

Menus for May 2024



Newport News Public Schools Middle School Menu

This institution is an equal opportunity provider. Menus are subject to change.

★ OUR NATION'S HISTORY ★

Our Nation's Sweet Tooth

Annual consumption of added sugar by the average American 1822-2005

Source: Dr. Stephan Guyenet, Whole Health Source

In 1822, it took the average American 5 days to eat the amount of added sugar that's in one 12-oz. can of soda. In the twenty-first century, on average, we eat that much added sugar every 7 hours!

★ WITH LIBERTY & JUSTICE FOR ALL ★

Available Daily

- PB&J-Yogurt Parfait**
- Deli Subs & Wraps**
- Yogurt w/String Cheese w/Cheez-its**
- Baby Carrots Garden Salad**
- Apple Slices-Cut up Fruit**
- Whole Fresh Fruit Juice (Tues. & Thurs.)**

**Menu item may contain pork*

Wednesday, May 1

- Breakfast**
Waffle Envy
Fruit-Juice-Milk
- Lunch**
Nachos w/Roll
Boneless Chicken Wings w/Roll
Sal's Pizza
- Choose Two:**
Refried Beans
Roasted Carrot Sticks
- Choose One:**
Pear Cup

Thursday, May 2

- Breakfast**
Zee Zee's Smore Bar
Fruit-Juice-Milk
- Lunch**
Roasted Chicken Leg, Muffin
Beef Hot Dog on Bun w/Chili & Cheese
Pizza Crunchers
- Choose Two:**
Mashed Potatoes w/Gravy
Baked Beans
- Choose One:**
Mandarin Orange Cup

Friday, May 3

- Breakfast**
Smoothie w/Muffin
Fruit-Milk
- Lunch**
Crispy Chicken Patty on Bun
Bacon Cheeseburger*
Garlic French Bread
- Choose Two:**
French Fries
Mixed Vegetables
- Choose One:**
Mixed Fruit Berry Cup

Salad of the Day

Monday - Chef's Salad w/Garlic Stick*

Tues - Country Chicken Salad w/Crackers

Wed - Southwestern Chicken Salad w/Cornbread Muffin

Thurs - BLT Salad w/Garlic Stick*

Fri - Hawaiian Chicken Salad w/Lemon Bread

Monday, May 6

- Breakfast**
Banana Bread
Fruit-Juice-Milk
- Lunch**
CornDog Nuggets
Pizza Quesadilla
Manager's Special
- Choose Two:**
Potatoes Au Gratin
Green Beans
- Choose One:**
Applesauce Cup

Tuesday, May 7

- Breakfast**
Dunkin Stick
Fruit-Juice-Milk
- Lunch**
Sal's Pizza
Chicken Nugget w/Roll
Chicken Fajita w/Onions & Peppers
- Choose Two:**
Corn
Spinach
- Choose One:**
Pineapple Cup

Wednesday, May 8

- Breakfast**
Bacon Breakfast Pocket*
Fruit-Juice-Milk
- Lunch**
Walking Nachos Crispy
Chicken Patty on Bun
Beef Sliders
- Choose Two:**
Fiesta Black Beans
Roasted Butternut Squash
- Choose One:**
Dole Fruit Gel Cup

Thursday, May 9

- Breakfast**
Asst. Mini Pancakes
Fruit-Juice-Milk
- Lunch**
Buffalo Chicken Tot Bake w/Garlic Stick
Cheese Stuffed Bread Sticks
Pretzel Dog
- Choose Two:**
Broccoli
Tomato Soup
- Choose One:**
Peach Cup

Friday, May 10

- Breakfast**
Breakfast Benefit Bar
Fruit-Juice-Milk
- Lunch**
Bar-B-Que Plate w/Cornbread Poppers
Mozzarella Cheese Sticks
Chicken & Waffles
- Choose Two:**
Cole Slaw
French Fries
- Choose One:**
Pear Cup

Happy Mother's Day
Sunday,
May 12

Monday, May 13

Breakfast

Breakfast Brea
Fruit-Juice-Milk

Lunch

Stuffed Crust Pizza
Fiesta Hot Pocket
Spaghetti w/Meat Sauce
& Roll

Choose Two:

Broccoli
Sweet Potatoes

Choose One:

Mandarin Orange Cup

Tuesday, May 14

Breakfast

Sausage & Cheese Waffle*
Fruit-Juice-Milk

Lunch

Popcorn Chicken Bowl, Roll
Pizza Calzone*
Corndog Nuggets

Choose Two:

Mashed Potatoes w/Gravy
Corn

Choose One:

Dole Fruit Gel Cup

Wednesday, May 15

Breakfast

Waffle Envy
Fruit-Juice-Milk

Lunch

Bacon Cheeseburger*
Pizza Crunchers
Chicken Wings w/Muffin

Choose Two:

Onion Rings & Hash Brown
Baked Beans

Choose One:

