

April 2018

MIDDLE & HIGH LUNCH MENU

Monday

2
CHICKEN
FAJITA WRAPS
BLACK BEANS,
CORN
ASSORTED FRESH
OR
CANNED FRUIT

9
FISH SANDWICH
COLE SLAW
CORN
ASSORTED FRESH
OR
CANNED FRUIT

16
CHICKEN PATTIES
FRIES
ASSORTED FRESH
OR
CANNED FRUIT

23
MEATBALL
SUB
BRUSSELL SPROUTS
ASSORTED FRESH
OR
CANNED FRUIT

30
LOADED FRIES
CARROTEENIES
ASSORTED FRESH
OR
CANNED FRUIT

Tuesday

3
SPAGHETTI
&
MEATBALLS
ROMAINE SALAD
ASSORTED FRESH
OR
CANNED FRUIT
OR
PLAIN BAGEL

10
McNEWFIELD
CHICKEN PATTIE
(LETTUCE, TOMATO,
CHEESE & BACON)
TATER TOTS
ASSORTED FRESH
OR CANNED FRUIT
OR
PLAIN BAGEL

17
BEEF OR CHEESE
RAVIOLI
WG DINNER ROLL
ROMAINE SALAD
ASSORTED FRESH
OR
CANNED FRUIT OR
SALAMI & CHEESE
SANDWICH

24
CHICKEN GRAVY
& BISCUITS
BEETS
ASSORTED FRESH
OR
CANNED FRUIT
OR
PLAIN BAGEL

Wednesday

4
CHEESEBURGER
SWEET POTATO
FRIES
ASSORTED FRESH
OR
CANNED FRUIT
OR
CHICKEN SALAD WRAP

11
BEEFY NOODLE
PEAS
ASSORTED FRESH
OR
CANNED FRUIT
OR
HAM & CHEESE
SANDWICH

18
McNEWFIELD SANDWICH (EGG PATTI & CHEESE ON ENGLISH MUFFIN)
HASH BROWNS, SAUSAGE
ASSORTED FRESH
OR CANNED FRUIT
OR
SPICY BUFFALO
CHICKEN WRAP

25
FRENCH TOAST
STICKS, SAUSAGE
HASH BROWNS
ASSORTED FRESH
OR CANNED FRUIT
OR
CHICKEN SALAD WRAP

Thursday

5
CHICKEN
NUGGETS
BUTTER CARROTS
ASSORTED FRESH
OR CANNED FRUIT
OR
HAM & CHEESE
SANDWICH

12
BAKED CHICKEN
MASHED POTATOES,
GRAVY, GREEN BEANS
ASSORTED FRESH
OR
CANNED FRUIT
OR
EGG SALAD WRAP

19
TACO SALAD
CORN &
BLACK BEANS
ASSORTED FRESH
OR
CANNED FRUIT
OR
CHEESE BAGEL

26
CHICKEN PARMESAN
SANDWICH
ROMAINE SALAD
ASSORTED FRESH
OR
CANNED FRUIT
OR
TURKEY & CHEESE
SANDWICH

Friday

6
PIZZA
ROMAINE SALAD W/
CHICK PEAS
ASSORTED FRESH
OR
CANNED FRUIT
OR
TUNA SALAD WRAP

13
TURKEY
SUB
HOMEMADE SOUP
CARROTS
ASSORTED FRESH
OR
CANNED FRUIT

20
MAC & CHEESE
W/G ROLL
MIXED VEGGIES
ASSORTED FRESH
OR
CANNED FRUIT
OR
TUNA SALAD SANDWICH

27
SLOPPY JOE
BAKED BEANS
ASSORTED FRESH
OR
CANNED FRUIT
OR
EGG SALAD SANDWICH

Breakfast

**Free for All students
6th - 12th grade**

Breads are whole grain,
wheat or whole grain white

Milk: 1%, Low Fat Choc.
& Skim

OFFERED DAILY:
SALAD BAR, PBJ &
YOGURTS

**All meals
require at least
one fruit or
vegetable
choice!**

Meal Prices:

Middle/High- \$2.25
Extra Meal Middle/High- \$2.75
Extra Portions - \$.75-\$1.50
Ice cream- \$.70-\$1.50
Snacks - \$.70-\$1.50
Milk or Juice - \$.65

Menu subject to change
depending on availability
of food product.

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Did You Know...

The Romans called this month Aprilis which may derive from the verb aperire meaning "to open", referring to flowers and fruits opening.