**Breakfast @ School**

*For first-class learning!*

NNPS Elementary/Middle/New Horizons Breakfast Menu

<table>
<thead>
<tr>
<th>Date</th>
<th>Monday, January 7</th>
<th>Tuesday, January 8</th>
<th>Wednesday, January 9</th>
<th>Thursday, January 10</th>
<th>Friday, January 11</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Banana Bread</td>
<td>Sausage N'Pancake Stick*</td>
<td>Cinnabar</td>
<td>Chicken Biscuit</td>
<td>Breakfast Benefit Bars</td>
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<tr>
<td></td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
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<thead>
<tr>
<th>Date</th>
<th>Monday, January 14</th>
<th>Tuesday, January 15</th>
<th>Wednesday, January 16</th>
<th>Thursday, January 17</th>
<th>Friday, January 18</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Appleway Bar</td>
<td>Sausage Biscuit*</td>
<td>Mini Pancakes</td>
<td>Zee Zee's Breakfast Bar</td>
<td>Cinnamon Cream Cheese</td>
</tr>
<tr>
<td></td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Bagel</td>
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</tbody>
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<table>
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<tr>
<th>Date</th>
<th>Monday, January 21</th>
<th>Tuesday, January 22</th>
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<th>Thursday, January 24</th>
<th>Friday, January 25</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Martin Luther King Day</td>
<td>Sausage N’Pancake Stick*</td>
<td>Cinnabar</td>
<td>Chicken Biscuit</td>
<td>Teacher Workday</td>
</tr>
<tr>
<td></td>
<td>No Breakfast Served</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>No Breakfast Served</td>
</tr>
</tbody>
</table>

| Date           | Monday, January 28             | Tuesday, January 29            | Wednesday, January 30         | Thursday, January 31           |                                |
|----------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|                                |
|                | Professional Development       | Sausage Biscuit*               | Mini Pancakes                 | Zee Zee’s Breakfast Bar        |                                |
|                | No Breakfast Served            | Juice-Fruit-Milk               | Juice-Fruit-Milk              | Juice-Fruit-Milk               |                                |

Welcome Back! We hope you enjoyed your break!

**Monday, January 7**
- Banana Bread
  - Juice-Fruit-Milk

**Tuesday, January 8**
- Sausage N’Pancake Stick*
  - Juice-Fruit-Milk

**Wednesday, January 9**
- Cinnabar
  - Juice-Fruit-Milk

**Thursday, January 10**
- Chicken Biscuit
  - Juice-Fruit-Milk

**Friday, January 11**
- Breakfast Benefit Bars
  - Juice-Fruit-Milk

**Monday, January 14**
- Appleway Bar
  - Juice-Fruit-Milk

**Tuesday, January 15**
- Sausage Biscuit*
  - Juice-Fruit-Milk

**Wednesday, January 16**
- Mini Pancakes
  - Juice-Fruit-Milk

**Thursday, January 17**
- Zee Zee’s Breakfast Bar
  - Juice-Fruit-Milk

**Friday, January 18**
- Cinnamon Cream Cheese Bagel
  - Juice-Fruit-Milk

**Monday, January 21**
- Martin Luther King Day
  - No Breakfast Served

**Tuesday, January 22**
- Sausage N’Pancake Stick*
  - Juice-Fruit-Milk

**Wednesday, January 23**
- Cinnabar
  - Juice-Fruit-Milk

**Thursday, January 24**
- Chicken Biscuit
  - Juice-Fruit-Milk

**Friday, January 25**
- Teacher Workday
  - No Breakfast Served

**Monday, January 28**
- Professional Development
  - No Breakfast Served

**Tuesday, January 29**
- Sausage Biscuit*
  - Juice-Fruit-Milk

**Wednesday, January 30**
- Mini Pancakes
  - Juice-Fruit-Milk

**Thursday, January 31**
- Zee Zee’s Breakfast Bar
  - Juice-Fruit-Milk

Enjoy your Breakfast!

**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%!

Choose at least ONE serving of FRUIT and at least THREE items TOTAL so your meal counts as a Complete Breakfast!
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

Newport News Public Schools
Middle School Menu

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

Welcome Back!
We hope you enjoyed your break!

