

Menus for December 2024

Newport News Public Schools
Elementary Menu

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

Where do all of our crazy names for food come from?



Before it was the familiar name of a popular eating establishment, “chipotle” was (and still is) the name of a kind of food. The word is a Spanish version of a Central Mexican Native word, “chilpochtli,” which means “smoked chili” -- and that’s exactly what chipotles are. Some of the green jalapeños are left on the vine to turn deep red and become somewhat shriveled, like grapes turning into raisins. These super ripe peppers are then put in a chamber and wood-smoked until nearly all the moisture is gone. Chipotles lend a smoky, medium-spicy flavor to soups, bean dishes, sauces, and rubs.



Available Daily

Sliced Apples
Cut-up Fresh Fruit
Yogurt w/String Cheese
w/Cheez-its
1% White, Low-fat Flavored
Skim Milk
***Menu item may contain pork**

Monday, December 2

Breakfast

Breakfast Break
Fruit-Juice-Milk

Lunch

Chicken Chunks & Rice
over Gravy
Beef & Cheese Soft Taco
Garlic French Bread

Choose Two:

Taco Fiesta Beans
Mixed Vegetables

Choose One:

Zee Zee Raisins, Fresh Fruit

Tuesday, December 3

Breakfast

Bacon Breakfast Pocket
Fruit-Juice-Milk

Lunch

Buffalo Chicken Dip w/Scoops
Pizza Quesadilla
Meatball Sub

Choose Two:

Au Gratin Potatoes
Cucumber Coins

Choose One:

Peach Cup
Whole Fresh Fruit

Wednesday, December 4

Breakfast

Waffle Envy
Fruit-Juice-Milk

Lunch

Yogurt Parfait
Popcorn Chicken
Grilled Cheese Sandwich

Choose Two:

Corn
Tomato Soup

Choose One:

Pear Cup
Whole Fresh Fruit

Thursday, December 5

Breakfast

Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch

Corndog Nuggets
Baked Potato w/Taco Meat
w/Cheese and Roll
Macaroni & Cheese Bites

Choose Two:

Broccoli, Baked Beans

Choose One:

Mandarin Oranges
Whole Fresh Fruit

Friday, December 6

Breakfast

Cinnamon Roll
Fruit-Juice-Milk

Lunch

Pizza Crunchers
Steak & Cheese Fajita
Turkey, Ham & Cheese
Sub/Wrap

Choose Two:

Green Beans
Emoticon Potatoes

Choose One:

Strawberry Cup, Fresh Fruit

Monday, December 9

Breakfast

Banana Bread
Fruit-Juice-Milk

Lunch

Galaxy Pizza
Chicken Fajita
Turkey & Cheese Anytimer

Choose Two:

Sweet Potato Waffle Fries
Corn

Choose One:

Applesauce Cup
Whole Fresh Fruit

Tuesday, December 10

Breakfast

Dunkin Stick
Fruit-Juice-Milk

Lunch

Mozzarella Sticks
Beef Hot Dog
Chicken Nuggets

Choose Two:

Green Beans
Baked Beans

Choose One:

Pineapple Cup
Whole Fresh Fruit

Wednesday, December 11

Breakfast

Sausage & Gravy Pizza
Fruit-Juice-Milk

Lunch

Macaroni & Cheese
Chicken & Waffles
Yogurt Parfait

Choose Two:

Roasted Butternut Squash
Spinach

Choose One:

Mixed Fruit Cup
Whole Fresh Fruit

Thursday, December 12

Breakfast

Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch

Nachos w/Chili & Cheese
w/Roll
Cheese Manicotti
Stromboli*

Choose Two:

Steamed Cabbage
Garden Salad

Choose One:

Peach Cup, Fresh Fruit

Friday, December 13

Breakfast

Breakfast Benefit Bar
Fruit-Juice-Milk

Lunch

Chicken Patty on Bun
Teriyaki Chicken Bowl
W/Fried Rice
Pizza Pinwheels

Choose Two:

French Fries, Broccoli

Choose One:

Pear Cup
Whole Fresh Fruit



Set the beans free!

