

Menus for March 2024

HAPPY
ST. PATRICK'S
DAY

Newport News Public Schools High School Menu

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

Breakfast Items

Monday

**Bake Crafters Waffle Sandwich
Smoothie w/Muffin**

Tuesday

**Blueberry Muffin
Bacon Breakfast Pocket***

Wednesday

**French Toast Sticks
Zee Zee's Smore Breakfast Bar**

Thursday

**Mini Pancakes
Dunkin Stick**

Friday

**Chicken Biscuit
Benefit Bar**

Featured Specials of the Day

Friday, March 1

Bar-B-Que Plate w/Cornbread Poppers OR
Mozzarella Cheese Sticks OR Chicken & Waffles
Cole Slaw, French Fries
Pear Cup

Monday, March 4

Stuffed Crust Pizza OR Fiesta Hot Pocket
OR Spaghetti w/Meat Sauce & Roll
Broccoli, Sweet Potatoes
Mandarin Orange Cup

Tuesday, March 5

Popcorn Chicken Bowl w/Roll OR
Pizza Calzone OR Corndog Nuggets
Mashed Potatoes w/Gravy, Corn
Mixed Berry Cup

Wednesday, March 6

Bacon Cheeseburger* OR Pizza Crunchers
OR Chicken Wings w/Cornbread Muffin
Onion Rings & Hash Brown, Baked Beans
Applesauce Cup

Thursday, March 7

Beef/Cheese Taco OR Spicy Chicken Patty on Bun
Breakfast for Lunch* w/Apple Cinnamon Texas Toast
Hash Browns, Collard Greens
Spiced Apples

Friday, March 8

Schools Closed
Teacher Planning Day

54

BY THE NUMBERS

PERCENTAGE OF TEENS WHO
REPORT BEING AFRAID OF
TRYING OUT OR AUDITIONING

TRY BREAKFAST@SCHOOL!

If you're like a lot of teens, eating a healthy breakfast while you're rushing to get out the door in the morning can be a real hassle. This month, we're celebrating National School Breakfast Week, March 3-7 -- which makes this a great time to give hassle-free Breakfast@School a try!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, March 11

Chicken & Gravy over Rice w/Roll OR
Buffalo Chicken Pizza OR Meatball Sub
Sweet Potato Waffle Fries, Green Peas, Dole Fruit Gel Cup

Tuesday, March 12

Teriyaki Chicken Bowl w/Fried Rice & Roll OR Stromboli*
OR Spicy Chicken Patty on Bun
Corn, Broccoli, Peach Cup

Wednesday, March 13

Nachos w/Roll OR Sal's Pizza
OR Boneless Chicken Wings w/Roll
Refried Beans, Roasted Carrot Sticks, Pear Cup

Thursday, March 14

Roasted Chicken Leg w/Cornbread Muffin OR Pizza Crunchers
OR Beef Hot Dog on Bun w/Chili & Cheese
Mashed Potatoes w/Gravy Baked Beans, Mandarin Orange Cup

Friday, March 15

Bacon Cheeseburger* OR Garlic French Bread
OR Crispy Chicken Patty on Bun
French Fries, Mixed Vegetables, Mixed Berry Cup

eatfit

wanna stay fit?
gotta eat right!



item: Baked Potato
verdict: Crown with care!

tip: The simple baked spud is a veritable king of healthy eating . . . **UNLESS** you're one of those people who consider a baked potato to be nature's perfect excuse to melt and consume gobs of butter, cheese, and sour cream. Remember: potato, no fat -- sour cream and cheese, lots of fat -- butter, all fat! Try just a little butter or a small dollop of sour cream with fresh green onions and steamed broccoli instead to keep this versatile veggie delicious and healthy!



Please see the other page
for breakfast items

Available Daily

Breakfast Daily

Cereal/Banana Bread/Cereal Bars

Lunch Daily

Deli Subs & Wraps

PB&J Uncrustable

Yogurt Parfaits

Yogurt w/String Cheese & Cheez-its

1 Cup of Garden Salad-Baby Carrots

Fresh Fruit-Juice

Fat Free Chocolate, Skim Milk,

And 1% White Milk

Student may take 2 Veg and 2 Fruit

***Menu item may contain pork**

Featured Specials of the Day

Monday, March 18

Corndog Nuggets OR Pizza Quesadilla
OR Chicken Leg OR Thigh w/Garlic Stick
Potatoes Au gratin, Green Beans, Applesauce Cup

Tuesday, March 19

Sal's Pizza OR Chicken Nuggets w/Roll
OR Chicken Fajita w/Onions & Peppers
Corn, Spinach, Pineapple Cup

Wednesday, March 20

Walking Nachos OR Beef Sliders
OR Crispy Chicken Patty on Bun
Fiesta Black Beans, Roasted Butternut Squash, Mixed Fruit Cup

Thursday, March 21

Buffalo Chicken Tot Bake w/Garlic Stick OR Pretzel Dog
OR Cheese Stuffed Bread
Broccoli, Tomato Soup, Peach Cup

Friday, March 22

Mozzarella Cheese Sticks OR Chicken & Waffles
OR Bar-B-Que Plate w/Cornbread Poppers
Cole Slaw, French Fries, Pear Cup

Featured Specials of the Day

Monday, March 25

Stuffed Crust Pizza OR Fiesta Hot Pocket
OR Spaghetti w/Meat Sauce & Roll
Broccoli, Sweet Potatoes, Mandarin Orange Cup

Tuesday, March 26

Popcorn Chicken Bowl w/Roll OR
Pizza Calzone OR Corndog Nuggets
Mashed Potatoes w/Gravy, Corn, Mixed Berry Cup

Wednesday, March 27

Bacon Cheeseburger* OR Pizza Crunchers
OR Chicken Wings w/Cornbread Muffin
Onion Rings and Hash Brown, Baked Beans, Applesauce Cup

Thursday, March 28

Beef/Cheese Taco OR Spicy Chicken Patty on Bun
OR Breakfast for Lunch* w/Apple Cinnamon Texas Toast
Hash Browns, Collard Greens, Spiced Apples

Friday, March 29

Half Day
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