

# Newport Elementary Lunch Menu

## May 2018

Food Service Director: Onalee Showers  
Nutrition@newportsd.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

**\*Vegetables include:**  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
**\*May choose two 1/2 cup servings**

**\*Fruits include:**  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
**\*May choose one, 1/2 cup serving**

### Offered Daily



### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,

**Lunch Prices:**  
Paid \$2.35  
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
	5/1 Potato & Cheese Pierogies Bread Slice Green Beans Mixed Fruit Fat Free Milk	5/2 Meatball & Cheese Hoagie French Fries Chilled Pears Fat Free Milk	5/3 Popcorn Chicken Bowl Bread Slice Steamed Corn Chilled Peaches Fat Free Milk	5/4 Soft Beef Taco with Salsa & Sour Cream Sweet Peas Applesauce Fat Free Milk	Week 1 Alternate Options Yogurt Parfait with Toast Chef Salad with Bread/ Croutons Tuna Salad Sandwich Turkey & Cheese Sandwich
5/7 French Toast Sticks Sausage Patties Tater Tots 100% Fruit Juice Fat Free Milk	5/8 Hot Ham & Cheese on Pretzel Roll French Fries Strawberries with Whipped Topping Fat Free Milk	5/9 Cheesy Beef Nachos Bread Slice Yellow Corn Chilled Peaches Fat Free Milk	5/10 Pasta with Meatsauce Bread Slice Steamed Broccoli Mixed Fruit Fat Free Milk	5/11 Hot Dog on a Bun Baked Beans Creamy Coleslaw Applesauce Fat Free Milk	Week 2 Alternate Options Yogurt Parfait with Toast Chef Salad with Bread/ Croutons Tuna Salad Sandwich Turkey & Cheese Sandwich
5/14 Popcorn Chicken Bites with Bread Slice French Fries Pineapple Tidbits Fat Free Milk	5/15 Creamy Macaroni & Cheese with Dinner Roll Stewed Tomatoes Steamed Carrots Mixed Fruit Fat Free Milk	5/16 Sweet & Sour Chicken over Rice Steamed Broccoli Chilled Peaches Fat Free Milk	5/17 Grilled Cheese Tomato Soup Steamed Carrots Chilled Pears Fat Free Milk	5/18 Chicken Alfredo with Bread Slice Sweet Peas Applesauce Fat Free Milk	Week 3 Alternate Options Yogurt Parfait with Toast Chef Salad with Bread/ Croutons Tuna Salad Sandwich Turkey & Cheese Sandwich
5/21 French Toast Sticks Sausage Patties Tater Tots 100% Fruit Juice Fat Free Milk	5/22 Walking Taco Bread Slice Steamed Carrots Applesauce Fat Free Milk	5/23 Ham and Cheese Stromboli Green Beans Chilled Peaches Fat Free Milk	5/24 Hot Turkey Sandwich with Gravy Mashed Potatoes Blueberry Crisp Fat Free Milk	5/25 Cheesesteak Hoagie Mixed Vegetables Applesauce Fat Free Milk	Week 4 Alternate Options Yogurt Parfait with Toast Chef Salad with Bread/ Croutons Tuna Salad Sandwich Turkey & Cheese Sandwich
5/28 No School	5/29 Chicken Parmesan over Pasta with Red Sauce Green Beans Chilled Peaches Fat Free Milk Alternate: Cook's Choice	5/30 Cheese Pizza Sweet Peas Chilled Pears Fat Free Milk Alternate: Cook's Choice	5/31 Cook's Choice  Entrées Will be on the Announcements and posted to the cafeteria webpage.		Week 5 Alternate Options Yogurt Parfait with Toast Turkey & Cheese Sandwich Tuna Salad Sandwich <i>Alternate options will vary upon availability</i>
<b>Monday</b> Fish Sticks with Bread Slice	<b>Tuesday</b> Cheeseburger on a Bun	<b>Wednesday</b> Chicken Patty on Bun	<b>Thursday</b> Corn Dog Nuggets	<b>Friday</b> Cheese Pizza	<b>MENUS SUBJECT TO CHANGE</b>

# Newport Elementary Breakfast Menu

May 2018

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5/1 <b>Dutch Waffle</b> 100% Fruit Juice Canned or Fresh	5/2 <b>Breakfast Pizza</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/3 <b>Sausage, Egg, and Cheese Sandwich</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/4 <b>French Toast Sticks</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk
5/7 <b>Pancake Sausage Wrap</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/8 <b>Dutch Waffle</b> 100% Fruit Juice Canned or Fresh	5/9 <b>Breakfast Pizza</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/10 <b>Sausage, Egg, and Cheese Sandwich</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/11 <b>French Toast Sticks</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk
5/14 <b>Pancake Sausage Wrap</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/15 <b>Dutch Waffle</b> 100% Fruit Juice Canned or Fresh	5/16 <b>Breakfast Pizza</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/17 <b>Sausage, Egg, and Cheese Sandwich</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/18 <b>French Toast Sticks</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk
5/21 <b>Pancake Sausage Wrap</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/22 <b>Dutch Waffle</b> 100% Fruit Juice Canned or Fresh	5/23 <b>Breakfast Pizza</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/24 <b>Sausage, Egg, and Cheese Sandwich</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/25 <b>French Toast Sticks</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk
5/28 <b>No School</b>	5/29 <b>Cook's Choice</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/30 <b>Cook's Choice</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	5/31 <b>Cook's Choice</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	

## 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

Assorted Whole Grain Cereals with Toast offered daily

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

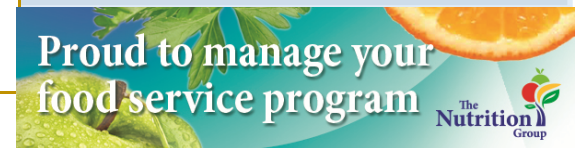


Whole Grains  
Available Daily



## Milk Choices Offered Daily

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



**Meal Prices:**  
Paid \$1.35 Reduced \$0.30

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MENUS SUBJECT TO CHANGE