Green Beans are loaded with vitamins, minerals, and fiber. But on our holiday tables, these super heroes are too often overwhelmed with butter and gooey sauces. You can help! Find your way to the center of the maze, where fresh green beans, ready to be steamed with healthful seasonings (and, if you insist, just a touch of butter!), are waiting for you to set them free!

Start here!



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

Salad of the Day

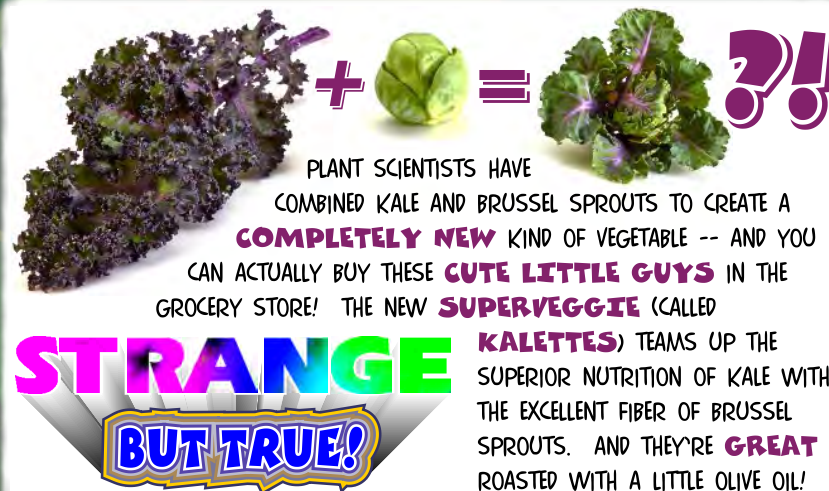
Monday - Chef's Salad* w/Garlic Stick

Tuesday - Country Chicken Salad w/Crackers

Wed - Southwestern Chicken Salad w/Muffin

Thursday -BLT Salad* w/Garlic Stick

Friday - Country Chicken Salad w/Crackers



PLANT SCIENTISTS HAVE COMBINED KALE AND BRUSSEL SPROUTS TO CREATE A **COMPLETELY NEW** KIND OF VEGETABLE -- AND YOU CAN ACTUALLY BUY THESE **CUTE LITTLE GUYS** IN THE GROCERY STORE! THE NEW **SUPERVEGGIE** (CALLED **KALETES**) TEAMS UP THE SUPERIOR NUTRITION OF KALE WITH THE EXCELLENT FIBER OF BRUSSEL SPROUTS. AND THEY'RE **GREAT** ROASTED WITH A LITTLE OLIVE OIL!

Monday, December 16

Breakfast

Breakfast Break
Fruit-Juice-Milk

Lunch

Hamburger/Cheeseburger on Bun
Pizza Calzone
Fish Sticks

Choose Two:

Corn
Taco Fiesta Beans

Choose One:

Mandarin Cup, Fresh Fruit

Tuesday, December 17

Breakfast

Bacon Breakfast Pocket
Fruit-Juice-Milk

Lunch

Pizza
Roasted Chicken Leg w/Cornbread Poppers
Turkey & Cheese Anytimer

Choose One:

Mashed Potatoes w/Gravy
Broccoli

Choose One:

Dole Fruit Cup, Fresh Fruit

Wednesday, December 18

Breakfast

Waffle Envy
Fruit-Juice-Milk

Lunch

Spaghetti w/Meat Sauce
BBQ on Bun*
Yogurt Parfait

Choose Two:

Green Beans
Cole Slaw

Choose One:

Applesauce Cup
Whole Fresh Fruit

Thursday, December 19

Breakfast

Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch

Turkey & Gravy or Ham
Green Beans
Sweet Potatoes
Cranberry Sauce
Stuffing
Wheat Roll
Fruit Cup

Friday, December 20

Breakfast

Cinnamon Roll
Fruit-Juice-Milk

Lunch

Veg. Chili w/Scoops
Fiestada Pizza
Boneless Chicken Wings

Choose Two:

Collard Greens
Cherry Tomatoes

Choose One:

Strawberry Cup
Whole Fresh Fruit

SEE YOU IN

HAPPY
NEW
YEAR!

2025

Last day
of school:
Friday,
December 20

Classes
resume:
Tuesday,
January 7