

Newport Elementary Lunch Menu

February 2017

Food Service Director: Onalee Showers
Nutrition@ewportsd.org



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup

*Fruits include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce

*May choose one, 1/2 cup serving





Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Lunch Prices:

Paid \$2.35
Reduced \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
 Whole Grains Available Daily		2/1 Popcorn Chicken Bowl with Dinner Roll Steamed Corn Mixed Fruit Fat Free Milk	2/2 Orange Chicken over Rice Steamed Broccoli Mandarin Oranges Fat Free Milk	2/3 Chicken Patty Sandwich Cheesy Cauliflower Cinnamon Applesauce Fat Free Milk	Week 1 Salad with Bread/Croutons Turkey & Cheese or Ham & Cheese Sandwich Yogurt Parfait with Cinnamon Toast Nacho & Cheese Munchable
2/6 Grilled Cheese & Tomato Soup Green Beans Pineapple Tidbits Fat Free Milk	2/7 French Toast Sticks with Sausage Tater Tots 100% Fruit Juice Fat Free Milk	2/8 Cheesy Beef Nachos with Bread Slice Steamed Corn Mandarin Oranges Fat Free Milk	2/9 Spaghetti & Meatsauce with Breadstick Steamed Broccoli Side Salad Chilled Peaches Fat Free Milk	2/10 Chicken Noodle Casserole with Bread Slice Steamed Carrots Chilled Pears Fat Free Milk	Week 2 Salad with Bread/Croutons Turkey & Cheese or Ham & Cheese Hoagie Yogurt Parfait with Cinnamon Toast Buffalo Chicken Hot Wrap
2/13 Chicken Parmesan over Rotini Pasta with Sauce Steamed Broccoli Side Salad Mandarin Oranges Fat Free Milk	2/14 Valentine's Giveaway Soft Beef Tacos with Salsa & Sour Cream Steamed Corn Mixed Fruit Fat Free Milk 	2/15 Breaded Pork Patty with Bread Slice Scalloped Potatoes Mixed Fruit Fat Free Milk	2/16 Macaroni & Cheese with Dinner Roll Stewed Tomatoes Green Beans Chilled Pears Fat Free Milk	2/17 Meatball and Cheese Hoagie French Fries Chilled Peaches Fat Free Milk	Week 3 Salad with Bread/Croutons Turkey & Cheese or Ham & Cheese Sandwich Yogurt Parfait with Cinnamon Toast Pizza Dipper Munchable
2/20 Chicken Nuggets with Bread Slice Green Beans Mandarin Oranges Fat Free Milk	2/21 Popcorn Chicken Bowl with Dinner Roll Steamed Corn Pineapple Tidbits Fat Free Milk	2/22  Potato and Cheese Pierogies with Bread Slice Steamed Carrots Cinnamon Applesauce Fat Free Milk Lemon Farro Primavera Salad	2/23 Pepperoni & Cheese Stromboli Steamed Broccoli Chilled Peaches Fat Free Milk	2/24 Cheesesteak Hoagie French Fries Cinnamon Applesauce Fat Free Milk	Week 4 Salad with Bread/Croutons Turkey & Cheese or Ham & Cheese Hoagie Yogurt Parfait with Cinnamon Toast Buffalo Chicken Hot Wrap
2/27 French Toast Sticks with Sausage Tater Tots 100% Fruit Juice Fat Free Milk	2/28 Beef BBQ Sandwich Baked Beans Chilled Peaches Fat Free Milk			The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE	Week 5 Salad with Bread/Croutons Turkey & Cheese or Ham & Cheese Hoagie Yogurt Parfait with Cinnamon Toast Chicken Nugget Munchable
Monday	Tuesday	Wednesday	Thursday	Friday	
Hot Dog on a Bun	Cheeseburger on a Bun	Fish Sticks with Bread Slice	Corn Dog Nuggets	Stuffed Crust Pizza	MENUS SUBJECT TO CHANGE

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 Nutrition@newportsd.org
 717-567-2505



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2-1 Breakfast Pizza Fruit Chilled Juice Fat Free or Low Fat Milk	2-2 Whole Grain Pancakes Fruit Chilled Juice Fat Free or Low Fat Milk	2-3 Egg Sandwich on a Bun Fruit Chilled Juice Fat Free or Low Fat Milk
2-6 Pancake Sausage Wrap with Toast Fruit Chilled Juice Fat Free or Low Fat Milk	2-7 Dutch Waffle Fruit Chilled Juice Fat Free or Low Fat Milk	2-8 Breakfast Pizza Fruit Chilled Juice Fat Free or Low Fat Milk	2-9 Whole Grain Pancakes Fruit Chilled Juice Fat Free or Low Fat Milk	2-10 Egg Sandwich on a Bun Fruit Chilled Juice Fat Free or Low Fat Milk
2-13 Pancake Sausage Wrap with Toast Fruit Chilled Juice Fat Free or Low Fat Milk	2-14 Dutch Waffle Fruit Chilled Juice Fat Free or Low Fat Milk	2-15 Breakfast Pizza Fruit Chilled Juice Fat Free or Low Fat Milk	2-16 Whole Grain Pancakes Fruit Chilled Juice Fat Free or Low Fat Milk	2-17 Egg Sandwich on a Bun Fruit Chilled Juice Fat Free or Low Fat Milk
2-20 Pancake Sausage Wrap with Toast Fruit Chilled Juice Fat Free or Low Fat Milk	2-21 Dutch Waffle Fruit Chilled Juice Fat Free or Low Fat Milk	2-22 Breakfast Pizza Fruit Chilled Juice Fat Free or Low Fat Milk	2-23 Whole Grain Pancakes Fruit Chilled Juice Fat Free or Low Fat Milk	2-24 Egg Sandwich on a Bun Fruit Chilled Juice Fat Free or Low Fat Milk
2-27 Pancake Sausage Wrap with Toast Fruit Chilled Juice Fat Free or Low Fat Milk	2-28 Dutch Waffle Fruit Chilled Juice Fat Free or Low Fat Milk			
				<i>MENUS SUBJECT TO CHANGE</i>

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Daily Alternate Options:

- Variety of Whole Grain Cereal with Toast
- Assorted Muffins
- Fortified Breakfast Pastries
- Warm Bagels with Cream Cheese
- Yogurt with Toast

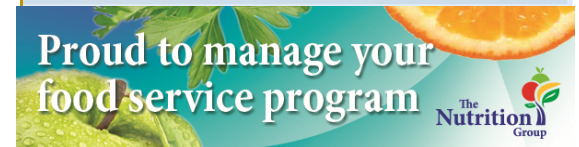
Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Whole Grains Available Daily



Milk Choices Offered Daily



Meal Prices:
 Paid \$1.35 Reduced \$0.30

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