

Newport Middle/High School Lunch Menu

April 2018



Food Service Director: Onalee Showers
Nutrition@newportsd.org

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Chicken Patty Sandwiches Offered Daily</p>  <p>Spring Sandwich Cookies \$1.25</p>	4/2 No School	4/3 Orange Kissed Chicken Bowl Steamed Broccoli Mandarin Oranges Fat Free Milk	4/4 Pizza Sticks with Marinara Sauce Mixed Veggies Pineapple Tidbits Fat Free Milk	4/5 Chili & Cheese Bowl with Cornbread Green beans Diced Peaches Fat Free Milk	4/6 Popcorn Chicken Bowl Bread Slice Yellow Corn Applesauce Fat Free Milk
	4/9 French Toast and Sausage Patties Tater Tot 100% Juice Fat Free Milk	4/10 Ham and Cheese Stromboli Green Beans Cinnamon Applesauce Fat Free Milk	4/11 Salisbury Steak with Noodles Bread slice Sliced Carrots Chilled Peaches Fat Free Milk	4/12 Pork & Sauerkraut with Bread Slice Mashed Potatoes Blueberry Crisp Fat Free Milk	4/13 Meatball & Cheese Hoagie French Fries Mixed Fruit Fat Free Milk
 <p>Made to Order Deli and Salad Bar : Tuesdays and Thursdays</p> <p>Meats included are turkey, ham, and breaded chicken,</p> <p>Toppings May include: Carrots, cucumbers, tomatoes, pickles, onion, banana peppers, and cheese</p>	4/16 Chicken Nachos with Salsa & Sour Cream Fiesta Rice Sweet Peas Mixed Fruit Fat Free Milk	4/17 Ruby's Red Pasta Sliced Bread Steamed Carrots Applesauce Fat Free Milk 	4/18 Popcorn Chicken Bowl Bread Slice Yellow Corn Sliced Peaches Fat Free Milk	4/19 Pulled Pork Loaded Fries With Bread Slices Black Beans Creamy Coleslaw Pineapple Tidbits Fat Free Milk	4/20 General Tso Chicken over Rice Steamed Broccoli Fruited Gelatin Fat Free Milk
	4/23 Sweet and Spicy BBQ Chicken Bowl Yellow Corn Chilled Peaches Fat Free Milk	4/24 Chicken Parmesan over Pasta with Red Sauce Steamed Broccoli Blueberry Crisp Fat Free Milk	4/25 Roast Pork Sandwich with Gravy Mashed Potatoes Cinnamon Applesauce Fat Free Milk	4/26 Chicken Alfredo Garlic Breadstick Steamed Carrots Mixed Fruit Fat Free Milk	4/27 Walking Taco with Salsa & Sour Cream Bread Slice Yellow Corn Black Beans Chilled Pears Fat Free Milk
 <p>Cheese Pizza Pepperoni Pizza Specialty Pizza</p>	4/30 French Toast Sticks with Sausage Patties Tater Tot 100% Juice Fat Free Milk				
	 <p>A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!</p>	Monday Alternate: Chicken Nuggets with Bread Slice	Tuesday Alternate: Warm Buffalo Chicken Wrap	Wednesday Alternate Mini Corn Dogs	Thursday Alternate Grilled Cheese Sandwich with Tomato Soup

The Deli

Made to Order Deli Bar: Tuesdays and Thursday

Variety of Grab n Go Sandwiches offered on Monday, Wednesday, and Friday

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Bar includes:

*Fruits include:

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

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

Milk

Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

Proud to manage your food service program

Lunch Prices: Paid \$2.60 Reduced \$0.40

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

MENUS SUBJECT TO CHANGE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/2 No School	4/3 Sausage, Egg, and Cheese on an English Muffin Fresh Fruit 100% Fruit Juice Fat Free Milk	4/4 Breakfast Pizza Fresh Fruit 100% Fruit Juice Fat Free Milk	4/5 Pancake Wrap Fresh Fruit 100% Fruit Juice Fat Free Milk	4/6 French Toast Sticks with Syrup Fresh Fruit 100% Fruit Juice Fat Free Milk
4/9 Dutch Waffle Fresh Fruit 100% Fruit Juice Fat Free Milk	4/10 Sausage, Egg, and Cheese on an English Muffin Fresh Fruit 100% Fruit Juice Fat Free Milk	4/11 Breakfast Pizza Fresh Fruit 100% Fruit Juice Fat Free Milk	4/12 Pancake Wrap Fresh Fruit 100% Fruit Juice Fat Free Milk	4/13 French Toast Sticks Fresh Fruit 100% Fruit Juice Fat Free Milk
4/16 Dutch Waffle Fresh Fruit 100% Fruit Juice Fat Free Milk	4/17 Sausage, Egg, and Cheese on an English Muffin Fresh Fruit 100% Fruit Juice Fat Free Milk	4/18 Breakfast Pizza Fresh Fruit 100% Fruit Juice Fat Free Milk	4/19 Pancake Wrap Fresh Fruit 100% Fruit Juice Fat Free Milk	4/20 French Toast Sticks Fresh Fruit 100% Fruit Juice Fat Free Milk
4/23 Dutch Waffle Fresh Fruit 100% Fruit Juice Fat Free Milk	4/24 Sausage, Egg, and Cheese on an English Muffin Fresh Fruit 100% Fruit Juice Fat Free Milk	4/25 Breakfast Pizza Fresh Fruit 100% Fruit Juice Fat Free Milk	4/26 Pancake Wrap Fresh Fruit 100% Fruit Juice Fat Free Milk	4/27 French Toast Sticks Fresh Fruit 100% Fruit Juice Fat Free Milk
4/30 Dutch Waffle Fresh Fruit 100% Fruit Juice Fat Free Milk				

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

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

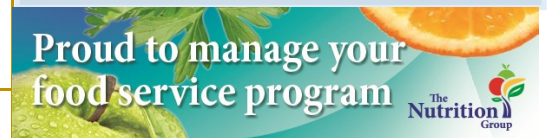
Cereal with Toast and yogurt with granola offered daily

Alternate Options May Include

- Assorted Muffins
- Breakfast Bars
- Warm Grab and Go Pastries
- Bagel with Cream Cheese
- Cream Cheese Filled Mini Bagels
- Banana Bread
- Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily
Low Fat Chocolate, Low Fat Strawberry,
Fat Free White and Low Fat White



**Meal Prices:
Paid \$1.35**

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