



# SOUTHPORT HIGH LUNCH MENU 2023-2024 2ND SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	<b>La Pizzeria</b>	Smart Mouth Pizza Bosco Sticks with Marinara Sauce	Smart Mouth Pizza Calzone with Marinara Sauce	Smart Mouth Pizza Bosco Sticks with Marinara Sauce	Smart Mouth Pizza Mozzarella Sticks with Marinara Sauce	Smart Mouth Pizza Bosco Sticks with Marinara Sauce
	<b>Star Favorites</b>	Biscuit with Gravy	Regular or Hot 'n Spicy Chicken Sandwich on WG Bun	Chicken Smackers and WG Dinner Roll	Regular or Spicy Chicken Tender Wrap	Hamburger or Cheeseburger on WG Bun
	<b>Signature Selections</b>					
	<b>Common Creations</b>	Nachos Grande with Tostitos	Chicken Tinga Quesadilla	Chicken Parmesan Sandwich on WG Bun	General Tso's Chicken and Rice Bowl	BBQ Rib Sandwich on WG Bun
	<b>Market Fresh</b>	General Tso's Chicken Salad with WG Roll Turkey and Cheese Sub	Taco Salad with Tostitos Yogurt with Cheese Stick and Muffin	Rattlesnake Pasta Bowl Deli Wrap	Popcorn Chicken Salad with WG Dinner Roll Yogurt Parfait with Grahams	Firecracker Chicken Salad with WG Dinner Roll Hot Ham and Cheese on WG Bun
	<b>Veggies</b>	<i>Fresh Veggie Tray with Dip Seasoned Potatoes Refried Beans</i>	<i>Fresh Veggie Tray with Dip French Fries</i>	<i>Fresh Veggie Tray with Dip Mashed Potatoes Green Beans</i>	<i>Fresh Veggie Tray with Dip Steamed Broccoli</i>	<i>Fresh Veggie Tray with Dip Tater Tots</i>
<b>Week 2</b>	<b>La Pizzeria</b>	Smart Mouth Pizza Bosco Sticks with Marinara Sauce	Smart Mouth Pizza Calzone with Marinara Sauce	Smart Mouth Pizza Bosco Sticks with Marinara Sauce	Smart Mouth Pizza Mozzarella Sticks with Marinara Sauce	Smart Mouth Pizza Bosco Sticks with Marinara Sauce
	<b>Star Favorites</b>	Chicken Drumstick with WG Waffle	Regular or Hot 'n Spicy Chicken Sandwich on WG Bun	Turkey Noodles with WG Dinner Roll	Regular or Spicy Chicken Tender Wrap	Hamburger or Cheeseburger on WG Bun
	<b>Signature Selections</b>					
	<b>Common Creations</b>	Pasta Bar with Meat Sauce or Alfredo with WG Dinner Roll	Southwestern Chicken Wrap	Buffalo Chicken Sandwich on WG Bun	Orange Chicken and Rice Bowl	BBQ Rib Sandwich on WG Bun
	<b>Market Fresh</b>	Orange Chicken Salad with WG Roll Turkey and Cheese Sub	Taco Salad with Tostitos Yogurt with Cheese Stick and Muffin	Rattlesnake Pasta Bowl Deli Wrap	Popcorn Chicken Salad with WG Dinner Roll Yogurt Parfait with Grahams	Firecracker Chicken Salad with WG Dinner Roll Hot Ham and Cheese on WG Bun
	<b>Veggies</b>	<i>Fresh Veggie Tray with Dip Seasoned Potatoes Refried Beans</i>	<i>Fresh Veggie Tray with Dip French Fries</i>	<i>Fresh Veggie Tray with Dip Green Beans Mashed Potatoes</i>	<i>Fresh Veggie Tray with Dip Steamed Broccoli</i>	<i>Fresh Veggie Tray with Dip Tater Tots</i>

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 a fruit or vegetable to be considered a reimbursable meal
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JAN 2024					FEB 2024					MAR 2024					APR 2024					MAY 2024					
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	4	5				1	2					1	1	2	3	4	5				1	2	3
8	9	10	11	12	5	6	7	8	9	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10	
15	16	17	18	19	12	13	14	15	16	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17	
22	23	24	25	26	19	20	21	22	23	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24	
29	30	31	26	27	28	29				25	26	27	28	29	29	30				27	28	29	30	31	

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



# SOUTHPORT HIGH BREAKFAST MENU 2023-2024 2ND SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	Pillsbury Frudel (Apple or Cherry)  WG Waffle  Cereal (2 oz)	WG Breakfast Bar (Dunkin' Sticks)  Otis Spunkmeyer WG Muffin (4 oz)  Cereal (2 oz)	Sausage Pancake on a Stick  UBR Bar  Cereal (2 oz)	WG Donut Holes in a Cup  Eggo Bites (Cook's Choice)  Cereal (2 oz)	Pillsbury Mini Cinni  Jumbo Cereal Bar  Cereal (2 oz)
<b>Week 2</b>	Pillsbury Frudel (Apple or Cherry)  WG Waffle  Cereal (2 oz)	WG Breakfast Bar (Dunkin' Sticks)  Otis Spunkmeyer WG Muffin (4 oz)  Cereal (2 oz)	Chicken and Waffle Sandwich  J&J Bar  Cereal (2 oz)	WG Donut Holes in a Cup  Eggo Bites (Cook's Choice)  Cereal (2 oz)	Tony's Breakfast Pizza Bagel  Pillsbury Mini Cinni  Cereal (2 oz)
	WG = whole grain	Fruit, Juice, & Low Fat/Skim Milk offered daily		Students must take a fruit 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	
1	2	3	4	5				1	2					1	1	2	3	4	5				1	2	3
8	9	10	11	12	5	6	7	8	9	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10	
15	16	17	18	19	12	13	14	15	16	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17	
22	23	24	25	26	19	20	21	22	23	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24	
29	30	31	26	27	28	29	25	26	27	28	29	29	30	27	28	29	30	31							

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