<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast Options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday, May 6</strong></td>
<td>Sausage Biscuit, Breakfast PB&amp;J, Cereal w/Grahams</td>
</tr>
<tr>
<td></td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td><strong>Tuesday, May 7</strong></td>
<td>Cinnamon Cream Cheese Bagel, Raspberry Crème Bar Cereal w/Grahams</td>
</tr>
<tr>
<td></td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td><strong>Wednesday, May 8</strong></td>
<td>Zee Zee’s Cocoa Cherry Breakfast Bar, French Toast Sticks, Cereal w/Grahams</td>
</tr>
<tr>
<td></td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td><strong>Thursday, May 9</strong></td>
<td>Yogurt Parfait, Mini Pancakes, Cereal w/Grahams</td>
</tr>
<tr>
<td></td>
<td>Juice-Fruit-Milk</td>
</tr>
<tr>
<td><strong>Friday, May 10</strong></td>
<td>Chicken Biscuit, Benefit Bar, Cereal w/Grahams</td>
</tr>
<tr>
<td></td>
<td>Juice-Fruit-Milk</td>
</tr>
</tbody>
</table>

**Additional Offerings**
- Cinnabar, Banana Bread Appleway Bar
- Cinnabar, Banana Bread Appleway Bar
- Cinnabar, Banana Bread Appleway Bar
- Cinnabar, Banana Bread Appleway Bar
- Cinnabar, Banana Bread Appleway Bar
- Cinnabar, Banana Bread Appleway Bar

**SAFETY FIRST.**

Lightning can strike even if it’s not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, “If thunder roars, stay indoors” – and not under a tree!
<table>
<thead>
<tr>
<th>Monday, May 13</th>
<th>Tuesday, May 14</th>
<th>Wednesday, May 15</th>
<th>Thursday, May 16</th>
<th>Friday, May 17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage Biscuit, Breakfast PB&amp;J, Cereal w/Grahams</td>
<td>Cinnamon Cream Cheese Bagel, Raspberry Crème Bar Cereal w/Grahams</td>
<td>Zee Zee’s Cocoa Cherry Breakfast Bar, French Toast Sticks, Cereal w/Grahams</td>
<td>Yogurt Parfait, Mini Pancakes, Cereal w/Grahams</td>
<td>Chicken Biscuit, Benefit Bar, Cereal w/Grahams</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>
</tr>
<tr>
<td><strong>Additional Offerings</strong></td>
<td><strong>Additional Offerings</strong></td>
<td><strong>Additional Offerings</strong></td>
<td><strong>Additional Offerings</strong></td>
<td><strong>Additional Offerings</strong></td>
</tr>
<tr>
<td>Cinnabar, Banana Bread Appleway Bar</td>
<td>Cinnabar, Banana Bread Appleway Bar</td>
<td>Cinnabar, Banana Bread Appleway Bar</td>
<td>Cinnabar, Banana Bread Appleway Bar</td>
<td>Cinnabar, Banana Bread Appleway Bar</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, May 20</th>
<th>Tuesday, May 21</th>
<th>Wednesday, May 22</th>
<th>Thursday, May 23</th>
<th>Friday, May 24</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage Biscuit, Breakfast PB&amp;J, Cereal w/Grahams</td>
<td>Cinnamon Cream Cheese Bagel, Raspberry Crème Bar Cereal w/Grahams</td>
<td>Zee Zee’s Cocoa Cherry Breakfast Bar, French Toast Sticks, Cereal w/Grahams</td>
<td>Yogurt Parfait, Mini Pancakes, Cereal w/Grahams</td>
<td>Chicken Biscuit, Benefit Bar, Cereal w/Grahams</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>
</tr>
<tr>
<td><strong>Additional Offerings</strong></td>
<td><strong>Additional Offerings</strong></td>
<td><strong>Additional Offerings</strong></td>
<td><strong>Additional Offerings</strong></td>
<td><strong>Additional Offerings</strong></td>
</tr>
<tr>
<td>Cinnabar, Banana Bread Appleway Bar</td>
<td>Cinnabar, Banana Bread Appleway Bar</td>
<td>Cinnabar, Banana Bread Appleway Bar</td>
<td>Cinnabar, Banana Bread Appleway Bar</td>
<td>Cinnabar, Banana Bread Appleway Bar</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, May 27</th>
<th>Tuesday, May 28</th>
<th>Wednesday, May 29</th>
<th>Thursday, May 30</th>
<th>Friday, May 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinnamon Cream Cheese Bagel, Raspberry Crème Bar Cereal w/Grahams</td>
<td>Zee Zee's Cocoa Cherry Breakfast Bar, French Toast Sticks, Cereal w/Grahams</td>
<td>Yogurt Parfait, Mini Pancakes, Cereal w/Grahams</td>
<td>Chicken Biscuit, Benefit Bar, Cereal w/Grahams</td>
<td></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>
</tr>
<tr>
<td><strong>Additional Offerings</strong></td>
<td><strong>Additional Offerings</strong></td>
<td><strong>Additional Offerings</strong></td>
<td><strong>Additional Offerings</strong></td>
<td><strong>Additional Offerings</strong></td>
</tr>
<tr>
<td>Cinnabar, Banana Bread Appleway Bar</td>
<td>Cinnabar, Banana Bread Appleway Bar</td>
<td>Cinnabar, Banana Bread Appleway Bar</td>
<td>Cinnabar, Banana Bread Appleway Bar</td>
<td>Cinnabar, Banana Bread Appleway Bar</td>
</tr>
</tbody>
</table>
Available Daily

