### Breakfast Menu for January 2020

Newport News Public Schools High School Menu

<table>
<thead>
<tr>
<th>Date</th>
<th>Monday, January 6</th>
<th>Tuesday, January 7</th>
<th>Wednesday, January 8</th>
<th>Thursday, January 9</th>
<th>Friday, January 10</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sausage on Bun, Fudge Poptart Breakfast Break, Cereal w/Grahams</td>
<td>Cinnamon Cream Cheese Bagel, Sausage n’ Pancake on a Stick, Cereal w/Grahams</td>
<td>Zee Zee’s Smore Breakfast Bar, French Toast Sticks, Cereal w/Grahams</td>
<td>Yogurt Parfait, and or Fruit Smoothie Mini Pancakes, Cereal w/Grahams</td>
<td>Chicken Biscuit, Benefit Bar, Cereal w/Grahams</td>
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<td></td>
<td>Juice-Fruit-Milk</td>
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<tr>
<td>Additional Offerings</td>
<td>Raspberry Crème Bar, Banana Bread, Appleway Bar</td>
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</tbody>
</table>

**Winter Break**

No Breakfast Served

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### First Things First

**Happy New Year!**

Welcome Back!

We hope you enjoyed your break!

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**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%!
<table>
<thead>
<tr>
<th>Date</th>
<th>Menu Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, Jan 14</td>
<td>Cinnamon Cream Cheese Bagel, Sausage n' Pancake on a Stick Cereal w/Grahams. Additional Offerings: Raspberry Créme Bar, Banana Bread, Appleway Bar. Juice-Fruit-Milk.</td>
</tr>
<tr>
<td>Wednesday, Jan 15</td>
<td>Zee Zee's Smore Breakfast Bar, French Toast Sticks, Cereal w/Grahams. Additional Offerings: Raspberry Créme Bar, Banana Bread, Appleway Bar. Juice-Fruit-Milk.</td>
</tr>
<tr>
<td>Thursday, Jan 16</td>
<td>Yogurt Parfait, and or Fruit Smoothie Mini Pancakes, Cereal w/Grahams. Additional Offerings: Raspberry Créme Bar, Banana Bread, Appleway Bar. Juice-Fruit-Milk.</td>
</tr>
<tr>
<td>Friday, Jan 17</td>
<td>Chicken Biscuit, Benefit Bar, Cereal w/Grahams. Additional Offerings: Raspberry Créme Bar, Banana Bread, Appleway Bar. Juice-Fruit-Milk.</td>
</tr>
<tr>
<td>Monday, Jan 20</td>
<td>MLK Holiday School Closed.</td>
</tr>
<tr>
<td>Tuesday, Jan 21</td>
<td>Cinnamon Cream Cheese Bagel, Sausage n' Pancake on a Stick Cereal w/Grahams. Additional Offerings: Raspberry Créme Bar, Banana Bread, Appleway Bar. Juice-Fruit-Milk.</td>
</tr>
<tr>
<td>Wednesday, Jan 22</td>
<td>Zee Zee's Smore Breakfast Bar, French Toast Sticks, Cereal w/Grahams. Additional Offerings: Raspberry Créme Bar, Banana Bread, Appleway Bar. Juice-Fruit-Milk.</td>
</tr>
<tr>
<td>Thursday, Jan 23</td>
<td>Yogurt Parfait, and or Fruit Smoothie Mini Pancakes, Cereal w/Grahams. Additional Offerings: Raspberry Créme Bar, Banana Bread, Appleway Bar. Juice-Fruit-Milk.</td>
</tr>
<tr>
<td>Friday, Jan 24</td>
<td>Chicken Biscuit, Benefit Bar, Cereal w/Grahams. Additional Offerings: Raspberry Créme Bar, Banana Bread, Appleway Bar. Juice-Fruit-Milk.</td>
</tr>
<tr>
<td>Tuesday, Jan 28</td>
<td>Zee Zee's Smore Breakfast Bar, French Toast Sticks, Cereal w/Grahams. Additional Offerings: Raspberry Créme Bar, Banana Bread, Appleway Bar. Juice-Fruit-Milk.</td>
</tr>
<tr>
<td>Wednesday, Jan 29</td>
<td>Yogurt Parfait, and or Fruit Smoothie Mini Pancakes, Cereal w/Grahams. Additional Offerings: Raspberry Créme Bar, Banana Bread, Appleway Bar. Juice-Fruit-Milk.</td>
</tr>
<tr>
<td>Friday, Jan 31</td>
<td>Chicken Biscuit, Benefit Bar, Cereal w/Grahams. Additional Offerings: Raspberry Créme Bar, Banana Bread, Appleway Bar. Juice-Fruit-Milk.</td>
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</tbody>
</table>
Menus for
JANUARY
2020

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

Welcome Back!
We hope you enjoyed your break!

