



# SOUTHPORT HIGH LUNCH MENU 2024-2025 2nd SEMESTER

|  |                      | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|----------------------|---|--|---|---|--|
| Week 1   | La Pizzeria          | Cheese ➤ or Pepperoni Pizza Pull-Aparts with Marinara Sauce | Mozzarella Sticks with Marinara Sauce ➤                    | French Bread Pizza with Marinara Sauce ➤                                      | Tony's Personal Pan Cheese ➤ or Pepperoni Pizza   | Bosco Sticks with Marinara Sauce ➤             |
|  | Star Favorites       | Spicy Chicken Tender Wrap                                   | Hamburger or Cheeseburger on WG Bun                        | Spicy Chicken Sandwich on WG Bun ★  | Chicken Smackers ★ & Mac 'n Cheese Bites with WG Dinner Roll  | Cheese ➤ or Pepperoni 4x6" Pizza               |
|  | Signature Selections |   |  |   |   |  |
|  | Common Creations     | Regular Chicken Sandwich on WG Bun                          | Pasta Bar with Meat Sauce or Alfredo ➤ with WG Dinner Roll | Regular Chicken Tender Wrap   | Honey Sriracha Rice Bowl  | BBQ Rib Sandwich with WG Sun Chips <b>P</b>    |
|  | Market Fresh         | Yogurt Parfait with Grahams ➤                               | Taco Salad with Tostitos ★                                 | Yogurt with Cheese Stick and Muffin ➤   | Popcorn Chicken Salad with WG Dinner Roll   | Firecracker Chicken Salad with WG Dinner Roll  |
|  | Veggies              | Steamed Broccoli  | Fresh Veggie Tray with Dip Green Beans                     | California Blend  | Fresh Veggie Tray with Dip Corn   | Baked Beans                                    |
| Week 2   | La Pizzeria          | Cheese ➤ or Pepperoni Pizza Pull-Aparts with Marinara Sauce | Mozzarella Sticks with Marinara Sauce ➤                    | French Bread Pizza with Marinara Sauce ➤                                      | Tony's Personal Pan Cheese ➤ or Pepperoni Pizza   | Bosco Sticks with Marinara Sauce ➤             |
|  | Star Favorites       | Spicy Chicken Tender Wrap                                   | Hamburger or Cheeseburger on WG Bun                        | Spicy Chicken Sandwich on WG Bun ★  | Boneless Chicken Wings ★ & Mac 'n Cheese Bites with WG Dinner Roll  | Cheese ➤ or Pepperoni 4x6" Pizza               |
|  | Signature Selections |   |  |   |   |  |
|  | Common Creations     | Regular Chicken Sandwich on WG Bun                          | Nachos with Tostitos ★                                     | Regular Chicken Tender Wrap   | Teriyaki Dumplings with Soba Noodles  | WG Grilled Cheese Sandwich with WG Sun Chips ➤ |
|  | Market Fresh         | Yogurt Parfait with Grahams ➤                               | Taco Salad with Tostitos ★                                 | Yogurt with Cheese Stick and Muffin ➤   | Popcorn Chicken Salad with WG Dinner Roll   | Firecracker Chicken Salad with WG Dinner Roll  |
|  | Veggies              | Steamed Broccoli  | Fresh Veggie Tray with Dip Green Beans                     | California Blend  | Fresh Veggie Tray with Dip Corn   | Baked Beans                                    |
| WG = whole grain   |                      |   |  |   |   |  |
| ➤ = vegetarian (no meat)<br>★ = vegetarian version/alternative available (see detailed menu)<br><b>P</b> = contains pork |                      |   | Fruit and Low Fat/<br>Skim Milk offered daily              | Additional entrée option of<br>PBJ Uncrustable (5.3 oz) ➤<br>offered each day | Students must take 3 of the 5 food components (one must be a fruit or vegetable) to be considered a reimbursable meal |  |

