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 Slickers
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
Menus for April 2015

Newport News Public Schools
High School Menu

Available Daily!

Salad Bar
Deli Sandwiches/Wraps (including veg.)
PB&J Sandwiches
Yogurt Parfaits
Baby Carrots
Apple Slices
1 Cup of Garden Salad
Fat Free Chocolate, Strawberry,
White Milk and 1% White Milk
Juice

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

EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.

Wellness is a Way of Life!

Featured Specials of the Day

Wednesday, April 1
Nachos w/Roll, Crispy Chicken Patty,
Buffalo Pizza Crunchers, Fish on Bun
Refried Beans, Butternut Squash
Chilled Pears, Fresh Fruit.

Thursday, April 2
Hot Dog w/Chili & Cheese, Lasagna w/Roll,
Breaded Chicken w/Biscuit, Totally Taco Max Snax
Potatoes Au Gratin, Cherry Tomatoes
Peaches, Fresh Fruit

Friday, April 3
Barb-B-Que on Bun, Chipotle Chicken Nuggets w/Roll,
Mozzarella Cheese Sticks, Uno Pizza
Coleslaw, French Fries
Mixed Fruit Cup, Fresh Fruit

Break begins at the end of classes:
Friday, April 3
Classes resume:
Monday, April 13

Monday, April 13
Popcorn Chicken Bowl w/Roll, Grilled Cheese Sandwich
Burrito, Mini Cheeseburger Sliders
Green Beans, Corn
Applesauce, Fresh Fruit

Tuesday, April 14
Stuffed Crust Pizza, Spicy Chicken Patty on Bun,
Chicken Alfredo w/Roll, Chicken & Cheese Quesadilla
Green Peas, French Fries
Peaches, Fresh Fruit.

Wednesday, April 15
Nachos w/Roll, Corndog Nuggets,
Catfish Strips & Roll, Pizza Crunchers
Refried Beans, Broccoli
Chilled Pears, Fresh Fruit

Thursday, April 16
Beef & Cheese Soft Taco, Uno Pizza,
Wafer Steak & Cheese on Bun, Hot Dog w/Chili & Cheese
Corn, Collard Greens
Pineapple Chunks, Fresh Fruit

Friday, April 17
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.

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

USDA is an equal opportunity provider and employer.
Featured Specials of the Day

Monday, April 20
Breaded Chicken w/Biscuit, Meatball Sub, Corndog, Pizza Quesadilla
Mashed Potatoes w/Gravy, Green Beans
Applesauce, Fresh Fruit.

Tuesday, April 21
Chicken Chunks over Rice w/Roll, Chicken Nuggets w/Roll,
Mini Cheeseburger Slider, Uno Pizza
Cherry Tomatoes, Green Peas
Chilled Pears, Fresh Fruit

Wednesday, April 22
Nacho w/Roll, Lasagna w/Roll,
Crispy Chicken Patty on Bun, Chicken Fajita
Refried Beans, Spinach
Peaches, Fresh Fruit

Thursday, April 23
Teriyaki Chicken Bowl w/Roll, Beef & Cheese Soft Taco,
Mozzarella Cheese Sticks, Wafers Steak & Cheese on Bun
Corn, Broccoli
Mixed Fruit Cup, Fresh Fruit

Friday, April 24
Barb-B-Que on Bun, Fish on Bun,
Chicken Rings w/Roll, Uno Pizza
French Fries, Coleslaw
Pineapple Chunks, Fresh Fruit

Monday, April 27
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, April 28
Meatloaf w/Gravy & Roll, Crispy Chicken Patty on Bun,
Chicken & Cheese Quesadilla, Spicy Chicken Strips w/Roll
Potatoes Au Gratin, Spinach
Spiced Apples, Fresh Fruit

Wednesday, April 29
Nacho w/Roll, Hot Dog w/Chili & Cheese on Bun,
Meatball Sub, Mozzarella Cheese Sticks
Broccoli, Green Peas
Pineapple Chunks, Fresh Fruit

Thursday, April 30
Popcorn Chicken Bowl w/Roll, Barb-B-Que on Bun,
Fish on Bun, Hamburger/Cheeseburger on Bun
Coleslaw, Corn
Chilled Pears, Fresh Fruit

Breakfast Menu

Monday
Sausage Biscuit, PB&J, Cereal/Grahams

Tuesday
French Toast Sticks, Cereal/Grahams
Sausage & Pancake on Stick

Wednesday
Egg/cheese on Bun, Donut,
Cereal/Grahams

Thursday
Yogurt Parfait, Mini Pancakes,
Cereal/Grahams

Friday
Chicken Biscuit, Benefit Bars,
Cereal/Grahams

Only an Illusion

Remember a few weeks ago when the argument between people who saw the black and blue dress and those who saw the gold and white dress almost shut down the internet? Here’s another one for you: the “Adelson Checkerboard Illusion.” Do you think the two squares labeled A and B are different shades of gray? Guess what? They’re the same color! If you’re interested, you can see proof and learn more by searching on line for "Checkers shadow illusion - MIT".

eatfit wanna stay fit? gotta eat right!

item: “fast casual” burrito
verdict: choices matter

tip: So-called “fast casual” restaurants have a lot to offer — but can also provide lots of calories, fat, and sodium. Skip the cheese and sour cream, get a ½ scoop of brown rice instead of white, and choose a bowl instead of a tortilla, and you’ll get the meter numbers down to 675/6.5/1400.

Based on a chicken burrito with white rice, black beans, fajita veggies, cheese, sour cream, guacamole, lettuce, and tomato salsa.