### Breakfast Menu for January 2019

This institution is an equal opportunity provider. Menu is subject to change.

**First Things First**

**Welcome Back!**
We hope you enjoyed your break!

<table>
<thead>
<tr>
<th>Monday, January 7</th>
<th>Tuesday, January 8</th>
<th>Wednesday, January 9</th>
<th>Thursday, January 10</th>
<th>Friday, January 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana Bread</td>
<td>Sausage N’Pancake Stick*</td>
<td>Cinnabar</td>
<td>Chicken Biscuit</td>
<td>Breakfast Benefit Bars</td>
</tr>
<tr>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
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</tbody>
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<thead>
<tr>
<th>Monday, January 14</th>
<th>Tuesday, January 15</th>
<th>Wednesday, January 16</th>
<th>Thursday, January 17</th>
<th>Friday, January 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appleway Bar</td>
<td>Sausage Biscuit*</td>
<td>Mini Pancakes</td>
<td>Zee Zee’s Breakfast Bar</td>
<td>Cinnamon Cream Cheese</td>
</tr>
<tr>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Bagel</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Monday, January 21</th>
<th>Tuesday, January 22</th>
<th>Wednesday, January 23</th>
<th>Thursday, January 24</th>
<th>Friday, January 25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Martin Luther King Day</td>
<td>Sausage N’Pancake Stick*</td>
<td>Cinnabar</td>
<td>Chicken Biscuit</td>
<td>Teacher Workday</td>
</tr>
<tr>
<td>No Breakfast Served</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>No Breakfast Served</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, January 28</th>
<th>Tuesday, January 29</th>
<th>Wednesday, January 30</th>
<th>Thursday, January 31</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Professional Development</td>
<td>Sausage Biscuit*</td>
<td>Mini Pancakes</td>
<td>Zee Zee’s Breakfast Bar</td>
<td></td>
</tr>
<tr>
<td>No Breakfast Served</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td></td>
</tr>
</tbody>
</table>

**Choose at least ONE serving of FRUIT and at least THREE items TOTAL so your meal counts as a Complete Breakfast!**

**Breakfast Bites!**
It’s a popular breakfast choice today, but Greek yogurt hasn’t really been a thing for very long. In fact, as recently as 2007, Greek yogurt accounted for less than 1% of all U.S. yogurt sales. Today, that figure is more than 50%!

**Enjoy your Breakfast!**
Newport News Public Schools
Aviation/Enterprise/New Horizons Menu

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Available Daily

- PB&J Uncrustable
- Deli Subs and Wraps
- Yogurt Parfaits
- Baby Carrots
- Apple Slices
- 1 cup of Garden Salad
- Yogurt, String Cheese & Cheez-its
- Fat Free Chocolate, Strawberry, White Skim Milk and 1% White Milk Juice

*Menu item contains pork
Students may take 2 Vegetables & 2 Fruits

Welcome Back!
We hope you enjoyed your break!

Featured Specials of the Day

- **Wednesday, January 2**
  - Bacon Cheeseburger,
  - Shrimp Poppers & Fish Sticks w/Roll
  - Green Beans, Baked Beans,
  - Diced Pears, Fresh Fruit

- **Thursday, January 3**
  - Breakfast for Lunch, *
  - Spicy Chicken Patty on Bun
  - Hash Brown Potatoes, Collard Greens,
  - Spiced Apples, Fresh Fruit

- **Friday, January 4**
  - Individual Pizza Pie,
  - Chicken & Waffles
  - Sidewinder Fries, Steamed Cabbage,
  - Pineapple Chunks, Fresh Fruit

- **Monday, January 7**
  - Buffalo Chicken Pizza,
  - Turkey & Gravy over Rice w/Roll
  - Sweet Potato Waffle Fries, Green Peas,
  - Diced Pears, Fresh Fruit

- **Tuesday, January 8**
  - Mozzarella Cheese Sticks,
  - Teriyaki Chicken Bowl w/Roll
  - Corn, Broccoli,
  - Mixed Fruit Cup, Fresh Fruit