| JANUARY 2025 |    |    |    |    | FEBRUARY 2025 |    |    |    |    | MARCH 2025 |    |    |    |    | APRIL 2025 |    |    |    |    | MAY 2025 |    |    |    |    |
|--------------|----|----|----|----|---------------|----|----|----|----|------------|----|----|----|----|------------|----|----|----|----|----------|----|----|----|----|
| M            | T  | W  | T  | F  | M             | T  | W  | T  | F  | M          | T  | W  | T  | F  | M          | T  | W  | T  | F  | M        | T  | W  | T  | F  |
|              |    | 1  | 2  | 3  | 3             | 4  | 5  | 6  | 7  | 3          | 4  | 5  | 6  | 7  |            | 1  | 2  | 3  | 4  |          |    |    | 1  | 2  |
| 6            | 7  | 8  | 9  | 10 | 10            | 11 | 12 | 13 | 14 | 10         | 11 | 12 | 13 | 14 | 7          | 8  | 9  | 10 | 11 | 5        | 6  | 7  | 8  | 9  |
| 13           | 14 | 15 | 16 | 17 | 17            | 18 | 19 | 20 | 21 | 17         | 18 | 19 | 20 | 21 | 14         | 15 | 16 | 17 | 18 | 12       | 13 | 14 | 15 | 16 |
| 20           | 21 | 22 | 23 | 24 | 24            | 25 | 26 | 27 | 28 | 24         | 25 | 26 | 27 | 28 | 21         | 22 | 23 | 24 | 25 | 19       | 20 | 21 | 22 | 23 |
| 27           | 28 | 29 | 30 | 31 |               |    |    |    |    | 31         |    |    |    |    | 28         | 29 | 30 |    |    | 26       | 27 | 28 | 29 | 30 |

Menus subject to change. The institution is an equal opportunity provider.



# Detailed Vegetarian Menu

## **SOUTHPORT HIGH**

### **LUNCH MENU**

#### **2024-2025 2nd SEMESTER**

|                  |                             | MONDAY                                      | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|------------------|-----------------------------|---|---|---|--|---|
| <b>Week 1</b>    | <b>La Pizzeria</b>          | CheesePizza Pull-Aparts with Marinara Sauce | Mozzarella Sticks with Marinara Sauce                     | French Bread Pizza with Marinara Sauce                                | Tony's Personal Pan Cheese Pizza                                       | Bosco Sticks with Marinara Sauce  |
|                  | <b>Star Favorites</b>       |   |   | Rebellyous Foods Vegan Chicken Patty on WG Bun                        | Morningstar Meatless Nuggets & Mac 'n Cheese Bites with WG Dinner Roll | Cheese 4x6" Pizza   |
|                  | <b>Signature Selections</b> |   |   |   |  |   |
|                  | <b>Common Creations</b>     |   | Pasta with Alfredo and WG Dinner Roll                     |   |  |   |
|                  | <b>Market Fresh</b>         | Yogurt Parfait with Grahams                 | Taco Salad (without Beef but double Cheese) with Tostitos | Yogurt with Cheese Stick and Muffin                                   |  |   |
|                  | <b>Veggies</b>              | Steamed Broccoli                            | Fresh Veggie Tray with Dip Green Beans                    | California Blend  | Fresh Veggie Tray with Dip Corn  | Baked Beans   |
| <b>Week 2</b>    | <b>La Pizzeria</b>          | CheesePizza Pull-Aparts with Marinara Sauce | Mozzarella Sticks with Marinara Sauce                     | French Bread Pizza with Marinara Sauce                                | Tony's Personal Pan Cheese Pizza                                       | Bosco Sticks with Marinara Sauce  |
|                  | <b>Star Favorites</b>       |   |   | Rebellyous Foods Vegan Chicken Patty on WG Bun                        | Morningstar Meatless Nuggets & Mac 'n Cheese Bites with WG Dinner Roll | Cheese 4x6" Pizza   |
|                  | <b>Signature Selections</b> |   |   |   |  |   |
|                  | <b>Common Creations</b>     |   | Nachos (without Beef but double Cheese) with Tostitos     |   |  | WG Grilled Cheese Sandwich with WG Sun Chips  |
|                  | <b>Market Fresh</b>         | Yogurt Parfait with Grahams                 | Taco Salad (without Beef but double Cheese) with Tostitos | Yogurt with Cheese Stick and Muffin                                   |  |   |
|                  | <b>Veggies</b>              | Steamed Broccoli                            | Fresh Veggie Tray with Dip Green Beans                    | California Blend  | Fresh Veggie Tray with Dip Corn  | Baked Beans   |
| WG = whole grain |                             | Fruit and Low Fat/ Skim Milk offered daily  |   | Additional entrée option of PBJ Uncrustable (5.3 oz) offered each day |  | Students must take 3 of the 5 food components (one must be a fruit or vegetable) to be considered a reimbursable meal |