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

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

Newport News Public Schools
High School Menu

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

Featured Specials of the Day

**Wednesday, May 1**
- Nachos w/Chili & Cheese & Roll,
- Chicken Fajita with Onions and Peppers, Uno Pizza,
- Refried Beans, Spinach,
- Sliced Peaches, Fresh Fruit

**Thursday, May 2**
- Breaded Chicken w/Roll,
- Pizza Crunchers, Hot Dog on Bun w/Chili and Cheese,
- Mashed Potatoes w/Gravy, Baked Beans,
- Applesauce, Fresh Fruit

**Friday, May 3**
- Chicken Patty on Bun,
- Bacon Cheeseburger, Garlic Cheesy Bread,
- French Fries, Mixed Vegetables,
- Fruit Cocktail, Fresh Fruit

**Monday, May 6**
- Teriyaki Chicken Bowl, w/Roll,
- Corn Dog Nuggets. Pizza Quesadilla,
- Broccoli, Green Beans,
- Strawberry Cup, Fresh Fruit

**Tuesday, May 7**
- Spaghetti w/ Meat Sauce & Roll,
- Uno Pizza, Chicken Nuggets w/Roll,
- Corn, Spinach,
- Applesauce, Fresh Fruit

**Wednesday, May 8**
- Nachos w/Chili & Cheese & Roll,
- Chicken Patty on Bun, Buffalo Pizza Crunchers,
- Fiesta Black Beans, Butternut Squash
- Diced Pears, Fresh Fruit

**Thursday, May 9**
- Manager's Choice
- Lasagna w/Roll, Cheese Stuffed Bread Sticks,
- Potatoes Au Gratin, Cherry Tomatoes,
- Sliced Peaches, Fresh Fruit

**Friday, May 10**
- Mozzarella Cheese Sticks,
- Bar-B-Que on Bun*, Meatloaf Sandwich,
- Cole Slaw, French Fries,
- Mixed Fruit Cup, Fresh Fruit

SAFETY FIRST.

Lightning can strike even if it’s not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, “If thunder roars, stay indoors” – and not under a tree!

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

WELLNESS IS A WAY OF LIFE!

Mother's Day is Sunday, May 12
Don't forget Mom!

