

# Newport Elementary Lunch Menu

## September/October 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

\*Fruits include:  
 Crisp Apple  
 Sliced Peaches  
 Mixed Fruit  
 Fresh Orange  
 Banana  
 Pineapple Tidbits  
 Diced Pears  
 Applesauce

\*May choose two 1/2 cup servings  
 \*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
9/24	Grilled Cheese Tomato Soup Steamed Carrots Chilled Pears Fat Free Milk	9/25 Meatball & Cheese Hoagie Steamed Broccoli Applesauce Fat Free Milk <b>Chicken Nugget Munchable</b>	9/26 French Toast Sticks with Sausage Patties Tater Tots 100% Fruit Juice Fat Free Milk	9/27 Buffalo Chicken Nachos With Bread Slice Yellow Corn Black Beans Mandarin Oranges Fat Free Milk <b>Chicken Nugget Munchable</b>	9/28 Chicken Patty Sandwich Green Beans Mixed Fruit Fat Free Milk	<b>Week 1 Alternate Options</b> Yogurt Parfait with Belly Bears and Bread Slice Chef Salad with Bread/Croutons Turkey & Cheese Sandwich Tuna Salad Sandwich
10/1	French Toast Sticks with Sausage Patties Tater Tots 100% Fruit Juice Fat Free Milk	10/2 Walking Taco Bread Slice Steamed Carrots Pineapple Tidbits Fat Free Milk <b>Nacho Munchable</b>	10/3 Chicken Parmesan with Pasta Steamed Green Beans Applesauce Fat Free Milk	10/4 Chicken Nuggets Bread Slice Steamed Broccoli Chilled Peaches Fat Free Milk <b>Nacho Munchable</b>	10/5 No School	<b>Week 2 Alternate Options</b> Yogurt Parfait with Belly Bears and Bread Slice Chef Salad with Bread/Croutons Turkey & Cheese Sandwich Tuna Salad Sandwich
10/8	No School	10/9 Creamy Macaroni & Cheese with Dinner Roll Stewed Tomatoes Steamed Peas Mixed Fruit Fat Free Milk <b>Chicken Nugget Munchable</b>	10/10 Pepperoni & Stromboli Steamed Corn Fruited Gelatin Fat Free Milk 	10/11 Sweet & Sour Popcorn Chicken over Rice Steamed Broccoli Mandarin Oranges Fat Free Milk <b>Chicken Nugget Munchable</b>	10/12 Fish Sticks with Bread Slice Baked Beans Chilled Pears Fat Free Milk	<b>Week 3 Alternate Options</b> Yogurt Parfait with Belly Bears and Bread Slice Chef Salad with Bread/Croutons Turkey & Cheese Sandwich Tuna Salad Sandwich
10/15	Salisbury Steak with Noodles and Bread Slice Steamed Carrots Mixed Fruit Fat Free Milk	10/16 Cheesesteak Hoagie French Fries Black & White Bean Salad Pineapple Tidbits Fat Free Milk <b>Nacho Munchable</b>	10/17 Popcorn Chicken Bowl with Bread Slice Steamed Corn Chilled Peaches Fat Free Milk	10/18 Spaghetti with Meatsauce with Bread slice Green Beans Applesauce Fat Free Milk <b>Nacho Munchable</b>	10/19 BBQ Rib Sandwich Steamed Broccoli Mandarin Oranges Fat Free Milk	<b>Week 4 Alternate Options</b> Yogurt Parfait with Belly Bears and Bread Slice Chef Salad with Bread/Croutons Turkey & Cheese Sandwich Tuna Salad Sandwich
10/22	Pizza Sticks with Marinara Sauce Baked Beans Chilled Pears Fat Free Milk	10/23 Soft Chicken & Cheese Tacos Steamed Carrots Mixed Fruit Fat Free Milk <b>Chicken Nugget Munchable</b>	10/24 Creamy Chicken Alfredo with Bread Slice Steamed Broccoli Chilled Peaches Fat Free Milk	10/25 Hot Ham & Cheese on Pretzel Roll French Fries Applesauce Fat Free Milk <b>Chicken Nugget Munchable</b>	10/26 Potato & Cheese Pierogies with Bread Slice Green Beans Mandarin Oranges Fat Free Milk	<b>Week 5 Alternate Options</b> Yogurt Parfait with Belly Bears and Bread Slice Chef Salad with Bread/Croutons Turkey & Cheese Sandwich Tuna Salad Sandwich
	<b>Monday</b> Cheeseburger on a bun	<b>Tuesday</b> Popcorn Chicken with Bread Slice	<b>Wednesday</b> Hot Dog on a Bun	<b>Thursday</b> Corn Dog Nuggets	<b>Friday</b> Cheese Pizza	<b>MENUS SUBJECT TO CHANGE</b>

# Newport Elementary Breakfast Menu

## September/October 2018

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/24 <b>Pancake Sausage Wrap</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	9/25 <b>Dutch Waffle</b> 100% Fruit Juice Canned or Fresh	9/26 <b>Breakfast Pizza</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	9/27 <b>Sausage, Egg, and Cheese Sandwich</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	9/28 <b>French Toast Sticks</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk
10/1 <b>Pancake Sausage Wrap</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	10/2 <b>Dutch Waffle</b> 100% Fruit Juice Canned or Fresh	10/3 <b>Breakfast Pizza</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	10/4 <b>Sausage, Egg, and Cheese Sandwich</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	10/5 <b>No School</b>
10/8 <b>No School</b>	10/9 <b>Dutch Waffle</b> 100% Fruit Juice Canned or Fresh	10/10 <b>Breakfast Pizza</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	10/11 <b>Sausage, Egg, and Cheese Sandwich</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	10/12 <b>French Toast Sticks</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk
10/15 <b>Pancake Sausage Wrap</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	10/16 <b>Dutch Waffle</b> 100% Fruit Juice Canned or Fresh	10/17 <b>Breakfast Pizza</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	10/18 <b>Sausage, Egg, and Cheese Sandwich</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	10/19 <b>French Toast Sticks</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk
10/22 <b>Pancake Sausage Wrap</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	10/23 <b>Dutch Waffle</b> 100% Fruit Juice Canned or Fresh	10/24 <b>Breakfast Pizza</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	10/25 <b>Sausage, Egg, and Cheese Sandwich</b> 100% Fruit Juice Canned or Fresh Fruit Low Fat Milk	10/26 <b>French Toast Sticks</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.

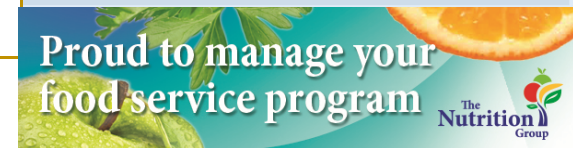


**Whole Grains Available Daily**



### 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**