies	Asst. Fresh Veggies	Asst. Fresh Veggies	Asst. Fresh Veggies	Asst. Fresh Veggies

MONTHLY FOOD FOCUS: April's Food Focus is Garden Vegetables. April is National Gardening Month! Garden fresh vegetables taste great in fresh salsa, salads or grilled. Toss together your favorite garden greens like spinach, kale or arugula, add in cherry tomatoes, carrots, & cucumbers and top with a

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



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10	11	12	13	14
CREATE				
Spring Break				
2MATO				
Spring Break Cheese and Pepperoni Pizza Daily				
GRILLED				
Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily				
SO DELI				
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				
Fruit & Yogurt Parfaits available Daily				
EXTRA EXTRA				
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17	18	19	20	21
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 Seasoned Broccoli
2MATO				
Garlic Chicken Pizza	Buffalo Chicken Pizza	Meatball Pizza	Veggie Lovers Pizza	Chicken Parmesan Calzone
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				
Roasted Chick Peas Kale Chips Broccoli Florets Diced Pineapple Apple Slices Fresh Whole Fruit Asst. Fresh Veggies	Roasted Chick Peas Kale Chips Garbanzo Beans Cantaloupe Cubes Seedless Grapes Fresh Whole Fruit Asst. Fresh Veggies	Roasted Chick Peas Kale Chips Seasoned Black Beans Applesauce Cup Strawberry Cup Fresh Whole Fruit Asst. Fresh Veggies	Roasted Chick Peas Kale Chips Mexicali Corn Orange Wedges Honeydew Cubes Fresh Whole Fruit Asst. Fresh Veggies	Roasted Chick Peas Kale Chips Power Carrot Sticks Strawberry Cup Cantaloupe Cubes Fresh Whole Fruit Asst. Fresh Veggies
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24	25	26	27	28
CREATE				
Bosco Cheese Stuffed Breadsticks Seasoned Corn	BREAKFAST FOR LUNCH Golden Waffles Turkey Sausage	Boars Head Chicken Nachos	Build Your Own Pasta Bar Steamed Broccoli	Chicken Tenders Roasted Steak Fries Seasoned Green Beans
2MATO				
South of the Border Pizza	Hawaiian Pizza	Spinach Ricotta Pizza	Brooklyn Style Flatbread	Italian Stromboli
GRILLED				
Turkey Bacon Sub				
SO DELI				
Buffalo Chicken Wrap				
ON THE GO				
Caprese Shaker Salad				
EXTRA EXTRA				
Macaroni Bean Salad Tomato Mozzarella Salad Broccoli Florettes Pinnacle Cubes Apple Slices Fresh Whole Fruit Asst. Fresh Veggies	Macaroni Bean Salad Tomato Mozzarella Salad Garbanzo Beans Cantaloupe Red Grapes Fresh Whole Fruit Asst. Fresh Veggies	Macaroni Bean Salad Tomato Mozzarella Salad Seasoned Black Beans Applesauce Strawberries Fresh Whole Fruit Asst. Fresh Veggies	Macaroni Bean Salad Tomato Mozzarella Salad Mexicali Corn Orange Smiles Honeydew Fresh Whole Fruit Asst. Fresh Veggies	Macaroni Bean Salad Tomato Mozzarella Salad Power Carrot Sticks Strawberries Cantaloupe Fresh Whole Fruit Asst. Fresh Veggies

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