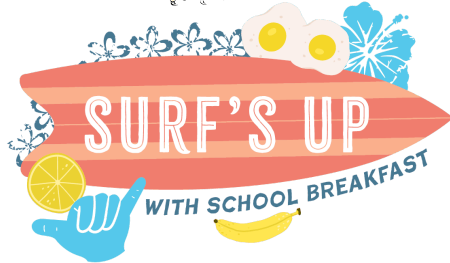




# The Westbrook School Department Middle School Lunch Menu March 2024



Choice of Main Entree, Hot Sandwich or Cold Sandwich. Salad Bar available to all.



1  
**WG Cheese Pizza**

Caesar Salad  
Fresh Fruit  
Choice of Milk



4

5

6

7

8

## Fuel Up During National School Breakfast Week !

**Maine Fish Sticks**

Mashed Potato  
Green Beans  
Fresh Fruit  
Choice of Milk

**General Tso's Chicken**

Lo-Mein Noodles  
Steamed Vegetable Medley  
Fresh Fruit  
Choice of Milk

**Chicken Penne Pasta**

WG Garlic Bread  
Sweet Green Peas  
Fresh Fruit  
Choice of Milk

**Maine Beef Stew in a Bread Bowl**

Sweet Kernel Corn  
Fresh Fruit  
Choice of Milk

**WG Cheese Pizza**

Red Pepper Strips w/ Ranch  
Chickpea Salad  
Fresh Fruit  
Choice of Milk

11

**Sweet Thai Chicken**

Seasoned Yellow Rice  
Stir Fry Vegetable  
Fresh Fruit  
Choice of Milk

12

**Roasted Turkey**

Buttery Mash Potatoes w/Gravy  
Seasoned Stuffing  
Peas  
Choice of Fruit and Veggies  
Choice of Milk

13

**Beef Hot Dog on WG Bun**

Vegetarian Baked Beans  
Baby Carrots w/Ranch  
Fresh Fruit  
Choice of Milk

14

**American Sloppy Joe on WG Roll**

Tater Tots  
Fresh Fruit  
Choice of Milk

15

**Professional Development Day  
No School**



18

**Meatball Sub**

French Fries  
Fresh Green Beans  
Fresh Fruit  
Choice of Milk

19

**Nachos**

Salsa & LF Sour Cream  
Sweet Kernel Corn  
Fresh Fruit  
Choice of Milk



20

**American Chop Suey**

Crusty Italian Bread  
Caesar Salad w/ Chickpeas  
Fresh Fruit  
Choice of Milk

21

**Chicken Casserole**

Tender Peas  
Fresh Fruit  
Choice of Milk

22

**WG Cheese Pizza**

Broccoli Slaw  
Fresh Fruit  
Choice of Milk

25

Snow Day  
Winter Storm

26

**Chicken Parmesan**  
Garlic Butter Noodles  
Fresh Green Beans  
Choice of Fruits  
Choice of Milk

27

**100% Beef Hot Dog with WG Bun**  
Baked French Fries  
Vegetarian Baked Beans  
Fruit of the Day & Choice of Milk

28

**Chicken w/Noodles**  
Honey-Glazed Carrots  
Fresh Fruit  
Choice of Milk

29

**WG Cheese Pizza**  
Cucumber Greek Salad  
Fresh Fruit  
Choice of Milk

Menu subject to change. This institution is an equal opportunity provider. WG=Whole Grain

Maine Harvest of the Month are Maine Proteins

Any questions or concerns please Mary Emerson at 591-6054 or email [emersonm@westbrookschoools.org](mailto:emersonm@westbrookschoools.org)

Meal Prices - Free to all Students - Adults \$4.75

