



SOUTHPORT HIGH LUNCH MENU 2026-2027 1st SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	La Pizzeria	Cheese Pizza Crunchers ➤	Penne Pasta with Meat Sauce with Garlic Toast	BBQ Rib Sandwich on WG Hoagie ^P	Bosco Sticks with Marinara Sauce ➤	Cheese ➤ or Pepperoni Pizza Pull-Aparts Calzone with Marinara Sauce
	Star Favorites	Chicken Tinga Quesadilla	Chicken Smackers with WG Biscuit ★	Hamburger or Cheeseburger on WG Bun ★	Regular/Spicy Chicken Tender Wrap	Regular or Spicy Chicken Sandwich on WG Bun with WG Sun Chips ★
	Signature Selections					
	Common Creations	Nachos Grande with Tostitos ★	Orange Chicken Fried Rice Bowl	Southwestern Chicken Wrap	Chili Cheese Dog on WG Bun	Chicken & Cheese Empanadas
	Market Fresh	Rattlesnake Pasta	Yogurt Parfait with Churro Bites ➤	Popcorn Chicken Salad with WG Dinner Roll	Taco Salad with Tostitos ★	Spicy Chicken Salad with WG Dinner Roll
	Veggies	Fresh Veggie Tray with Dip Green Beans ^P	Corn	Fresh Veggie Tray with Dip French Fries	Baked Beans	Fresh Veggie Tray with Dip Broccoli
Week 2	La Pizzeria	Mozzarella Sticks with Marinara Sauce ➤	Penne Pasta with Alfredo Sauce with Garlic Toast ➤	BBQ Rib Sandwich on WG Hoagie ^P	Bosco Stick Enchiladas ➤	Cheese ➤ or Pepperoni 4x6" Pizza Calzone with Marinara Sauce
	Star Favorites	Chicken Tinga Quesadilla	Chicken Smackers with WG Biscuit ★	Hamburger or Cheeseburger on WG Bun ★	Regular/Spicy Chicken Tender Wrap	Regular or Spicy Chicken Sandwich on WG Bun with WG Sun Chips ★
	Signature Selections					
	Common Creations	Queso Con Carne with Tostitos	Chicken Curry Rice Bowl	Fiesta Flatbread Pizza	Chicken Fries with WG Dinner Roll ★	Beef and Cheese Burrito
	Market Fresh	Cajun Chicken Pasta with Garlic Toast	Yogurt with Cheese Stick and Muffin ➤	Popcorn Chicken Salad with WG Dinner Roll	Taco Salad with Tostitos ★	Spicy Chicken Salad with WG Dinner Roll
	Veggies	Fresh Veggie Tray with Dip Green Beans ^P	Corn	Fresh Veggie Tray with Dip French Fries	Baked Beans	Fresh Veggie Tray with Dip Broccoli
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	

JUL/AUG 2026					SEPTEMBER 2026					OCTOBER 2026					NOVEMBER 2026					DECEMBER 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
27	28	29	30	31		1	2	3	4				1	2	2	3	4	5	6		1	2	3	4
3	4	5	6	7	7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11
10	11	12	13	14	14	15	16	17	18	12	13	14	15	16	16	17	18	19	20	14	15	16	17	18
17	18	19	20	21	21	22	23	24	25	19	20	21	22	23	23	24	25	26	27	21	22	23	24	25
24	25	26	27	28	28	29	30			26	27	28	29	30	30					28	29	30	31	
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Menus subject to change. The institution is an equal opportunity provider.



Detailed Vegetarian Menu

SOUTHPORT HIGH

LUNCH MENU

2026-2027 1st SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	La Pizzeria	Cheese Pizza Crunchers			Bosco Sticks with Marinara Sauce	Cheese Pizza Pull-Aparts
	Star Favorites		Morningstar Meatless Nuggets with WG Dinner Roll	Spicy Black Bean Burger on WG Bun		Rebellyous Foods Vegan Chicken Patty on WG Bun
	Signature Selections					
	Common Creations	Nachos Grande with Tostitos (without beef but double cheese)				
	Market Fresh		Yogurt Parfait with Churro Bites		Taco Salad with Tostitos (without beef but double cheese)	
	Veggies	Fresh Veggie Tray with Dip	Corn	Fresh Veggie Tray with Dip French Fries	Baked Beans	Fresh Veggie Tray with Dip Broccoli
Week 2	La Pizzeria	Mozzarella Sticks with Marinara Sauce	Penne Pasta with Alfredo Sauce with Garlic Toast		Bosco Stick Enchiladas	Cheese 4x6" Pizza
	Star Favorites		Morningstar Meatless Nuggets with WG Dinner Roll	Spicy Black Bean Burger on WG Bun		Rebellyous Foods Vegan Chicken Patty on WG Bun
	Signature Selections					
	Common Creations					
	Market Fresh		Yogurt with Cheese Stick and Muffin		Taco Salad with Tostitos (without beef but double cheese)	
	Veggies	Fresh Veggie Tray with Dip	Corn	Fresh Veggie Tray with Dip French Fries	Baked Beans	Fresh Veggie Tray with Dip Broccoli
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	

JUL/AUG 2026					SEPTEMBER 2026					OCTOBER 2026					NOVEMBER 2026					DECEMBER 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
27	28	29	30	31		1	2	3	4				1	2	2	3	4	5	6		1	2	3	4
3	4	5	6	7	7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11
10	11	12	13	14	14	15	16	17	18	12	13	14	15	16	16	17	18	19	20	14	15	16	17	18
17	18	19	20	21	21	22	23	24	25	19	20	21	22	23	23	24	25	26	27	21	22	23	24	25
24	25	26	27	28	28	29	30			26	27	28	29	30	30					28	29	30	31	
31																								

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SOUTHPORT HIGH BREAKFAST MENU 2026-2027 1st SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Breakfast Pizza Bagel P	WG Breakfast Bar ➤ (Dunkin' Sticks)	Sausage Pancake on a Stick	Eggo Bites ➤ (Cook's Choice)	Pillsbury Mini Cinni ➤ (Caramel or Cinnamon)
Week 2	Otis Spunkmeyer WG Muffin ➤ (4 oz)	WG Sweet Roll ➤	WG Breakfast Sandwich P (Cook's Choice of Flavor)	WG Mini Donuts ➤	WG Sweet Bread ➤ (Banana, Pumpkin, Lemon, or Blueberry)

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) ➤, Cereal (2oz) ➤ and 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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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