

Newport News Public Schools-Middle School Menu

menus for

# APRIL 2025

This institution is an equal

Tuesday, April 1
<b>Breakfast</b> Dunkin Stick Fruit-Juice-Milk
<b>Lunch</b> Teriyaki Chicken Bowl w/Fried Rice & Roll Stromboli* Spicy Chicken Patty on Bun
<b>Choose Two:</b> Corn, Broccoli
<b>Choose One:</b> Peach Cup Whole Fresh Fruit

Wednesday, April 2
<b>Breakfast</b> Sausage & Gravy Pizza* Fruit-Juice-Milk
<b>Lunch</b> Nachos w/Roll Boneless Chicken Wings w/Roll Pizza Pinwheels
<b>Choose Two:</b> Refried Beans Roasted Carrot Sticks
<b>Choose One:</b> Strawberry Cup, Fresh Fruit

Thursday, April 3
<b>Breakfast</b> Asst. Mini Pancakes Fruit-Juice-Milk
<b>Lunch</b> Ham Slices w/Stuffing Beef Hot Dog on Bun w/Chili & Cheese Pizza Crunchers
<b>Choose Two:</b> Peas Mashed Potatoes
<b>Choose One:</b> Orange Cup, Fresh Fruit

Friday, April 4
<b>Breakfast</b> Breakfast Benefit Bar Fruit-Juice-Milk
<b>Lunch</b>
<b>Half Day Grab and Go</b>

*Available Daily*

- PBJ-Deli Subs/Wraps
- Yogurt w/String Cheese w/Cheez-its
- Baby Carrots-Garden Salad
- Apple Slices-Cut up Fruit Juice (Tues. & Thurs.)

\*Menu item contains pork

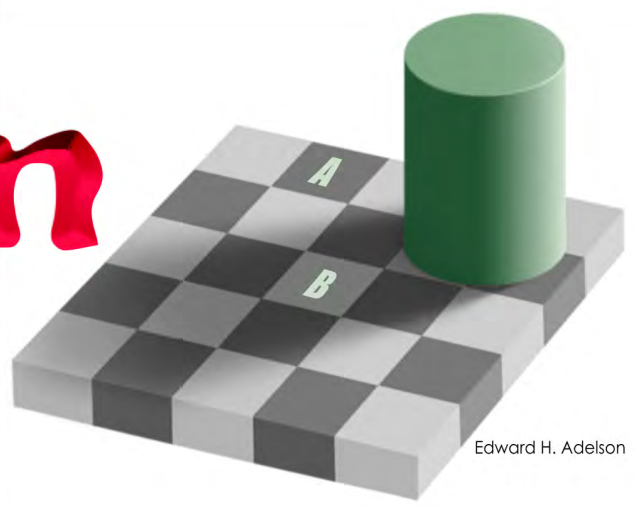
## Spring Break

Break begins at the end of classes:  
**Friday, April 4**

Classes resume:  
**Tuesday, April 15**

# Only an 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".



## NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

**A QUICK BITE FOR PARENTS**



Monday, April 14

**Schools Closed**

**Teacher Planning Day**

Tuesday, April 15

**Breakfast**

Sausage Biscuit\*  
Fruit-Juice-Milk

**Lunch**

Stuffed Crust Pizza  
Chicken Nuggets w/Roll  
Chicken Fajita  
w/Onions & Peppers

**Choose Two:**

Spinach, Corn

**Choose One:**

Pineapple Cup  
Whole Fresh Fruit

Wednesday, April 16

**Breakfast**

Waffle Envy  
Fruit-Juice-Milk

**Lunch**

Walking Nachos  
Crispy Chicken Patty on Bun  
Macaroni & Cheese Bites

**Choose Two:**

Taco Fiesta Beans  
Roasted Butternut Squash

**Choose One:**

Mixed Fruit Cup  
Whole Fresh Fruit

Thursday, April 17

**Breakfast**

Zee Zee Smore Bar  
Fruit-Juice-Milk

**Lunch**

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

**Choose Two:**

Tomato Soup  
Green Beans

**Choose One:**

Peach Cup, Fresh Fruit

Friday, April 18

**Breakfast**

Cinnamon Roll  
Fruit-Juice-Milk

**Lunch**

BBQ\* on Bun  
w/Cornbread Poppers  
Mozzarella Cheese Sticks  
Chicken & Waffles

**Choose Two:**

Cole Slaw  
French Fries

**Choose One:**

Pear Cup, Fresh Fruit



**WHAT AM I?** I have a head but cannot think.  
I have eyes but cannot see.  
I have ears but cannot hear.  
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, April 21

**Breakfast**

Banana Bread  
Fruit-Juice-Milk

**Lunch**

Stuffed Crust Pizza  
Fiesta Hot Pocket  
Spaghetti w/Meat Sauce, Roll

**Choose Two:**

Broccoli  
Sweet Potatoes

**Choose One:**

Mandarin Orange Cup  
Whole Fresh Fruit

Tuesday, April 22

**Breakfast**

Dunkin Stick  
Fruit-Juice-Milk

**Lunch**

Popcorn Chicken Bowl, Roll  
Pizza Calzone\*  
Corn dog Nuggets

**Choose Two:**

Potatoes Au gratin  
Corn

**Choose One:**

Strawberry Cup  
Whole Fresh Fruit

Wednesday, April 23

**Breakfast**

Sausage & Gravy Pizza\*  
Fruit-Juice-Milk

**Lunch**

Bacon Cheeseburger\*  
w/Onion Rings  
Pizza Crunchers  
Chicken Parmesan  
w/Garlic Stick

**Choose Two:**

Tater Tots, Baked Beans

**Choose One:**

Applesauce Cup, Fresh Fruit

Thursday, April 24

**Breakfast**

Asst. Mini Pancakes  
Fruit-Juice-Milk

**Lunch**

Beef/Cheese Taco  
Spicy Chicken Patty on Bun  
Breakfast for Lunch\*  
w/Texas Toast

**Choose Two:**

Hash Browns  
Collard Greens

**Choose One:**

Sliced Apples, Fresh Fruit

Friday, April 25

**Breakfast**

Breakfast Benefit Bar  
Fruit-Juice-Milk

**Lunch**

Buffalo Chicken Dip, Tostitos  
Chicken Wings, Muffin  
Individual Pizza Pie

**Choose Two:**

Steamed Cabbage  
French Fries

**Choose One:**

Pineapple Cup  
Whole Fresh Fruit

Monday, April 28

**Breakfast**

Breakfast Break  
Fruit-Juice-Milk

**Lunch**

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

**Choose Two:**

Sweet Potato Waffle fries  
Green Beans

**Choose One:**

Dole Cup, Fresh Fruit

Tuesday, April 29

**Breakfast**

Sausage Biscuit\*  
Fruit-Juice-Milk

**Lunch**

Teriyaki Chicken Bowl  
w/Fried Rice & Roll  
Stromboli\*  
Spicy Chicken Patty on Bun

**Choose Two:**

Corn, Broccoli

**Choose One:**

Peach Cup  
Whole Fresh Fruit

Wednesday, April 30

**Breakfast**

Waffle Envy  
Fruit-Juice-Milk

**Lunch**

Nachos w/Roll  
Boneless Chicken Wings  
w/Roll  
Pizza Pinwheels

**Choose Two:**

Refried Beans  
Roasted Carrot Sticks

**Choose One:**

Strawberry Cup, Fresh Fruit

