Monday, March 16
Beef & Cheese Soft Taco, Crispy Chicken Patty on Bun,
Mini Cheeseburger Sliders
Baked Beans, Broccoli
Fruit Cup, Fresh Fruit

Tuesday, March 17
Popcorn Chicken Bowl, Yogurt Parfait,
Macaroni and Cheese with Fish Sticks
Corn, Garden Salad
Applesauce, Fresh Fruit

Wednesday, March 18
Mozzarella Cheese Sticks, Barb-B-Que on Bun,
Garlic Cheesy Bread
Sweet Potato Waffle Fries, Coleslaw
Sliced Peaches, Fresh Fruit

Thursday, March 19
Rib-B-Que on Bun, Grilled Cheese Sandwich,
Baked Chicken with Roll
Mashed Potatoes w/Gravy, Green Peas
Mixed Fruit Cup, Fresh Fruit

Friday, March 20
Pizza Crunchers, Lasagna w/Roll,
Chicken Parmesan Sandwich
Garden Salad, Spinach
Chilled Pears, Fresh Fruit

Monday, March 23
Burrito, Cheese Quesadilla,
Nachos w/Chili & Cheese and Roll
Baked Sweet Potato, Refried Beans
Fruit Cup, Fresh Fruit

Tuesday, March 24
Corndog Nuggets, Hamburger/Cheeseburger on Bun,
Teriyaki Chicken Bowl with Roll
Baked Beans, Broccoli
Fruit Cup, Fresh Fruit

Wednesday, March 25
Pizza, Wafer Steak & Cheese on Bun,
Breakfast for Lunch
Garden Salad, Corn
Sliced Peaches, Fresh Fruit

Thursday, March 26
Hot Dog on Bun, Fish Sticks,
Pizza Quesadilla
Cherry Tomatoes w/Dip, Green Beans
Applesauce, Fresh Fruit

Friday, March 27
Popcorn Chicken, Totally Taco Max Snax,
Beef-O-Roni with Roll
French Fries, Spinach
Chilled Pears, Fresh Fruit

Monday, March 30
Pizza, Mozzarella Cheese Sticks,
Mini Cheeseburger Sliders
Garden Salad, Corn
Applesauce, Fresh Fruit

Tuesday, March 31
Chicken Nuggets, Yogurt Parfait,
Macaroni and Cheese w/Fish Sticks
Steamed Cabbage, Cherry Tomatoes w/Dip
Sliced Peaches, Fresh Fruit
Newport News Public Schools
Middle School Menu

Available Daily!

PB&J Sandwiches
Baby Carrots
Apple Slices
1 Cup of Garden Salad
Yogurt, String Cheese & Cheez-its
Fat Free Chocolate, Strawberry,
White Milk and 1% White Milk
Juice (Tues. & Thurs.)

*Menu item contains pork
Students may take 2 vegetables & 1 fruit

Break begins at the end of classes: Friday, April 3

Classes resume:
Monday, April 13

Menus for April 2015

Featured Specials of the Day

Wednesday, April 1
Corndog, Rib-B-Que on Bun,
Teriyaki Chicken Bowl w/Roll
Baked Beans, Broccoli
Mixed Fruit Cup, Fresh Fruit

Thursday, April 2
Hot Dog on Bun, Buffalo Pizza Crunchers,
Spaghetti w/Meat Sauce and Roll
Green Beans, Butternut Squash
Pineapple Chunks, Fresh Fruit

Friday, April 3
Crispy Chicken Patty on Bun, Fiestada Pizza,
Vegetarian Chili with Chips
French Fries, Spinach
Chilled Pears, Fresh Fruit

Salad Choice of the Day

Monday
Southwestern Chicken Salad
Tuesday
Chef Salad
Wednesday
Country Chicken Salad
Thursday
Chef Salad
Friday
Hawaiian Chicken Salad

Featured Specials of the Day

Monday, April 13
Spicy Chicken Tenders, Chicken Fajita,
Grilled Cheese Sandwich
Sweet Potatoes, Green Peas
Sliced Peaches, Fresh Fruit

