



Westport Middle Schools: MAY 2017

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CREATE

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

Bacon Cheeseburger	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: 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.

Have Questions?

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



Westport Middle Schools: MAY 2017

8	9	10	11	12
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CREATE

Build Your Own Pasta Bar Seasoned Peas	<small>BREAKFAST FOR LUNCH</small> Pancakes Turkey Sausage	Chicken and Gravy Biscuit Seasoned Corn	Build Your Own Pasta Bar Savory Green Beans	Macaroni & Cheese with Ham Orange Glazed Carrots
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2MATO

Bacon Ranch Pizza	BBQ Chicken Pizza	Meat Lovers Pizza	Fajita Chicken Pizza	Chicken Parmesan
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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

Macaroni Bean Salad	Macaroni Bean Salad	Macaroni Bean Salad	Macaroni Bean Salad	Macaroni Bean Salad
Tomato Mozzarella Salad	Tomato Mozzarella Salad	Tomato Mozzarella Salad	Tomato Mozzarella Salad	Tomato Mozzarella Salad
Broccoli Florettes	Garbanzo Beans	Seasoned Black Beans	Mexicali Corn	Power Carrot Sticks
Pinapple Cubes	Cantaloupe	Applesauce	Orange Smiles	Strawberries
Apple Slices	Red Grapes	Strawberries	Honeydew	Cantaloupe
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

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15	16	17	18	19
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CREATE

Build Your Own Pasta Bar Seasoned Carrots	BREAKFAST FOR LUNCH French Toast Sticks 4 Turkey Sausage	Toasty Cheese Sandwich Campbell's Tomato Soup	Build Your Own Pasta Bar Sweet & Spicy Green Beans	Teriyaki Chicken Noodle Bowl Seasoned Peas
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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

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ON THE GO

Ham & Turkey Chef Salad

Fruit & Yogurt Parfaits available Daily

EXTRA EXTRA

Roasted Chick Peas Kale Chips	Roasted Chick Peas Kale Chips	Roasted Chick Peas Kale Chips	Roasted Chick Peas Kale Chips	Roasted Chick Peas Kale Chips
Broccoli Florets	Garbanzo Beans	Seasoned Black Beans	Mexicali Corn	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
Asst. Fresh Veggies	Asst. Fresh Veggies	Asst. Fresh Veggies	Asst. Fresh Veggies	Asst. Fresh Veggies

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22	23	24	25	26
CREATE				
Build Your Own	BREAKFAST FOR LUNCH	Bosco Cheese	Build Your Own	Chicken Tenders
Pasta Bar	Pancakes	Stuffed Breadsticks	Pasta Bar	Roasted Steak Fries
Orange Glazed	Turkey Sausage	Seasoned Corn	Seasoned Peas	Sweet and Spicy 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	Macaroni Bean Salad	Macaroni Bean Salad	Macaroni Bean Salad	Macaroni Bean Salad
Tomato Mozzarella Salad	Tomato Mozzarella Salad	Tomato Mozzarella Salad	Tomato Mozzarella Salad	Tomato Mozzarella Salad
Broccoli Florettes	Garbanzo Beans	Seasoned Black Beans	Mexicali Corn	Power Carrot Sticks
Pinapple Cubes	Cantaloupe	Applesauce	Orange Smiles	Strawberries
Apple Slices	Red Grapes	Strawberries	Honeydew	Cantaloupe
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

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Westport Middle Schools: MAY 2017

29	30	31		
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CREATE

SCHOOL	Breakfast for Lunch	Tuscan
CLOSED	French Toast Sticks	Noodle Bowl
	Turkey Sausage	Seasoned Corn

2MATO

NO LUNCH	Roasted Veggie	Philly Cheesesteak
MEMORIAL DAY	Stromboli	Pizza

Cheese and Pepperoni Pizza Daily

GRILLED

Mozzarella and Tomato Panini

Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily

SO DELI

Italian Combo

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ON THE GO

Chicken Caesar Salad

Fruit & Yogurt Parfaits available Daily

EXTRA EXTRA

Marinated Cucumbers	Marinated Cucumbers
Roasted Vegetables	Roasted Vegetables
Garbanzo Beans	Seasoned Black Beans
Applesauce	Strawberry Cup
Honeydew Cubes	Cantaloupe Cubes
Fresh Whole Fruit	Fresh Whole Fruit
Asst. Fresh Veggies	Asst. Fresh Veggies

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