**BREFAST @SCHOOL**

For first-class learning!

Newport News Public Schools High School Menu

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**NEWPORT NEWS PUBLIC SCHOOLS CHILD NUTRITION SERVICES**

**First things First**

To make a breakfast, choose at least one

- **Fruit** or **Juice**

and at least three items total

**Off the Clock.**

A clock can’t always tell you when it’s time for breakfast!

Eat at home, before you start your day. Or eat when you get where you’re going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.

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### March Menu

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Newport News Public Schools
High School Menu

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

Available Daily

Salad Bar
Deli Subs & Wraps (including veg.)
Yogurt & String Cheese w/Cheez-its
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

Monday, March 2
Teriyaki Chicken Bowl w/Roll,
Corn Dog Nuggets, Pizza Quesadilla,
Broccoli, Green Beans,
Pineapple Chunks, Fresh Fruit

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

Wednesday, March 4
Walking Nachos w/Chili & Cheese
Chicken Patty on Bun, Buffalo Pizza Crunchers,
Fiesta Black Beans, Butternut Squash
Diced Pears, Fresh Fruit

Thursday, March 5
Breaded Chicken w/Roll,
Lasagna w/Roll, Cheese Stuffed Bread Sticks,
Potatoes Au Gratin, Cherry Tomatoes,
Sliced Peaches, Fresh Fruit

Friday, March 6
1/2 Day Dismissal/Grab & Go Lunch
Turkey & Cheese Wedge Sandwich
Baby Carrots, Fruitable Plus Juice
Apple Slices, Mandarin Oranges, Milk

Monday, March 9
Asian Bowl w/Roll
Meat Lovers Pizza, Steak & Cheese Sub w/Peppers & Onions
Broccoli, Sweet Potatoes,
Sliced Peaches, Fresh Fruit

Tuesday, March 10
Popcorn Chicken Bowl w/Roll,
Pizza Calzone, Corn Dog Nuggets,
Mashed Potatoes w/Gravy, Corn,
Applesauce, Fresh Fruit

OFF THE CLOCK.

A clock can’t always tell you when it’s time for breakfast! Eat at home,
before you start your day. Or eat when you get where
you’re going. Or eat something mid-morning. Research
even suggests we learn and feel better
when we eat TWO smaller healthy breakfasts.

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

Our Nation’s History

The Declaration of Independence was written in 1776
by a committee of the Continental Congress that had
three members: Ben Franklin, John Adams, and
Thomas Jefferson. Franklin was already 70 at the
time and would live another 14
years. Adams and Jefferson
were younger
men, and each
would go on to
become President
of the United
States – and they
also became
bitter political rivals in the young republic. In later life, they
would become friends again and correspond for many years.
Amazingly, Adams and Jefferson died on the same day, and,
even more amazingly, that day was July 4, 1826 – exactly
50 years to the day from the signing of their Declaration.

With Liberty & Justice for All
**Tuesday, March 24**
Spaghetti w/ Meat Sauce & Roll, Uno Pizza, Chicken Nuggets w/Roll, Corn, Spinach, Applesauce, Fresh Fruit

**Wednesday, March 25**
Walking Nachos w/Chili & Cheese, Chicken Patty on Bun, Buffalo Pizza Crunchers, Fiesta Black Beans, Butternut Squash, Strawberry Cup, Fresh Fruit

**Thursday, March 26**
Breaded Chicken w/Roll, Lasagna w/Roll, Cheese Stuffed Bread Sticks, Potatoes Au Gratin, Chicken & Waffles, Cole Slaw, French Fries, Mixed Berry Cup, Fresh Fruit

**Friday, March 27**
Mozzarella Cheese Sticks, Bar-B-Que on Bun*, Chicken & Waffles, Cole Slaw, French Fries, Mixed Berry Cup, Fresh Fruit

**Monday, March 30**
Asian Bowl w/Roll, Meat Lovers Pizza, Steak & Cheese Sub w/Peppers & Onions, Broccoli, Sweet Potato Waffle Fries, Green Peas, Diced Pears, Fresh Fruit

**Tuesday, March 31**
Teriyaki Chicken Bowl w/Roll, Pizzadilla, Broccoli, Green Beans, Blueberries, Fresh Fruit