# Newport News Elementary/Middle/New Horizons Breakfast Menu

## First Things First

### Breakfast Menu for February 2019

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

## Featruing Healthy Fruits & Grains!

<table>
<thead>
<tr>
<th>Date</th>
<th>Item</th>
<th>Served With</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, February 4</td>
<td>Banana Bread</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Tuesday, February 5</td>
<td>Sausage N’Pancake Stick*</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Wednesday, February 6</td>
<td>Cinnabar</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Thursday, February 7</td>
<td>Chicken Biscuit</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Friday, February 8</td>
<td>Breakfast Benefit Bars</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Monday, February 11</td>
<td>Appleway Bar</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Tuesday, February 12</td>
<td>Sausage Biscuit*</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Wednesday, February 13</td>
<td>Mini Pancakes</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Thursday, February 14</td>
<td>Zee Zee’s Breakfast Bar</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Friday, February 15</td>
<td>Cinnabar Cream Cheese Bagel</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Monday, February 18</td>
<td>Sausage N’Pancake Stick*</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Tuesday, February 19</td>
<td>Cinnabar</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Wednesday, February 20</td>
<td>Chicken Biscuit</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Thursday, February 21</td>
<td>Breakfast Benefit Bars</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Friday, February 22</td>
<td>Sausage Biscuit*</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Monday, February 25</td>
<td>Mini Pancakes</td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td>Tuesday, February 26</td>
<td>Zee Zee’s Breakfast Bar</td>
<td>Juice-Fruit-Milk</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!**

Enjoy your Breakfast!
**You’ve Got to Love It!**

You’ve got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!

**Eat Better. Play Harder. Live Healthier. Learn Easier.**

**Wellness Is a Way of Life!**

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**Newport News Public Schools Elementary Menu**