Featured Specials of the Day

Wednesday, January 2
Shrimp Poppers & Fish Sticks w/Roll,
Bacon Cheeseburger, Pizza Crunchers,
Green Beans, Baked Beans,
Diced Pears, Fresh Fruit

Thursday, January 3
Spicy Chicken Patty on Bun,
Beef & Cheese Soft Taco, Breakfast for Lunch*,
Hash Brown Potatoes, Collard Greens,
Spiced Apples, Fresh Fruit

Friday, January 4
Chicken Parmesan over Spaghetti w/Roll,
Individual Pizza Pie, Chicken & Waffles,
Sidewinder Fries, Steamed Cabbage,
Pineapple Chunks, Fresh Fruit

Monday, January 7
Buffalo Chicken Pizza,
Turkey & Gravy over Rice w/Roll, Meatball Sub,
Sweet Potato Waffle Fries, Green Peas,
Diced Pears, Fresh Fruit

Tuesday, January 8
Teriyaki Chicken Bowl w/Roll,
Mozzarella Cheese Sticks, Spicy Chicken Patty on Bun,
Corn, Broccoli,
Mixed Fruit Cup, Fresh Fruit

Wednesday, January 9
Nachos w/Chili & Cheese & Roll,
Chicken Fajita with Onions and Peppers, Uno Pizza,
Refried Beans, Spinach,
Sliced Peaches, Fresh Fruit

Thursday, January 10
Breaded Chicken w/Roll,
Pizza Crunchers, Hot Dog on Bun w/Chili and Cheese,
Mashed Potatoes w/Gravy, Baked Beans,
Applesauce, Fresh Fruit

Newport News Public Schools
Middle School Menu
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MAPS & STANDARDS

MAPS

STANDARDS

SALAD CHOICE OF THE DAY

Monday
Chef Salad *

Tuesday
Country Chicken Salad

Wednesday
Southwestern Chicken Salad

Thursday
Chef Salad *

Friday
Country Chicken Salad

Our Nation's History

N othing 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.
Featured Specials of the Day

**Friday, January 11**
Chicken Patty on Bun, Bacon Cheeseburger, Garlic Cheesy Bread, French Fries, Mixed Vegetables, Pineapple Chunks, Fresh Fruit

**Monday, January 14**
Teriyaki Chicken Bowl, w/Roll, Corn Dog Nuggets, Pizza Quesadilla, Broccoli, Green Beans, Pineapple Chunks, Fresh Fruit

**Tuesday, January 15**
Spaghetti w/Meat Sauce & Roll, Uno Pizza, Chicken Nuggets w/Roll, Corn, Spinach, Applesauce, Fresh Fruit

**Wednesday, January 16**
Vegetable Beef Soup w/Grilled Cheese, Chicken Patty on Bun, Buffalo Pizza Crunchers, Fiesta Black Beans, Butternut Squash, Diced Pears, Fresh Fruit

**Thursday, January 17**
Breaded Chicken w/Roll, Lasagna w/Roll, Cheese Stuffed Bread Sticks, Potatoes Au Gratin, Cherry Tomatoes, Sliced Peaches, Fresh Fruit

**Friday, January 18**
Mozzarella Cheese Sticks, Bar-B-Que on Bun*, Meatloaf Sandwich, Cole Slaw, French Fries, Mixed Fruit Cup, Fresh Fruit for today's date.

**Featured Specials of the Day**

**Item:**
Monstro Burger

**Verdict:**
Gulp!

**Tip:**
Notice how the burger in the picture is overwhelming the words “gotta eat right”? There’s a lesson there. The burgers just keep growing. One highly-hyped new burger delivers the numbers you see here – and it’s not unusual. Know what you’re getting yourself into – and don’t go for such a burger too often.

**Can It:**
Research continues to show that drinking regular soda has zero upside for your health and plenty of down-side. Why not make this the year you “can” your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

**Eat Better. Play Harder. Live Healthier. Learn Easier. Wellness is a Way of Life!**

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**Featured Specials of the Day**

**Monday, January 21**
School will be closed on Monday, January 21 in honor of Martin Luther King, Jr.’s Birthday

**Tuesday, January 22**
Popcorn Chicken Bowl w/Roll, Pizza Calzone, Corn dog Nuggets, Mashed Potatoes w/Gravy, Corn, Applesauce, Fresh Fruit

**Wednesday, January 23**
Shrimp Poppers & Fish Sticks w/Roll, Bacon Cheeseburger, Pizza Crunchers, Green Beans, Baked Beans, Diced Pears, Fresh Fruit

**Thursday, January 24**
Spicy Chicken Patty on Bun, Beef & Cheese Soft Taco, Breakfast for Lunch*, Hash Brown Potatoes, Collard Greens, Spiced Apples, Fresh Fruit

**Friday, January 25**
Teacher Workday, No Meals Served

**Monday, January 28**
Professional Development Day, No Meals Served

**Tuesday, January 29**
Teriyaki Chicken Bowl w/Roll, Mozzarella Cheese Sticks, Spicy Chicken Patty on Bun, Corn, Broccoli, Mixed Fruit Cup, Fresh Fruit

**Wednesday, January 30**
Nacho w/Chili & Cheese & Roll, Chicken Fajita with Onions and Peppers, Uno Pizza, Refried Beans, Spinach, Sliced Peaches, Fresh Fruit

**Thursday, January 31**
Breaded Chicken w/Roll, Pizza Crunchers, Hot Dog on Bun w/Chili and Cheese, Mashed Potatoes w/Gravy, Baked Beans, Applesauce, Fresh Fruit