

**Newport News Public Schools
High School Menu**

Menus for December 2024

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

Breakfast Menu

Monday

**Bake Crafters Waffle Sandwich
Mini Pancakes or Cereal**

Tuesday

**Bacon Breakfast Pocket*
Blueberry Muffin or Cereal**

Wednesday

**French Toast Sticks
Zee Zee's Smore Bar or Cereal**

Thursday

**Sausage and Gravy Pizza*
Dunkin Stick or Cereal**

Friday

**Chicken Biscuit
Benefit Bar or Cereal**

Featured Specials of the Day

Monday, December 2

Chicken & Gravy over Rice w/Roll OR Spaghetti w/Meatballs w/ Garlic Stick
OR Buffalo Chicken Pizza

Sweet Potato Waffle Fries, Green Beans ~ Dole Fruit Gel Cup

Tuesday, December 3

Teriyaki Chicken Bowl w/Fried Rice & Roll OR Stromboli*

OR Spicy Chicken Patty on Bun

Corn, Broccoli ~ Peach Cup

Wednesday, December 4

Nachos w/Roll OR Boneless Chicken Wings w/Roll

OR Pizza Pinwheels

Refried Beans, Roasted Carrot Sticks ~ Pear Cup

Thursday, December 5

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, December 6

Spicy Chicken Tenders w/ Roll OR Bacon Cheeseburger* w/Onion Rings

OR Garlic French Bread

French Fries, Mixed Vegetables ~ Strawberry Cup

Available Daily

Deli Subs & Wraps

PB&J Uncrustable

Yogurt Parfait

Yogurt w/String Cheese & Cheez-its

1 Cup of Garden Salad

Baby Carrots

Whole Fresh Fruit

Apple Slices

Juice

Fat Free Chocolate, White Skim Milk

And 1% White Milk

***Item may contain pork**

Student may take 2 Veg and 2 Fruits

eatfit

wanna stay fit?

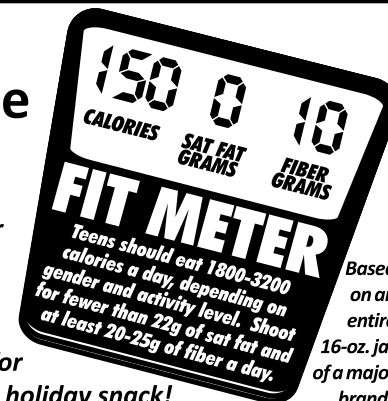
gotta eat right!



item: salsa

verdict: hot for the holidays

tip: When you find yourself reaching mindlessly for yet another round of holiday snacks, make an effort, once in awhile, to reach for salsa. It's low in calories, it's high in flavor, and it's RED and GREEN, for cryin' out loud! Salsa is the perfect holiday snack!



Featured Specials of the Day

Monday, December 9

Corndog Nuggets OR /Baked Potato w/Taco Meat & Cheese w/ Garlic Stick
OR Cheese Stuffed Manicotti w/Garlic Stick
Potatoes Au gratin, Broccoli ~ Applesauce Cup

Tuesday, December 10

Stuffed Crust Pizza OR Chicken Nuggets w/Roll
OR Chicken Fajitas w/Onions & Peppers
Corn, Spinach ~ Pineapple Cup

Wednesday, December 11

Walking Nachos OR Crispy Chicken Patty on Bun
OR Macaroni & Cheese Bites

Taco Fiesta Beans, Roasted Butternut Squash ~ Mixed Fruit Cup

Thursday, December 12

Buffalo Chicken Tot Bake w/Garlic Stick OR Spicy Chicken Tenders w/ Roll
OR Cheese Stuffed Bread Sticks

Tomato Soup, Green Beans ~ Peach Cup

Friday, December 13

BBQ on Bun* w/Cornbread Poppers OR Chicken & Waffles
OR Mozzarella Cheese Sticks
Cole Slaw, French Fries ~ Pear Cup



Featured Specials of the Day

Monday, December 16

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

Tuesday, December 17

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

Wednesday, December 18

Bacon Cheeseburger* w/Onion Rings OR Pizza Crunchers
OR Chicken Parmesan w/Garlic Stick
Tator Tots, Baked Beans ~ Applesauce Cup

Thursday, December 19

Turkey & Gravy OR Ham Steaks* OR Beef/Cheese Taco
OR Spicy Chicken Patty on Bun
Green Beans, Sweet Potatoes
Cranberry Sauce, Fruit Cup
Stuffing, Wheat Roll

Friday, December 20

Buffalo Chicken Dip w/Tostitos OR Chicken Wings w/Muffin
OR Individual Pizza Pie
Steamed Cabbage, French Fries ~ Pineapple Cup

Salad of the Day

Monday

Chef's Salad* w/Garlic Stick

Tuesday

Country Chicken Salad w/Crackers

Wednesday

BLT Salad* w/Garlic Stick

Thursday

Country Chicken Salad w/Crackers

Friday

Hawaiian Chicken Salad w/Lemon Bread

HERB/SPICE Cinnamon

Herbs and spices are plants that are used to flavor food. The bark of the cinnamon tree, in powder or stick form, has been valued for both its seasoning and medicinal properties for thousands of years. Makes a great winter warmer drink with a little milk and honey, too!



OF THE MONTH



**Last day of school:
Friday, December 20**

**Classes resume:
Tuesday, January 7**