



SOUTHPORT HIGH LUNCH MENU 2025-2026 2nd SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	La Pizzeria	Mozzarella Sticks with Marinara Sauce ►	Baked Potato Bar ★	Chicken Tinga Quesadilla	Pasta Bar (Marinara Meat Sauce or Alfredo ► with Penne Pasta) with Garlic Toast	Cheese Pizza Quesadilla ► Bosco Sticks with Marinara Sauce ►
	Star Favorites	Spicy/Regular Chicken Tender Wrap	Chicken Smackers with WG Dinner Roll	BBQ Rib Sandwich on WG Hoagie with WG Sun Chips	Hamburger or Cheeseburger on WG Bun ★	Spicy Chicken Patty on WG Bun ★
	Signature Selections					
	Common Creations	Regular Chicken Patty on WG Bun ★	Nachos Grande with Tostitos ★	Grilled Chicken Patty on WG Bun with WG Sun Chips ★	French Bread Pizza with Marinara Sauce ►	Regular Chicken Tenders with WG Dinner Roll
	Market Fresh	Spicy Chicken Salad with WG Dinner Roll	Yogurt Parfait with Grahams ►	Popcorn Chicken Salad with WG Dinner Roll	Yogurt Parfait with Grahams ►	Taco Salad with Tostitos
	Veggies		Fresh Veggie Tray with Dip Baked Beans		Fresh Veggie Tray with Dip Mashed Potatoes Corn	
Week 2	La Pizzeria	Mozzarella Sticks with Marinara Sauce ►	Loaded Tater Tots ★	Chicken Tinga Quesadilla	Lasagna Rollup with Garlic Toast	Calzone with Marinara Sauce Bosco Sticks with Marinara Sauce ►
	Star Favorites	Spicy/Regular Chicken Tender Wrap	Boneless Chicken Wings with Choice of Sauce with WG Soft Pretzel	BBQ Rib Sandwich on WG Hoagie with WG Sun Chips	Hamburger or Cheeseburger on WG Bun ★	Spicy Chicken Patty on WG Bun ★
	Signature Selections					
	Common Creations	Regular Chicken Patty on WG Bun ★	Fritos Walking Tacos ★	Grilled Chicken Patty on WG Bun with WG Sun Chips ★	Cheese ► or Pepperoni 4x6 Pizza	Regular Chicken Tenders with WG Dinner Roll
	Market Fresh	Spicy Chicken Salad with WG Dinner Roll	Yogurt Parfait with Grahams ►	Popcorn Chicken Salad with WG Dinner Roll	Yogurt Parfait with Grahams ►	Taco Salad with Tostitos
	Veggies		Fresh Veggie Tray with Dip Baked Beans		Fresh Veggie Tray with Dip Corn	
		WG = whole grain ► = vegetarian (no meat) ★ = vegetarian version/alternative available (see detailed menu) P = contains pork	Fruit and Low Fat/ Skim Milk offered daily [100% juice offered as a fruit option on Fridays]	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 2026					FEBRUARY 2026					MARCH 2026					APRIL 2026					MAY 2026				
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
29	30	31	1	2	2	3	4	5	6	2	3	4	5	6			1	2	3					1
5	6	7	8	9	9	10	11	12	13	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
12	13	14	15	16	16	17	18	19	20	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
19	20	21	22	23	23	24	25	26	27	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
26	27	28	29	30						30	31				27	28	29	30		25	26	27	28	29



Detailed Vegetarian Menu

SOUTHPORT HIGH

LUNCH MENU

2025-2026 2nd SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	La Pizzeria	Mozzarella Sticks with Marinara Sauce	Baked Potato Bar (without Beef but double Cheese)		Alfredo Pasta with Garlic Toasst	Cheese Pizza Quesadilla Bosco Sticks with Marinara Sauce
	Star Favorites					
	Signature Selections				Spicy Black Bean Burger on WG Bun	Rebellyous Foods Vegan Chicken Patty on WG Bun
	Common Creations	Rebellyous Foods Vegan Chicken Patty on WG Bun	Nachos (without Beef but double Cheese) with Tostitos	Morningstar Meatless Nuggets with WG Dinner Roll	French Bread Pizza with Marinara Sauce	
	Market Fresh		Yogurt Parfait with Grahams		Yogurt Parfait with Grahams	
	Veggies	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Mashed Potatoes Corn	Fresh Veggie Tray with Dip Broccoli	Fresh Veggie Tray with Dip Side Salad	Fresh Veggie Tray with Dip French Fries
Week 2	La Pizzeria	Mozzarella Sticks with Marinara Sauce	Loaded Tater Tots (without Beef but double Cheese)			Bosco Sticks with Marinara Sauce
	Star Favorites					
	Signature Selections				Spicy Black Bean Burger on WG Bun	Rebellyous Foods Vegan Chicken Patty on WG Bun
	Common Creations	Rebellyous Foods Vegan Chicken Patty on WG Bun	Fritos Walking Tacos (without Beef but double Cheese)	Morningstar Meatless Nuggets with WG Dinner Roll	Cheese 4x6 Pizza	
	Market Fresh		Yogurt Parfait with Grahams		Yogurt Parfait with Grahams	
	Veggies	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Corn	Fresh Veggie Tray with Dip Broccoli	Fresh Veggie Tray with Dip Side Salad	Fresh Veggie Tray with Dip French Fries
WG = whole grain		Fruit and Low Fat / Skim Milk offered daily (100% juice offered as a fruit option on Fridays)		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 2026					FEBRUARY 2026					MARCH 2026					APRIL 2026					MAY 2026				
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
29	30	31	1	2	2	3	4	5	6	2	3	4	5	6			1	2	3					1
5	6	7	8	9	9	10	11	12	13	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
12	13	14	15	16	16	17	18	19	20	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
19	20	21	22	23	23	24	25	26	27	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
26	27	28	29	30						30	31				27	28	29	30		25	26	27	28	29

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



SOUTHPORT HIGH BREAKFAST MENU 2025-2026 2nd SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Pillsbury Apple Frudel ➤ Pillsbury Cinnamon Toast Crunch Bread	WG Breakfast Bar ➤ (Dunkin' Sticks) Otis Spunkmeyer WG Muffin ➤ (4 oz)	Sausage Pancake on a Stick UBR Bar ➤	WG Donut Holes in a Cup ➤ Eggo Bites ➤ (Cook's Choice)	Pillsbury Mini Cinni ➤ (Caramel or Cinnamon) WG Waffle ➤
Week 2	Pillsbury Apple Frudel ➤ WG Waffle ➤	WG Breakfast Bar ➤ (Dunkin' Sticks) Otis Spunkmeyer WG Muffin ➤ (4 oz)	Breakfast Pizza Bagel ^P J&J Bar ➤	WG Mini Donuts ➤ Eggo Bites ➤ (Cook's Choice)	Pillsbury Muffin ➤ Pillsbury Mini Cinni ➤ (Caramel or Cinnamon)

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) or PB Honey Uncrustable (2.6oz) ➤ offered

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



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