# Breakfast Menu for February 2019

- **Monday, February 4**
  - Banana Bread Juice-Fruit-Milk

- **Tuesday, February 5**
  - Sausage N’Pancake Stick* Juice-Fruit-Milk

- **Wednesday, February 6**
  - Cinnabar Juice-Fruit-Milk

- **Thursday, February 7**
  - Chicken Biscuit Juice-Fruit-Milk

- **Friday, February 8**
  - Breakfast Benefit Bars Juice-Fruit-Milk

- **Monday, February 11**
  - Appleway Bar Juice-Fruit-Milk

- **Tuesday, February 12**
  - Sausage Biscuit* Juice-Fruit-Milk

- **Wednesday, February 13**
  - Mini Pancakes Juice-Fruit-Milk

- **Thursday, February 14**
  - Zee Zee’s Breakfast Bar Juice-Fruit-Milk

- **Friday, February 15**
  - Cinnabar Juice-Fruit-Milk

- **Monday, February 18**
  - **NO SCHOOL TODAY**

- **Tuesday, February 19**
  - Sausage N’Pancake Stick* Juice-Fruit-Milk

- **Wednesday, February 20**
  - Cinnabar Juice-Fruit-Milk

- **Thursday, February 21**
  - Chicken Biscuit Juice-Fruit-Milk

- **Friday, February 22**
  - Breakfast Benefit Bars Juice-Fruit-Milk

- **Monday, February 25**
  - Appleway Bar Juice-Fruit-Milk

- **Tuesday, February 26**
  - Sausage Biscuit* Juice-Fruit-Milk

- **Wednesday, February 27**
  - Mini Pancakes Juice-Fruit-Milk

- **Thursday, February 28**
  - Zee Zee’s Breakfast Bar Juice-Fruit-Milk

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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!*

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*This institution is an equal opportunity provider. Menu is subject to change.*
**Available Daily**

- 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.)

*Menu item contains pork

Students may take 2 Vegetables & 1 Fruit

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**Featured Specials of the Day**

- **Friday, February 1**
  - Chicken Patty on Bun,
  - Bacon Cheeseburger, Garlic Cheesy Bread,
  - French Fries, Mixed Vegetables,
  - Pineapple Chunks, Fresh Fruit

- **Monday, February 4**
  - Teriyaki Chicken Bowl, w/Roll,
  - Corn Dog Nuggets, Pizza Quesadilla,
  - Broccoli, Green Beans,
  - Pineapple Chunks, Fresh Fruit

- **Tuesday, February 5**
  - Spaghetti w/ Meat Sauce & Roll,
  - Uno Pizza, Chicken Nuggets w/Roll,
  - Corn, Spinach,
  - Applesauce, Fresh Fruit

- **Wednesday, February 6**
  - Vegetable Beef Soup w/Grilled Cheese Sandwich,
  - Chicken Patty on Bun, Buffalo Pizza Crunchers,
  - Fiesta Black Beans, Butternut Squash
  - Diced Pears, Fresh Fruit

- **Thursday, February 7**
  - Breaded Chicken w/Roll,
  - Lasagna w/Roll, Cheese Stuffed Bread Sticks,
  - Potatoes Au Gratin, Cherry Tomatoes,
  - Sliced Peaches, Fresh Fruit

- **Friday, February 8**
  - Mozzarella Cheese Sticks,
  - Bar-B-Que on Bun*, Meatloaf Sandwich,
  - Cole Slaw, French Fries,
  - Mixed Fruit Cup, Fresh Fruit

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**Newport News Public Schools**

**Middle School**

**Menu**

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**YOU’VE GOT TO LOVE IT!**

You’ve got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

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**Our Nation's History**

Before there was Presidents’ Day, there were two such days in February – the birthdays of two of our greatest Presidents, Abraham Lincoln (February 12) and George Washington (February 22), both fall during this month.

Many states and towns celebrated one or the other or both of these days from the time Washington’s birthday was made a national holiday in 1885, until the two days were finally combined into a single day honoring both men in the 1970s. Today, the holiday is usually seen as celebrating all U.S. Presidents in general, not only Lincoln and Washington.

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**YEAR OF THE PIG**

The Chinese New Year begins with the new moon on February 5. 2019 is the Year of the Pig.
Monday, February 11
Sweet Chili Pork Noodle Bowl w/Roll
Cheeseburger Pizza, Steak & Cheese Sub w/Peppers & Onions
Broccoli, Sweet Potatoes, Sliced Peaches, Fresh Fruit

Tuesday, February 12
Popcorn Chicken Bowl w/Roll,
Pizza Calzone, Corndog Nuggets,
Mashed Potatoes w/Gravy, Corn,
Applesauce, Fresh Fruit

Wednesday, February 13
Shrimp Poppers & Fish Sticks w/Roll,
Bacon Cheeseburger, Pizza Crunchers,
Green Beans, Baked Beans,
Diced Pears, Fresh Fruit

Thursday, February 14
Spicy Chicken Patty on Bun,
Beef & Cheese Soft Taco, Breakfast for Lunch*,
Hash Brown Potatoes, Collard Greens,
Spiced Apples, Fresh Fruit

Friday, February 15
Chicken Parmesan over Spaghetti w/Roll,
Individual Pizza Pie, Chicken & Waffles,
Sidewinder Fries, Steamed Cabbage,
Peaches, Fresh Fruit

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Monday, February 18
Teriyaki Chicken Bowl w/Roll,
Mozzarella Cheese Sticks, Spicy Chicken Patty on Bun,
Corn, Broccoli, Mixed Fruit Cup, Fresh Fruit

Tuesday, February 19
Teriyaki Chicken Bowl w/Roll,
Mozzarella Cheese Sticks, Spicy Chicken Patty on Bun,
Corn, Broccoli, Mixed Fruit Cup, Fresh Fruit

Wednesday, February 20
Nachos w/Chili & Cheese & Roll,
Chicken Fajita with Onions and Peppers, Uno Pizza,
Refried Beans, Spinach, Sliced Peaches, Fresh Fruit

Thursday, February 21
Breaded Chicken w/Roll,
Pizza Crunchers, Hot Dog on Bun w/Chili and Cheese,
Mashed Potatoes w/Gravy, Baked Beans,
Applesauce, Fresh Fruit

Friday, February 22
Chicken Patty on Bun,
Bacon Cheeseburger, Garlic Cheesy Bread,
French Fries, Mixed Vegetables,
Mixed Fruit Cup, Fresh Fruit

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Monday, February 25
Teriyaki Chicken Bowl w/Roll,
Corn Dog Nuggets, Pizza Quesadilla,
Broccoli, Green Beans, Peaches, Fresh Fruit

Tuesday, February 26
Spaghetti w/ Meat Sauce & Roll,
Uno Pizza, Chicken Nuggets w/Roll,
Corn, Spinach, Applesauce, Fresh Fruit

Wednesday, February 27
Vegetable Beef Soup w/Grilled Cheese Sandwich,
Chicken Patty on Bun, Buffalo Pizza Crunchers,
Fiesta Black Beans, Butternut Squash

Thursday, February 28
Chicken & Gravy over Rice w/ Roll
Lasagna w/Roll, Cheese Stuffed Bread Sticks,
Potatoes Au Gratin, Cherry Tomatoes,
Sliced Peaches, Fresh Fruit

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Monday
Chef Salad*

Tuesday
Country Chicken Salad

Wednesday
Southwestern Chicken Salad

Thursday
Chef Salad*

Friday
Country Chicken Salad