- **Wednesday, January 9**
  - Uno Pizza,
  - Nachos w/Chili & Cheese & Roll
  - Refried Beans, Spinach,
  - Sliced Peaches, Fresh Fruit

- **Thursday, January 10**
  - Pizza Crunchers,
  - Breaded Chicken w/Roll
  - Mashed Potatoes w/Gravy, Baked Beans,
  - Applesauce, Fresh Fruit

SALAD CHOICE OF THE DAY

- **Monday**
  - Chef Salad *
- **Tuesday**
  - Country Chicken Salad
- **Wednesday**
  - Southwestern Chicken Salad
- **Thursday**
  - Chef Salad *
- **Friday**
  - Country Chicken Salad

Nothing more than a spit of sand in the Hudson River just off Manhattan, the tiny island was variously known as Gull Island, Oyster Island, and Gibbet Island, until a businessman named Ellis built a fishermen’s gathering spot on it around the time of the revolutionary war. Then, in January 1892 – 127 years ago this month – the U.S. Government opened the Ellis Island Immigration Station on the land. Over the next 50 years, 12 million immigrants would take their first step in America onto little Ellis Island. If you can’t visit, you can search for relatives who came through at ellisisland.org.

With Liberty & Justice for All
Friday, January 11
Garlic Cheesy Bread,
Bacon Cheeseburger
French Fries, Mixed Vegetables,
Pineapple Chunks, Fresh Fruit

Monday, January 14
Pizza Quesadilla,
Teriyaki Chicken Bowl w/Roll
Broccoli, Green Beans,
Pineapple Chunks, Fresh Fruit

Tuesday, January 15
Uno Pizza,
Spaghetti w/Meat Sauce & Roll
Corn, Spinach,
Applesauce, Fresh Fruit

Wednesday, January 16
Chicken Patty on Bun,
Vegetable Beef Soup w/Grilled Cheese
Fiesta Black Beans, Butternut Squash
Diced Pears, Fresh Fruit

Thursday, January 17
Breaded Chicken w/Roll,
Cheese Stuffed Bread Sticks
Potatoes Au Gratin, Cherry Tomatoes,
Sliced Peaches, Fresh Fruit

Friday, January 18
Bar B-Que on Bun,
Mozzarella Cheese Sticks
Cola Slaw, French Fries,
Mixed Fruit Cup, Fresh Fruit

Monday, January 21
Pizza Calzone,
Popcorn Chicken Bowl w/Roll
Mashed Potatoes w/Gravy, Corn,
Applesauce, Fresh Fruit

Tuesday, January 22 (HS Exams—No Lunch Served)
Pizza Calzone,
Popcorn Chicken Bowl w/Roll
Mashed Potatoes w/Gravy, Corn,
Applesauce, Fresh Fruit

Wednesday, January 23 (HS Exams—No Lunch Served)
Bacon Cheeseburger,
Shrimp Poppers & Fish Sticks w/Roll
Green Beans, Baked Beans,
Diced Pears, Fresh Fruit

Thursday, January 24 (HS Exams—No Lunch Served)
Breakfast for Lunch,*
Spicy Chicken Patty on Bun
Hash Brown Potatoes, Collard Greens,
Spiced Apples, Fresh Fruit

Friday, January 25
Teacher Workday
No Meals Served

Monday, January 28
Professional Development Day
No Meals Served

Tuesday, January 29
Mozzarella Cheese Sticks,
Teriyaki Chicken Bowl w/Roll
Corn, Broccoli,
Mixed Fruit Cup, Fresh Fruit

Wednesday, January 30
Uno Pizza,
Nachos w/Chili & Cheese & Roll
Refried Beans, Spinach,
Sliced Peaches, Fresh Fruit

Thursday, January 31
Pizza Crunchers,
Breaded Chicken w/Roll
Mashed Potatoes w/Gravy, Baked Beans,
Applesauce, Fresh Fruit

*breakfast for lunch—spicy chicken patty on bun, hash brown potatoes, collard greens, spiced apples, fresh fruit