MENUS FOR MARCH 2015
NEWPORT NEWS PUBLIC SCHOOLS
HIGH SCHOOL MENU

Salad Bar
Deli Sandwiches/Wraps (including vegetarian)
PBJ Sandwiches
Yogurt Parfaits
Baby Carrots
Apple Slices
1 Cup of Garden Salad
Fat Free Chocolate, Strawberry, White Milk
1% White Milk
Juice

*Menu item contains pork
Students may take 2 vegetables & 2 fruits

START FRESH WITH FRUIT!
Every complete Breakfast@School must include a serving of fruit. That’s putting FIRST THINGS FIRST!

EAT BETTER, PLAY HARDER, LIVE HEALTHIER, LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, March 2
Teriyaki Chicken Bowl w/Roll, Corndog, Pizza Quesadilla, Mini Cheeseburger Sliders
Broccoli, Green Beans,
Pineapple Chunks, Fresh Fruit

Tuesday, March 3
Uno Pizza, Chicken Nuggets w/Roll,
Spaghetti w/Meat Sauce & Roll, Meatball Sub
Corn, Spinach
Applesauce, Fresh Fruit.

Wednesday, March 4
Nachos w/Roll, Crispy Chicken Patty,
Buffalo Pizza Crunchers, Fish on Bun
Refried Beans, Broccoli
Chilled Pears, Fresh Fruit

Thursday, March 5
Beef & Cheese Soft Taco, Uno Pizza,
Wafer Steak & Cheese on Bun, Hot Dog w/Chili & Cheese
Corn, Collard Greens
Pineapple Chunks, Fresh Fruit
Friday, March 6
Barb-B-Que on Bun, Chipotle Chicken Nuggets w/Roll,
Mozzarella Cheese Sticks, Uno Pizza
Coleslaw, French Fries
Mixed Fruit Cup, Fresh Fruit

Monday, March 9
Popcorn Chicken Bowl w/Roll, Grilled Cheese Sandwich
Burrito, Hamburger/Cheseburger on Bun.
Green Beans, Corn
Applesauce, Fresh Fruit

Tuesday, March 10
Stuffed Crust Pizza, Spicy Chicken Patty on Bun,
Chicken Alfredo w/Roll, Cheese Quesadilla
Green Peas, French Fries
Peaches, Fresh Fruit.

Wednesday, March 11
Nachos w/Roll, Corndog Nuggets,
Fish on Bun, Pizza Crunchers
Refried Beans, Broccoli
Chilled Pears, Fresh Fruit

Thursday, March 12
Chicken Parmesan over Spaghetti w/Roll, Rib-B-Que on Bun
Spicy Chicken Strips w/Roll, Grilled Chicken Patty on Bun
Steamed Cabbage, Baked Sweet Potato
Spiced Apples, Fresh Fruit.

Follow a Rainbow to a Pot o’ Gold!

USDA is an equal opportunity provider and employer.
Monday, March 16
Breaded Chicken w/Biscuit, Meatball Sub, Corndog, Pizza Quesadilla
Mashed Potatoes w/Gravy, Green Beans
Applesauce, Fresh Fruit.

Tuesday, March 17
Chicken Chunks over Rice w/Roll, Chicken Nuggets w/Roll, Mini Cheeseburger Slider, Uno Pizza
Cherry Tomatoes, Green Peas
Chilled Pears, Fresh Fruit

Wednesday, March 18
Nacho w/Roll, Lasagna w/Roll, Crispy Chicken Patty on Bun, Chicken Fajita
Refried Beans, Spinach
Peaches, Fresh Fruit

Thursday, March 19
Teriyaki Chicken Bowl w/Roll, Beef & Cheese Soft Taco, Mozzarella Cheese Sticks, Wafer Steak & Cheese on Bun
Corn, Broccoli
Mixed Fruit Cup, Fresh Fruit

Friday, March 20
Barb-B-Que on Bun, Fish on Bun, Chicken Rings w/Roll, Uno Pizza
French Fries, Coleslaw
Pineapple Chunks, Fresh Fruit

Monday, March 23
Spaghetti w/Meat Sauce & Roll, Stuffed Crust Pizza, Grilled Cheese Sandwich, Rib-B-Que on Bun
Sweet Potato Waffle Fries, Green Beans
Applesauce, Fresh Fruit

Tuesday, March 24
Beef Steak w/Gravy & Roll, Crispy Chicken Patty on Bun, Cheese Quesadilla, Spicy Chicken Strips w/Roll
Potatoes Au Gratin, Spinach
Spiced Apples, Fresh Fruit

Wednesday, March 25
Nacho w/Roll, Hot Dog w/Chili & Cheese on Bun, Meatball Sub, Mozzarella Cheese Sticks
Broccoli, Green Peas
Pineapple Chunks, Fresh Fruit

Thursday, March 26
Popcorn Chicken Bowl w/Roll, Barb-B-Que on Bun, Fish on Bun, Hamburger/Cheeseburger on Bun
Coleslaw, Corn
Chilled Pears, Fresh Fruit

Friday, March 27
Chicken Parmesan over Spaghetti w/Roll, Uno Pizza, Chicken Nuggets w/Roll, Beef & Cheese Soft Taco
Baked Beans, Butternut Squash
Mixed Fruit Cup, Fresh Fruit

Monday, March 30
Teriyaki Chicken Bowl w/Roll, Corndog, Pizza Quesadilla, Mini Cheeseburger Slicers
Broccoli, Green Beans
Pineapple Chunks, Fresh Fruit

Tuesday, March 31
Uno Pizza, Chicken Nuggets w/Roll, Spaghetti w/Meat Sauce & Roll, Meatball Sub, Corn, Spinach
Applesauce, Fresh Fruit