



# 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 <sup>P</sup> on WG Hoagie with WG Sun Chips	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 ★
	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 <sup>P</sup>	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 <sup>P</sup> on WG Hoagie with WG Sun Chips	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 ★
	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	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 <sup>P</sup>	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) <sup>P</sup> = 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	
31																									

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# Detailed Vegetarian Menu

## SOUTHPORT HIGH

### LUNCH MENU

#### 2026-2027 1st SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Week 1</b>	<b>La Pizzeria</b>	Cheese Pizza Crunchers			Bosco Sticks with Marinara Sauce	Cheese Pizza Pull-Aparts	
	<b>Star Favorites</b>		Morningstar Meatless Nuggets with WG Dinner Roll	Spicy Black Bean Burger on WG Bun		Rebellyous Foods Vegan Chicken Patty on WG Bun	
	<b>Signature Selections</b>						
	<b>Common Creations</b>	Nachos Grande with Tostitos (without beef but double cheese)					
	<b>Market Fresh</b>		Yogurt Parfait with Churro Bites		Taco Salad with Tostitos (without beef but double cheese)		
	<b>Veggies</b>	Fresh Veggie Tray with Dip	Corn	Fresh Veggie Tray with Dip French Fries	Baked Beans	Fresh Veggie Tray with Dip Broccoli	
<b>Week 2</b>	<b>La Pizzeria</b>	Mozzarella Sticks with Marinara Sauce	Penne Pasta with Alfredo Sauce with Garlic Toast		Bosco Stick Enchiladas	Cheese 4x6" Pizza	
	<b>Star Favorites</b>		Morningstar Meatless Nuggets with WG Dinner Roll	Spicy Black Bean Burger on WG Bun		Rebellyous Foods Vegan Chicken Patty on WG Bun	
	<b>Signature Selections</b>						
	<b>Common Creations</b>						
	<b>Market Fresh</b>		Yogurt with Cheese Stick and Muffin		Taco Salad with Tostitos (without beef but double cheese)		
	<b>Veggies</b>	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
<b>Week 1</b>	Breakfast Pizza Bagel <b>P</b>	WG Breakfast Bar ▶ (Dunkin' Sticks)	Sausage Pancake on a Stick	Eggo Bites ▶ (Cook's Choice)	Pillsbury Mini Cinni ▶ (Caramel or Cinnamon)
<b>Week 2</b>	Otis Spunkmeyer WG Muffin ▶ (4 oz)	WG Sweet Roll ▶	WG Breakfast Sandwich <b>P</b> (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



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

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