| JANUARY 2025 |    |    |    |    | FEBRUARY 2025 |    |    |    |    | MARCH 2025 |    |    |    |    | APRIL 2025 |    |    |    |    | MAY 2025 |    |    |    |    |
|--------------|----|----|----|----|---------------|----|----|----|----|------------|----|----|----|----|------------|----|----|----|----|----------|----|----|----|----|
| M            | T  | W  | T  | F  | M             | T  | W  | T  | F  | M          | T  | W  | T  | F  | M          | T  | W  | T  | F  | M        | T  | W  | T  | F  |
|              |    | 1  | 2  | 3  | 3             | 4  | 5  | 6  | 7  | 3          | 4  | 5  | 6  | 7  |            | 1  | 2  | 3  | 4  |          |    |    | 1  | 2  |
| 6            | 7  | 8  | 9  | 10 | 10            | 11 | 12 | 13 | 14 | 10         | 11 | 12 | 13 | 14 | 7          | 8  | 9  | 10 | 11 | 5        | 6  | 7  | 8  | 9  |
| 13           | 14 | 15 | 16 | 17 | 17            | 18 | 19 | 20 | 21 | 17         | 18 | 19 | 20 | 21 | 14         | 15 | 16 | 17 | 18 | 12       | 13 | 14 | 15 | 16 |
| 20           | 21 | 22 | 23 | 24 | 24            | 25 | 26 | 27 | 28 | 24         | 25 | 26 | 27 | 28 | 21         | 22 | 23 | 24 | 25 | 19       | 20 | 21 | 22 | 23 |
| 27           | 28 | 29 | 30 | 31 |               |    |    |    |    | 31         |    |    |    |    | 28         | 29 | 30 |    |    | 26       | 27 | 28 | 29 | 30 |

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# SOUTHPORT HIGH BREAKFAST MENU 2024-2025 2nd SEMESTER

|        | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--------|--|--|--|---|--|
| Week 1 | Pillsbury Frudel ➤<br>(Apple or Cherry)<br><br>WG Waffle   | WG Breakfast Bar ➤<br>(Dunkin' Sticks)<br><br>Otis Spunkmeyer<br>WG Muffin ➤<br>(4 oz) | Sausage Pancake<br>on a Stick<br><br>UBR Bar ➤                     | WG Donut Holes<br>in a Cup ➤<br><br>Eggo Bites ➤<br>(Cook's Choice) | Pillsbury Mini Cinni ➤<br><br>Jumbo Cereal Bar ➤ |
| Week 2 | Pillsbury Frudel ➤<br>(Apple or Cherry)<br><br>WG Waffle ➤ | WG Breakfast Bar ➤<br>(Dunkin' Sticks)<br><br>Otis Spunkmeyer<br>WG Muffin ➤<br>(4 oz) | Tony's Egg & Cheese<br>Breakfast Pizza<br>Bagel ➤<br><br>J&J Bar ➤ | WG Mini Donuts ➤<br><br>Eggo Bites ➤<br>(Cook's Choice)             | Pillsbury Muffin ➤<br><br>Pillsbury Mini Cinni ➤ |

WG = whole grain  
➤ = vegetarian (no meat)  
★ = vegetarian version/alternative available  
P = contains pork

Fruit, Juice, & Low Fat/Skim Milk offered daily

**Daily** - Pop Tart (2ct) ➤ offered  
**M/W/F** - Cereal (2oz) ➤ offered  
**T/TH** - Yogurt with Muffin (2oz) ➤ offered

Students must take 3 of the 4 food components (one must be a fruit or juice) to be considered a reimbursable meal



| JANUARY 2025 |    |    |    |    | FEBRUARY 2025 |    |    |    |    | MARCH 2025 |    |    |    |    | APRIL 2025 |    |    |    |    | MAY 2025 |    |    |    |    |
|--------------|----|----|----|----|---------------|----|----|----|----|------------|----|----|----|----|------------|----|----|----|----|----------|----|----|----|----|
| M            | T  | W  | T  | F  | M             | T  | W  | T  | F  | M          | T  | W  | T  | F  | M          | T  | W  | T  | F  | M        | T  | W  | T  | F  |
|              |    | 1  | 2  | 3  | 3             | 4  | 5  | 6  | 7  | 3          | 4  | 5  | 6  | 7  |            | 1  | 2  | 3  | 4  |          |    |    | 1  | 2  |
| 6            | 7  | 8  | 9  | 10 | 10            | 11 | 12 | 13 | 14 | 10         | 11 | 12 | 13 | 14 | 7          | 8  | 9  | 10 | 11 | 5        | 6  | 7  | 8  | 9  |
| 13           | 14 | 15 | 16 | 17 | 17            | 18 | 19 | 20 | 21 | 17         | 18 | 19 | 20 | 21 | 14         | 15 | 16 | 17 | 18 | 12       | 13 | 14 | 15 | 16 |
| 20           | 21 | 22 | 23 | 24 | 24            | 25 | 26 | 27 | 28 | 24         | 25 | 26 | 27 | 28 | 21         | 22 | 23 | 24 | 25 | 19       | 20 | 21 | 22 | 23 |
| 27           | 28 | 29 | 30 | 31 |               |    |    |    |    | 31         |    |    |    |    | 28         | 29 | 30 |    |    | 26       | 27 | 28 | 29 | 30 |

