

# SOUTHPORT HIGH

## LUNCH MENU

### FALL 2023 SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	La Pizzeria	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
	Star Favorites	French Toast Sticks with Sausage Patties	Regular or Hot 'n Spicy Chicken Sandwich on WG Bun	Dill Chicken Smackers and WG Dinner Roll	Regular or Spicy Chicken Tender Wrap	Hamburger or Cheeseburger on WG Bun
	Signature Selections					
	Common Creations	Nachos Grande with Tostitos	Teriyaki Chicken and Vegetable WG Dumplings	Sloppy Joe Sandwich on WG Bun	Asian-Inspired Beef Noodle Bowl	BBQ Rib Sandwich on WG Bun
	Market Fresh	Chef Salad with WG Dinner Roll Yogurt with Cheese Stick and Muffin	Taco Salad with Tostitos Yogurt Parfait with Grahams Turkey and Cheese Sub	Rattlesnake Pasta Bowl Yogurt with Cheese Stick and Muffin	Popcorn Chicken Salad with WG Dinner Roll Yogurt Parfait with Grahams Deli Wrap	Firecracker Chicken Salad with WG Dinner Roll Yogurt with Cheese Stick and Muffin
	Veggies	Fresh Veggie Tray with Dip Tater Tots Refried Beans	Fresh Veggie Tray with Dip Asian Veggie Blend Potato Smiles	Fresh Veggie Tray with Dip Mashed Potatoes Green Beans	Fresh Veggie Tray with Dip Steamed Broccoli	Fresh Veggie Tray with Dip Seasoned Potatoes
Week 2	La Pizzeria	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
	Star Favorites	Sausage, Egg, and Cheese Biscuit Sandwich	Regular or Hot 'n Spicy Chicken Sandwich on WG Bun	Chicken Nuggets with Mac 'n Cheese	Regular or Spicy Chicken Tender Wrap	Hamburger or Cheeseburger on WG Bun
	Signature Selections					
	Common Creations	Nachos Grande with Tostitos	Sweet Chili Chicken and Vegetable WG Dumplings	Chicken or Vegetarian Fried Rice Bowl with Vegetable Egg Roll and Sweet and Sour Sauce	Pasta Bar with Meat Sauce or Alfredo with WG Dinner Roll	Bean & Cheese Burrito
	Market Fresh	Chef Salad with WG Dinner Roll Yogurt with Cheese Stick and Muffin	Taco Salad with Tostitos Yogurt Parfait with Grahams Turkey and Cheese Sub	Mediterranean Chicken Salad with Pita Bread Yogurt with Cheese Stick and Muffin	Popcorn Chicken Salad with WG Dinner Roll Yogurt Parfait with Grahams Deli Wrap	Firecracker Chicken Salad with WG Dinner Roll Yogurt with Cheese Stick and Muffin
	Veggies	Fresh Veggie Tray with Dip Tater Tots Refried Beans	Fresh Veggie Tray with Dip Asian Veggie Blend Potato Smiles	Fresh Veggie Tray with Dip Green Beans	Fresh Veggie Tray with Dip Steamed Broccoli	Fresh Veggie Tray with Dip Seasoned Potatoes

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

AUG 2023					SEPT 2023					OCT 2023					NOV 2023					DEC 2023				
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
31	1	2	3	4					1	2	3	4	5	6			1	2	3					1
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
28	29	30	31		25	26	27	28	29	30	31				27	28	29	30		25	26	27	28	29

July 26-28 will start on **Week 1 Lunch**

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



# SOUTHPORT HIGH BREAKFAST MENU FALL 2023 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)	Sausage Biscuit 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
31	1	2	3	4					1	2	3	4	5	6			1	2	3					1
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
28	29	30	31		25	26	27	28	29	30	31				27	28	29	30		25	26	27	28	29

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