Applesauce Cup

Thursday, May 16

Breakfast

Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch

Beef/Cheese Taco
Spicy Chicken Patty on Bun
Breakfast for Lunch*
w/Apple Cinnamon
Texas Toast

Choose Two:

Hash Brown, Collard Greens

Choose One:

Spiced Apples

Friday, May 17

Breakfast

Smooth w/Muffin
Fruit-Milk

Lunch

Buffalo Chicken Dip
w/Tostito Bag
Chicken Parmesan w/Garlic
Stick

Choose Two:

Steamed Cabbage, Fries

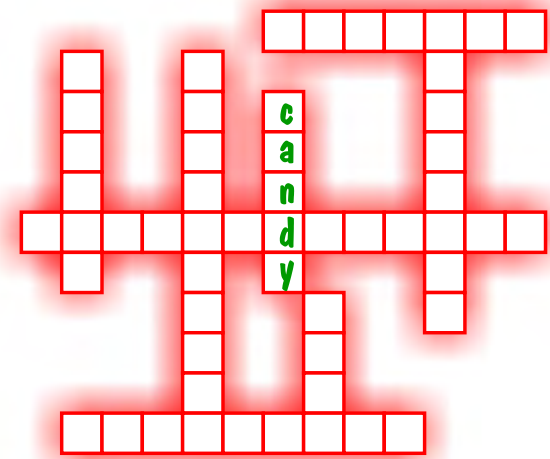
Choose One:

Pineapple Cup



Sugar adds up!

On average, we should eat fewer than 12 teaspoons (about 50g) of added sugar a day. Six teaspoons or fewer is even better. The puzzle below can help you see if you're eating too much sugar for your own good -- but remember to check the nutrition labels, because added sugar (in many different disguises!) is contained in a lot of processed foods that we don't even think of as sweet!



Fit the names of the added sugar sources into the crossword puzzle.

- Soda** 10 teaspoons added sugar
- Milk Shake** 25 teaspoons
- Candy** (1 package) 5-10 teaspoons
- Fruit Drink** 4-8 teaspoons
- Ice Cream** 10 teaspoons
- Cookies** 2-8 teaspoons
- Frosted Cereal** 3 teaspoons
- Pastry** 3-12 teaspoons

These figures are averages and are for added sugar only -- some sugar occurs naturally in unprocessed foods like whole fruits and vegetables.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 20

Breakfast

Banana Bread
Fruit-Juice-Milk

Lunch

Chicken & Gravy
Over Rice & Roll
Buffalo Chicken Pizza
Meatball Sub

Choose Two:

Sweet Potato Fries
Green Peas

Choose One:

Dole Fruit Gel Cup

Tuesday, May 21

Breakfast

Dunkin Stick
Fruit-Juice-Milk

Lunch

Teriyaki Chicken Bowl
w/Fried Rice & Roll
Stromboli*
Spicy Chicken Patty on Bun

Choose Two:

Corn
Broccoli

Choose One:

Peach Cup

Wednesday, May 22

Breakfast

Bacon Breakfast Pocket*
Fruit-Juice-Milk

Lunch

Nachos w/Roll
Boneless Chicken Wings
w/Roll
Sal's Pizza

Choose Two:

Refried Beans
Roasted Carrot Sticks

Choose One:

Pear Cup

Thursday, May 23

Breakfast

Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch

Roasted Chicken Leg, Muffin
Beef Hot Dog on Bun
w/Chili & Cheese
Pizza Crunchers

Choose Two:

Mashed Potatoes w/Gravy
Baked Beans

Choose One:

Mandarin Orange Cup

Friday, May 24

Breakfast

Breakfast Benefit Bar
Fruit-Juice-Milk

Lunch

Crispy Chicken Patty on Bun
Bacon Cheeseburger*
Garlic French Bread

Choose Two:

French fries
Mixed Vegetables

Choose One:

Mixed Berry Cup

Monday, May 27



Tuesday, May 28

Breakfast

Sausage & Cheese Waffle
Fruit-Juice-Milk

Lunch

Sal's Pizza
Chicken Nuggets w/Roll
Chicken Fajita
w/Onions & Peppers

Choose Two:

Corn
Spinach

Choose One:

Pineapple Cup

Wednesday, May 28

Breakfast

Waffle Envy
Fruit-Juice-Milk

Lunch

Walking Nachos
Crispy Chicken Patty on Bun
Beef Sliders

Choose Two:

Fiesta Black Beans
Roasted Butternut Squash

Choose One:

Dole Fruit Gel Cup

Thursday, May 30

Breakfast

Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch

Buffalo Chicken Tot Bake
w/Garlic Stick
Cheese Stuffed Bread Sticks
Pretzel Dog

Choose Two:

Broccoli
Tomato Soup

Choose One:

Peach Cup

Friday, May 31

Breakfast

Smoothie w/Muffin
Fruit-Milk

Lunch

Bar-B-Que Plate
w/Cornbread Poppers
Mozzarella Cheese Sticks
Chicken & Waffles

Choose Two:

Cole Slaw
French Fries

Choose One:

Pear Cup