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# SHS Supper Menu

## 2024-2025 2nd SEMESTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**WG Pizza Slice**  
(145g/1 slice)

**Chicken Patty Sandwich on WG Bun**  
(4oz/1 chicken patty on 4" WG hamburger bun - 60g/1 ea)

**Cheeseburger on WG Bun**  
(2.45oz/1 patty + 1 slice 14g/1 slice cheese on 4" WG hamburger bun - 60g/1 ea)

**Mozzarella Sticks with Marinara Sauce or Ranch**  
(157.3g/8 WG sticks + 2.5oz marinara + 1.5oz ranch)

**Bosco Sticks with Marinara Sauce**  
(4.28oz/2 WG sticks + 2.5oz marinara)

OR

**Turkey & Cheese Sandwich on WG Bun**  
(3 slices turkey, 1 slice cheese on 4" WG hamburger bun)

**Ham & Cheese Sandwich on WG Bun**  
(5 slices ham, 1 slice cheese on 4" WG hamburger bun)

**Turkey & Cheese Sandwich on WG Bun**  
(3 slices turkey, 1 slice cheese on 4" WG hamburger bun)

**Ham & Cheese Sandwich on WG Bun**  
(5 slices ham, 1 slice cheese on 4" WG hamburger bun)

**Turkey & Cheese Sandwich on WG Bun**  
(3 slices turkey, 1 slice cheese on 4" WG hamburger bun)

\* Additional entrée option of PBJ Uncrustable (5.3 oz/1 ea) offered each day

**Broccoli**  
(1/2 cup)

**Green Beans**  
(1/2 cup)

**Baked Beans**  
(1/2 cup)

**Corn**  
(1/2 cup)

**Green Beans**  
(1/2 cup)

Fresh Baby Carrots (1/2 cup) with Ranch Dip offered each day

**Fruit (1/2 cup)**

**Milk (8 fl. oz.)**

WG = whole grain

Portion size displayed in parenthesis

Fruit Choices:

Fresh: kiwi, apple slices, cantaloupe, seedless grapes, orange, pineapple, honeydew, watermelon, blueberries, strawberries, pears banana

Canned: applesauce cup, diced peach cup, diced strawberry cup, fruit cocktail, mandarin oranges, sliced peaches, diced pears, pineapple chunks, pineapple tidbits, tropical fruit salad

Dried: Craisins, raisins

**CACFP Supper must contain all five components to be a reimbursable meal:**

-8 fl. oz. unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk  
-2 oz. meat/meat alternates  
-1/2 c. vegetables  
-1/4 c. fruit (we serve 1/2 c.)  
-1 oz. grains

JANUARY 2025

FEBRUARY 2025

MARCH 2025

APRIL 2025

MAY 2025

| M  | T  | W  | T  | F  | M  | T  | W  | T  | F  | M  | T  | W  | T  | F  | M  | T  | W  | T  | F  | M  | T  | W  | T  | F  |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 3  | 4  | 5  | 6  | 7  | 3  | 4  | 5  | 6  | 7  |    | 1  | 2  | 3  | 4  |    |    |    | 1  | 2  |
| 6  | 7  | 8  | 9  | 10 | 10 | 11 | 12 | 13 | 14 | 10 | 11 | 12 | 13 | 14 | 7  | 8  | 9  | 10 | 11 | 5  | 6  | 7  | 8  | 9  |
| 13 | 14 | 15 | 16 | 17 | 17 | 18 | 19 | 20 | 21 | 17 | 18 | 19 | 20 | 21 | 14 | 15 | 16 | 17 | 18 | 12 | 13 | 14 | 15 | 16 |
| 20 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 28 | 24 | 25 | 26 | 27 | 28 | 21 | 22 | 23 | 24 | 25 | 19 | 20 | 21 | 22 | 23 |
| 27 | 28 | 29 | 30 | 31 |    |    |    |    |    | 31 |    |    |    |    | 28 | 29 | 30 |    |    | 26 | 27 | 28 | 29 | 30 |

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