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<th>Monday, June 3</th>
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<th>Wednesday, June 5</th>
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<th>Friday, June 7</th>
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<td>Sausage Biscuit, Breakfast PB&amp;J, Cereal w/Grahams</td>
<td>Cinnamon Cream Cheese Bagel, Sausage n' Pancake on a Stick 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>
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Newport News Public Schools
High School Menu

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

GET IN THE SWIM.
Spending a few hours or a day at a pool or on the beach is what summer is all about! It’s fun, relaxing, and great exercise—a triple benefit for anyone’s wellness! So have fun around the water this summer, but please wear sunscreen and BE SAFE. Whether you’re swimming in a river, lake, ocean, pool, or water park, know your limitations and your ability. And don’t ever swim alone.

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

Featured Specials of the Day

Monday, June 3
Sweet Chili Pork Noodle Bowl w/Roll
Buffalo Pizza Crunchers, Spaghetti w/Meat Sauce & Roll
Broccoli, Sweet Potatoes,
Sliced Peaches, Fresh Fruit

Tuesday, June 4
Popcorn Chicken Bowl w/Roll,
Pizza Calzone, Corndog Nuggets,
Mashed Potatoes w/Gravy, Corn,
Applesauce, Fresh Fruit

Wednesday, June 5
Shrimp Poppers & Fish Sticks w/Roll,
Chicken Patty on Bun, Pizza Crunchers,
Green Beans, Baked Beans,
Diced Pears, Fresh Fruit

Thursday, June 6
Spicy Chicken Patty on Bun,
Chicken Fajita, Breakfast for Lunch*,
Hash Brown Potatoes, Collard Greens,
Spiced Apples, Fresh Fruit

Friday, June 7
Chicken & Waffles,
Chicken Parmesan over Spaghetti w/Roll, Individual Pizza Pie,
Steamed Cabbage, Sidewinder Fries,
Peaches, Fresh Fruit

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

Featured Specials of the Day

Manager’s Choice

Tuesday, June 11
Exams
No Lunch Served

Wednesday, June 12
Exams
No Lunch Served

Thursday, June 13
Exams
No Lunch Served

Friday, June 14
No Lunch Served

Congratulations and best of luck to all members of the Class of 2019.

We’ll look forward to seeing (and serving!) the rest of you again next fall.
Thanks for your business this year!