A lot of research suggests that teens are just wired to sleep later, which might explain why many teens feel so tired during the school day.

Later start times can help, but can also cause problems with scheduling and interfere with after-school activities.
Monday, May 13
Sweet Chili Pork Noodle Bowl w/ Roll
Sloppy Joe, Chicken Patty on Bun
Broccoli, Sweet Potatoes, Sliced Peaches, Fresh Fruit

Tuesday, May 14
Popcorn Chicken Bowl w/ Roll, Pizza Calzone, Corndog Nuggets, Mashed Potatoes w/ Gravy, Corn, Applesauce, Fresh Fruit

Wednesday, May 15
Shrimp Poppers & Fish Sticks w/ Roll, Bacon Cheeseburger, Pizza Crunchers, Green Beans, Baked Beans, Diced Peas, Fresh Fruit

Thursday, May 16
Spicy Chicken Patty on Bun, Chicken & Cheese Soft Taco, Breakfast for Lunch*, Hash Brown Potatoes, Collard Greens, Spiced Apples, Fresh Fruit

Friday, May 17

Manager’s Choice

Monday, May 20
Buffalo Chicken Pizza, Chicken & Gravy over Rice w/ Roll, Meatball Sub, Sweet Potato Waffle Fries, Green Peas, Diced Peas, Fresh Fruit

Tuesday, May 21
Teriyaki Chicken Bowl w/ Roll, Mozzarella Cheese Sticks, Spicy Chicken Patty on Bun, Corn, Broccoli, Mixed Fruit Cup, Fresh Fruit

ALASKA

A lot of people in the “Lower 48” states don’t realize just how gigantic the state of Alaska is! The next three biggest states combined – Texas, California, and Montana – don’t equal the size of Alaska. And if you could put Alaska inside the Lower 48 states, this is about what it would look like. The smallest state, Rhode Island, could fit into Alaska 425 times!

eatfit wanna stay fit? gotta eat right!

item: Chinese carry-out
verdict: consider your sauces

Tip: Although the nutritional content of Chinese food varies greatly, you can make it healthier. Look for dishes that feature vegetables instead of meat or noodles. Ask for extra broccoli, snow peas or other veggies. Avoid deep-fried stuff. Ask for brown rice instead of white. And get the sauce on the side or leave some of the sauce in the container.

Wednesday, May 22
Nachos w/ Chili & Cheese & Roll, Chicken Fajita with Onions and Peppers, Uno Pizza, Refried Beans, Spinach, Sliced Peaches, Fresh Fruit

Thursday, May 23
Meatloaf with Roll, Pizza Crunchers, Hot Dog on Bun w/ Chili and Cheese, Mashed Potatoes w/ Gravy, Baked Beans, Applesauce, Fresh Fruit

Friday, May 24
Chicken Patty on Bun, Bacon Cheeseburger, Garlic Cheesy Bread, French Fries, Mixed Vegetables, Mixed Berry Cup, Fresh Fruit

Monday, May 27

MEMORIAL DAY • NO SCHOOL TODAY

Tuesday, May 28
Spaghetti w/ Meat Sauce & Roll, Uno Pizza, Chicken Nuggets w/ Roll, Corn, Spinach, Applesauce, Fresh Fruit

Wednesday, May 29
Nachos w/ Chili & Cheese & Roll, Chicken Patty on Bun, Buffalo Pizza Crunchers, Fiesta Black Beans, Butternut Squash, Diced Peas, Fresh Fruit

Thursday, May 30
Bacon Cheeseburger, Lasagna w/ Roll, Cheese Stuffed Bread Sticks, Potatoes Au Gratin, Cherry Tomatoes, Sliced Peaches, Fresh Fruit

Friday, May 31
Mozzarella Cheese Sticks, Bar-B-Que on Bun*, Meatloaf Sandwich, Cole Slow, French Fries, Mixed Fruit Cup, Fresh Fruit