Tuesday, April 14
Catfish Strips & Roll, Mozzarella Cheese Sticks,
nacho w/Chili & Cheese and Roll
Refried Beans, Collard Greens,
Applesauce, Fresh Fruit

Wednesday, April 15
Chicken Nuggets, Meatball Sub,
Garlic Cheesy Bread
Garden Salad, Broccoli
Chilled Pears, Fresh Fruit

Thursday, April 16
Breakfast for Lunch, Crispy Chicken Patty on Bun,
Mini Ravioli with Roll
Green Beans, Potato Rounds
Spiced Apples, Fresh Fruit

Friday, April 17
Pizza, Totally Taco Max Snax,
Chicken Parmesan over Spaghetti w/Roll
Corn, Garden Salad
Fruit Cup, Fresh Fruit

USDA is an equal opportunity provider and employer.
Monday, April 20
Beef & Cheese Soft Taco, Crispy Chicken Patty on Bun, Mini Cheeseburger Sliders, Baked Beans, Broccoli, Fruit Cup, Fresh Fruit.

Tuesday, April 21
Popcorn Chicken Bowl, Yogurt Parfait, Macaroni and Cheese with Fish Sticks, Corn, Garden Salad, Applesauce, Fresh Fruit.

Wednesday, April 22
Mozzarella Cheese Sticks, Barb-B-Que on Bun, Garlic Cheesy Bread, Sweet Potato Waffle Fries, Coleslaw, Sliced Peaches, Fresh Fruit.

Thursday, April 23
Rib-B-Que on Bun, Grilled Cheese Sandwich, Baked Chicken with Roll, Mashed Potatoes w/Groavy, Green Peas, Mixed Fruit Cup, Fresh Fruit.

Friday, April 24
Pizza Crunchers, Lasagna w/Roll, Chicken Parmesan Sandwich, Garden Salad, Spinach, Chilled Pears, Fresh Fruit.

Monday, April 27
Burrito, Chicken & Cheese Quesadilla, Nachos w/Chili & Cheese and Roll, Baked Sweet Potato, Refried Beans, Fruit Cup, Fresh Fruit.

Tuesday, April 28
Corndog Nuggets, Hamburger/Cheeseburger on Bun, Teriyaki Chicken Bowl with Roll, Baked Beans, Broccoli, Fruit Cup, Fresh Fruit.

Wednesday, April 29
Pizza, Wafer Steak & Cheese on Bun, Breakfast for Lunch, Garden Salad, Corn, Sliced Peaches, Fresh Fruit.

Thursday, April 30
Hot Dog on Bun, Catfish Strips & Roll, Pizza Quesadilla, Cherry Tomatoes w/Dip, Green Beans, Applesauce, Fresh Fruit.

Breakfast Menu

Monday
Sausage Biscuit, PB&J, Cereal/Grahams

Tuesday
French Toast Sticks, Cereal/Grahams

Wednesday
Egg/Cheese on Bun, Donut, Cereal/Grahams

Thursday
Yogurt Parfait, Mini Pancakes, Cereal/Grahams

Friday
Chicken Biscuit, Benefit Bars, Cereal/Grahams

Wanna stay fit? gotta eat right!

Item: “fast casual” burrito
Verdict: choices matter

Tip: So-called “fast casual” restaurants have a lot to offer – but can also provide lots of calories, fat, and sodium. Skip the cheese and sour cream, get a ½ scoop of brown rice instead of white, and choose a bowl instead of a tortilla, and you’ll get the meter numbers down to 675/6.5/1400.

Remember a few weeks ago when the argument between people who saw the black and blue dress and those who saw the gold and white dress almost shut down the internet? Here’s another one for you the “Adelson Checkerboard Illusion.” Do you think the two squares labeled A and B are different shades of gray? Guess what? They’re the same color! If you’re interested, you can see proof and learn more by searching on line for “Checkershadow illusion - MIT”.

Edward H. Adelson