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**Monday, February 4**

**Lunch**
- Galaxy Pizza*
- Macaroni & Cheese
- Turkey & Cheese Anytime
- Chef Salad*

**Choose Two:**
- Corn
- Butternut Squash

**Choose One:**
- Applesauce
- Fresh Fruit

**Tuesday, February 5**

**Lunch**
- Hot Dog on Bun
- Spaghetti with Meat Sauce
- Vegetarian Chili with Chips
- Country Chicken Salad

**Choose Two:**
- Baked Beans
- Garden Salad

**Choose One:**
- Pineapple Chunks
- Fresh Fruit

**Wednesday, February 6**

**Lunch**
- Mozzarella Sticks
- Chicken & Waffles
- PB&J Uncrustable
- Southwestern Chicken Salad

**Choose Two:**
- Spinach
- Cherry Tomatoes with Dip

**Choose One:**
- Mixed Fruit Cup
- Fresh Fruit

**Thursday, February 7**

**Lunch**
- Yogurt Parfait
- Chicken Nuggets
- Veg. Beef Soup with Grilled Cheese
- Chef Salad*

**Choose Two:**
- Green Beans
- Steamed Cabbage

**Choose One:**
- Sliced Peaches
- Fresh Fruit

**Friday, February 8**

**Lunch**
- Fiestada Pizza
- Chicken Patty on Bun
- Teriyaki Chicken Bowl with Roll
- Country Chicken Salad

**Choose Two:**
- Broccoli
- French Fries

**Choose One:**
- Diced Pears
- Fresh Fruit

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**Monday, February 11**

**Lunch**
- Chicken Fajita
- Cheese Calzone
- Hamburger/Cheeseburger on Bun
- Chef Salad*

**Choose Two:**
- Corn
- Potatoes Au Gratin

**Choose One:**
- Sliced Peaches
- Fresh Fruit

**Tuesday, February 12**

**Lunch**
- Meatball Sub
- Mozzarella Sticks
- Nachos with Chili & Cheese
- Country Chicken Salad

**Choose Two:**
- Refried Beans
- Collard Greens

**Choose One:**
- Applesauce
- Fresh Fruit

**Wednesday, February 13**

**Lunch**
- Chicken Nuggets
- Garlic Cheesy Bread
- Spaghetti with Meat Sauce
- Southwestern Chicken Salad

**Choose Two:**
- Corn
- Sweet Potatoes

**Choose One:**
- Diced Pears
- Fresh Fruit

**Thursday, February 14**

**Lunch**
- Yogurt Parfait
- Breakfast for Lunch*
- Chicken Patty on Bun
- Chef Salad*

**Choose Two:**
- Green Beans
- Sidewinder Fries

**Choose One:**
- Spiced Apples
- Fresh Fruit

**Friday, February 15**

**Lunch**
- Pizza*
- Meatloaf Sandwich
- Teriyaki Chicken Bowl with Roll
- Country Chicken Salad

**Choose Two:**
- Broccoli
- Garden Salad

**Choose One:**
- Mixed Fruit Cup
- Fresh Fruit

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**Available Daily**

- Sliced Apples
- Baby Carrots
- Yogurt, String Cheese & Cheese-its
- Variety of Milk

*May Contain Pork
Monday, February 18

Lunch
- Corndog Nuggets
- Sub Sandwich or Wrap
- Baked Potato w/Cheese & Roll
- Country Chicken Salad

Choose Two:
- Spinach
- Mixed Vegetables

Choose One:
- Applesauce
- Fresh Fruit

Tuesday, February 19

Lunch
- Lasagna
- Bar-B-Que on Bun
- Garlic Cheesy Bread
- Southwestern Chicken Salad

Choose Two:
- Cole Slaw
- Sweet Potato Waffle Fries

Choose One:
- Sliced Peaches
- Fresh Fruit

Wednesday, February 20

Lunch
- Fish Sticks
- Pizza Quesadilla
- Breaded Chicken w/Wheat Roll
- Chef Salad

Choose Two:
- Green Beans
- Mashed Potatoes w/Gravy

Choose One:
- Mixed Fruit Cup
- Fresh Fruit

Thursday, February 21

Lunch
- Pizza Crunchers
- Chicken & Gravy over Rice
- PB&J Uncrustable
- Country Chicken Salad

Choose Two:
- Corn
- Garden Salad

Choose One:
- Diced Pears
- Fresh Fruit

Friday, February 22

Lunch
- Lasagna
- Bar-B-Que on Bun
- Garlic Cheesy Bread
- Southwestern Chicken Salad

Choose Two:
- Cole Slaw
- Sweet Potato Waffle Fries

Choose One:
- Sliced Peaches
- Fresh Fruit

Monday, February 25

Lunch
- Galaxy Pizza
- Macaroni & Cheese
- Turkey & Cheese Anytime
- Chef Salad*

Choose Two:
- Corn
- Butternut Squash

Choose One:
- Applesauce
- Fresh Fruit

Tuesday, February 26

Lunch
- Hot Dog on Bun
- Spaghetti w/Meat Sauce
- Vegetarian Chili w/Chips
- Country Chicken Salad

Choose Two:
- Baked Beans
- Garden Salad

Choose One:
- Pineapple Chunks
- Fresh Fruit

Wednesday, February 27

Lunch
- Mozzarella Sticks
- Chicken & Waffles
- PB&J Uncrustable
- Southwestern Chicken Salad

Choose Two:
- Spinach
- Cherry Tomatoes w/Dip

Choose One:
- Mixed Fruit Cup
- Fresh Fruit

Thursday, February 28

Lunch
- Yogurt Parfait
- Chicken Nuggets
- Veg. Beef Soup w/Grilled Cheese
- Chef Salad*

Choose Two:
- Green Beans
- Steamed Cabbage

Choose One:
- Sliced Peaches
- Fresh Fruit

Q: Why is fish often prepared and served with lemon?

A: Nowadays, it’s mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they’re also scrumptious!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/healthy/foodpyramid.html

What’s on YOUR plate?

Every complete meal we serve comes with your choice of milk!

What other presidents have a B-day this month?

Other than George Washington and Abraham Lincoln, two other Presidents have a birthday this month—William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911.

Happy Presidents Day!

NO SCHOOL TODAY

Strange

DID YOU MISS HIM? Well, he’s back! Last year, there was no full moon in the entire month of February. That can only happen in the month that has just 28 days!