

Newport News Public Schools
Middle School Menu

MENUS FOR MARCH 2024

This institution is an equal
opportunity provider
and employer.

**YOU'RE
GOOD**



**ALL STUDENTS EAT ALL MEALS@
NO COST ALL YEAR LONG**

NEWPORT NEWS CHILD NUTRITION SERVICES

Monday, March 4

Breakfast

Banana Bread
Fruit-Juice-Milk

Lunch

Stuffed Crust Pizza
Fiesta Hot Pocket
Spaghetti
w/Meat Sauce & Roll

Choose Two:

Broccoli
Sweet Potatoes

Choose One:

Mandarin Orange cup

Tuesday, March 5

Breakfast

Dunkin Stick
Fruit-Juice-Milk

Lunch

Popcorn Chicken Bowl
w/Roll
Pizza Calzone*
Corndog Nuggets

Choose Two:

Mashed Potatoes w/Gravy
Corn

Choose One:

Mixed Berry cup

Wednesday, March 6

Breakfast

Bacon Breakfast Pocket
Fruit-Juice-Milk

Lunch

Bacon Cheeseburger*
Pizza Crunchers
Chicken Wings
w/Cornbread Muffin

Choose Two:

Onion Rings & Hash Brown
Baked Beans

Choose One:

Applesauce Cup

Thursday, March 7

Breakfast

Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch

Beef/Cheese Taco
Spicy Chicken Patty on Bun
Breakfast for Lunch*
w/Apple Cinnamon
Texas Toast

Choose Two:

Hash Browns, Collard Greens

Choose One:

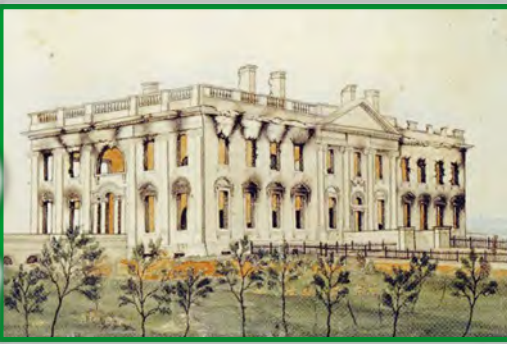
Spiced Apples

Friday, March 8

Schools Closed

**Teacher
Planning
Day**

OUR NATION'S HISTORY



WITH LIBERTY & JUSTICE FOR ALL

During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.

SWEET TOOTH

The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!



Monday, March 11

Breakfast

Breakfast Break
Fruit-Juice-Milk

Lunch

Chicken & Gravy over Rice
w/Roll
Buffalo Chicken Pizza
Meatball Sub

Choose Two:

Sweet Potato Waffle Fries
Green Peas

Choose One:

Dole Fruit Gel

Tuesday, March 12

Breakfast

Sausage and Cheese Waffle*
Fruit-Juice-Milk

Lunch

Teriyaki Chicken Bowl
w/Fried Rice & Roll
Stromboli*
Spicy Chicken Patty on Bun

Choose Two:

Corn
Broccoli

Choose One:

Peach Cup

Wednesday, March 13

Breakfast

Waffle Envy
Fruit-Juice-Milk

Lunch

Nachos w/Roll
Boneless Chicken Wings
w/Roll
Sal's Pizza

Choose Two:

Refried Beans
Roasted Carrot Sticks

Choose One:

Pear Cup

Thursday, March 14

Breakfast

Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch

Roasted Chicken Leg, Muffin
Beef Hot Dog on Bun
w/Chili & Cheese
Pizza Crunchers

Choose Two:

Mashed Potatoes w/Gravy
Baked Beans

Choose One:

Mandarin Orange Cup

Friday, March 15

Breakfast

Smoothie w/Muffin
Fruit-Milk

Lunch

Crispy Chicken Patty on Bun
Bacon Cheeseburger*
Garlic French Bread

Choose Two:

French Fries
Mixed Vegetables

Choose One:

Mixed Berry Cup



**What did the
Teddy Bear
say when
he was
offered
dessert?**



“No, thanks. I’m stuffed!” Actually, that’s not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 18

Breakfast

Banana Bread
Fruit-Juice-Milk

Lunch

Corndog Nuggets
Pizza Quesadilla
Chicken Leg or Thigh

Choose Two:

Potatoes Au Gratin
Green Beans

Choose One:

Applesauce Cup

Tuesday, March 19

Breakfast

Dunkin stick
Fruit-Juice-Milk

Lunch

Sal's Pizza
Chicken Nuggets w/Roll
Chicken Fajita
w/Onions & Peppers

Choose Two:

Corn
Spinach

Choose One:

Pineapple Cup

Wednesday, March 20

Breakfast

Bacon Breakfast Pocket*
Fruit-Juice-Milk

Lunch

Walking Nachos Crispy
Chicken Patty on Bun
Beef Sliders

Choose Two:

Fiesta Black Beans
Roasted Butternut Squash

Choose One:

Mixed Fruit Cup

Thursday, March 21

Breakfast

Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch

Buffalo Chicken Tot Bake
w/Garlic Stick
Cheese Stuffed Bread Sticks
Pretzel Dog

Choose Two:

Broccoli
Tomato soup

Choose One:

Peach Cup

Friday, March 22

Breakfast

Breakfast Benefit Bar
Fruit-Juice-Milk

Lunch

Bar-B-Que Plate
w/Cornbread Poppers
Mozzarella Cheese Sticks
Chicken & Waffles

Choose Two:

Cole Slaw
French Fries

Choose One:

Pear Cup

Monday, March 25

Breakfast

Breakfast Break
Fruit-Juice-Milk

Lunch

Stuffed Crust Pizza
Fiesta Hot Pocket
Spaghetti
w/Meat Sauce & Roll

Choose Two:

Broccoli
Sweet Potatoes

Choose One:

Mandarin Orange Cup

Tuesday, March 26

Breakfast

Sausage & Cheese Waffle*
Fruit-Juice-Milk

Lunch

Popcorn Chicken Bowl
w/Roll
Pizza Calzone*
Corndog Nuggets

Choose Two:

Mashed Potatoes w/Gravy
Corn

Choose One:

Mixed Berry Cup

Wednesday, March 27

Breakfast

Waffle Envy
Fruit-Juice-Milk

Lunch

Bacon Cheeseburger*
Pizza Crunchers
Chicken Wings
w/Cornbread Muffin

Choose Two:

Onion rings & Hash Brown
Baked Beans

Choose One:

Applesauce Cup

Thursday, March 28

Breakfast

Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch

Beef/Cheese Taco
Spicy Chicken Patty on Bun
Breakfast for Lunch*
w/Apple Cinnamon
Texas Toast

Choose Two:

Hash Browns, Collard Greens

Choose One:

Spiced Apples

Friday, March 29

Breakfast

Smoothie w/Muffin
Fruit-Milk

Lunch

Grab and Go

Salad of the Day

Monday - Chef's Salad w/Garlic Stick
Tues - Country Chicken Salad w/Crackers
Wed - Southwestern Chicken Salad
w/Cornbread Muffin
Thurs - BLT Salad* w/Garlic Stick
Fri - Hawaiian Chicken Salad w/Lemon Bread*