Featured Specials of the Day

Monday, January 6
Asian Bowl w/Roll
Meat Lovers Pizza, Steak & Cheese Sub w/Peppers & Onions
Broccoli, Sweet Potatoes,
Sliced Peaches, Fresh Fruit

Tuesday, January 7
Popcorn Chicken Bowl w/Roll,
Pizza Calzone, Corndog Nuggets,
Mashed Potatoes w/Gravy, Corn,
Applesauce, Fresh Fruit

Wednesday, January 8
Shrimp Poppers & Fish Sticks w/Roll,
Bacon Cheeseburger, Pizza Crunchers,
Green Beans, Baked Beans,
Diced Pears, Fresh Fruit

Thursday, January 9
Spicy Chicken Patty on Bun,
Beef & Cheese Soft Taco, Breakfast for Lunch*
Hash Brown Potatoes, Collard Greens,
Spiced Apples, Fresh Fruit

Friday, January 11
Chicken Parmesan over Spaghetti w/Garlic Knot,
Individual Pizza Pie, Chicken Wings w/Garlic Knot,
Sidewinder Fries, Steamed Cabbage,
Pineapple Chunks, Fresh Fruit

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

NUTRITION TOGO
Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That’s not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

A QUICK BITE FOR TEENS

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.
Monday, January 13
Buffalo Chicken Pizza,
Turkey & Gravy over Rice, Meatball Sub,
Sweet Potato Waffle Fries, Green Peas,
Diced Pears, Fresh Fruit

Tuesday, January 14
Teriyaki Chicken Bowl w/Roll,
Ham & Cheese Rippers, Spicy Chicken Patty on Bun,
Corn, Broccoli,
Mixed Fruit Cup, Fresh Fruit

Wednesday, January 15
Nachos w/Chili, Cheese & Roll,
Chicken Fajita with Onions and Peppers, Uno Pizza,
Refried Beans, Spinach,
Sliced Peaches, Fresh Fruit

Thursday, January 16
Breaded Chicken w/Roll,
Beef Hot Dog on Bun w/Chili & Cheese, Pizza Crunchers,
Mashed Potatoes w/Gravy, Baked Beans,
Applesauce, Fresh Fruit

Friday, January 17
Chicken Patty on Bun,
Bacon Cheeseburger, Garlic Cheesy Bread,
French Fries, Mixed Vegetables,
Pineapple Chunks, Fresh Fruit

Monday, January 20
Exams
No Lunch Served

Tuesday, January 21
Exams
No Lunch Served

Wednesday, January 22
Exams
No Lunch Served

Thursday, January 23
Exams
No Lunch Served

Friday, January 24
Teacher Workday
No Meals Served

Monday, January 27
Professional Development Day
No Meals Served

Tuesday, January 28
Popcorn Chicken Bowl w/Roll,
Pizza Calzone, Corndog Nuggets,
Mashed Potatoes w/Gravy, Corn,
Applesauce, Fresh Fruit

Wednesday, January 29
Shrimp Poppers & Fish Sticks w/Roll,
Bacon Cheeseburger, Pizza Crunchers,
Green Beans, Baked Beans,
Diced Pears, Fresh Fruit

Thursday, January 30
Spicy Chicken Patty on Bun,
Beef & Cheese Soft Taco, Breakfast for Lunch*,
Hash Brown Potatoes, Collard Greens,
Spiced Apples, Fresh Fruit

Friday, January 31
Chicken Parmesan over Spaghetti w/Garlic Knot,
Individual Pizza Pie, Chicken Wings w/Garlic Knot,
Sidewinder Fries, Steamed Cabbage,
Pineapple Chunks, Fresh Fruit

Please see reverse for items available daily