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**Choose at least ONE serving of FRUIT and at least THREE items TOTAL so your meal counts as a Complete Breakfast!**
Newport News Public Schools
Middle School Menu

HAPPY ST. PATRICK’S DAY

Menus for March 2020

Available Daily

*Menu item contains pork
Students may take 2 Vegetables & 1 Fruit

PB&J Uncrustable
Deli Subs and Wraps
Baby Carrots
Apple Slices
1 cup of Garden Salad
Yogurt Parfait
Yogurt, String Cheese & Cheez-its
Fat Free Chocolate, Strawberry,
White Skim Milk and 1% White Milk
Juice (Tues. & Thurs.)

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

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, 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, Corndog Nuggets,
Mashed Potatoes w/Gravy, Corn,
Applesauce, Fresh Fruit

SALAD CHOICE OF THE DAY

Monday
Chef Salad*

Tuesday
Country Chicken Salad

Wednesday
Southwestern Chicken Salad

Thursday
BLT Salad w/Garlic Knot*

Friday
Country Chicken Salad

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

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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, Diced Pears, Fresh Fruit

Thursday, March 26
Breaded Chicken w/Roll, Lasagna w/Roll, Cheese Stuffed Bread Sticks, Potatoes Au Gratin, Cherry Tomatoes, Sliced Peaches, Fresh Fruit

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

Monday, March 30
Asian Bowl w/Roll, Meat Lovers Pizza, Steak & Cheese Sub w/Peppers & Onions, Broccoli, Sweet Potatoes, Sliced Peaches, Fresh Fruit

Tuesday, March 31
Popcorn Chicken Bowl w/Roll, Pizza Calzone, Corndog Nuggets, Mashed Potatoes w/Gravy, Corn, Applesauce, Fresh Fruit

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Featured Specials of the Day

Wednesday, March 11
Shrimp Poppers & Fish Sticks w/Roll, Bacon Cheeseburger, Pizza Crunchers, Green Beans, Baked Beans, Diced Pears, Fresh Fruit

Thursday, March 12
Spicy Chicken Patty on Bun, Beef & Cheese Soft Taco, Breakfast for Lunch*, Hash Brown Potatoes, Collard Greens, Spiced Apples, Fresh Fruit

Friday, March 13
Chicken Parmesan over Spaghetti w/Garlic Knot, Individual Pizza Pie, Manager’s Choice, Sidewinder Fries, Steamed Cabbage, Pineapple Chunks, Fresh Fruit

Monday, March 16
Buffalo Chicken Pizza, Turkey & Gravy over Rice w/Roll, Meatball Sub, Sweet Potato Waffle Fries, Green Peas, Diced Pears, Fresh Fruit

Tuesday, March 17
Teriyaki Chicken Bowl w/Roll, Ham & Cheese Rippers, Spicy Chicken Patty on Bun, Corn, Broccoli, Mixed Fruit Cup, Fresh Fruit

Wednesday, March 18
Nachos w/Chili, Cheese & Roll, Chicken Fajita with Onions and Peppers, Uno Pizza, Refried Beans, Spinach, Sliced Peaches, Fresh Fruit

Thursday, March 19
Breaded Chicken w/Roll, Pizza Crunchers, Beef Hot Dog on Bun w/Chili and Cheese, Mashed Potatoes w/Gravy, Baked Beans, Applesauce, Fresh Fruit

Friday, March 20
Manager’s Choice

Monday, March 23
Teriyaki Chicken Bowl, w/Roll, Corn Dog Nuggets, Pizza Quesadilla, Broccoli, Green Beans, Pineapple Chunks, Fresh Fruit