

SEPTEMBER 2018

Middle & High Lunch Menu

MONDAY

NO SCHOOL **3**

LABOR DAY

10
TACO SALAD
CORN & BLACK BEANS
ASSORTED FRESH
OR
CANNED FRUIT

17
NEW: HOT GRILLED CHICKEN STRIPS & CHEESE SUB
CARROTEENIES
ASSORTED FRESH
OR
CANNED FRUIT

24
TURKEY GRAVY OVER RICE
STEAMED BROCCOLI
ASSORTED FRESH
OR
CANNED FRUIT

TUESDAY

4
BREAKFAST IS FREE!
LUNCH IS \$2.45
ICE CREAM & SNACKS RANGE
\$.75 - \$1.75

11
MAC & CHEESE W/WG ROLL
MIXED VEGGIES
ASSORTED FRESH
AND CANNED FRUIT
OR
HAM & CHEESE SANDWICH

18
HAMBURGER FRIES
ASSORTED FRESH
OR
CANNED FRUIT
OR
HAM & CHEESE SANDWICH

25
MEATBALL SUB
GREEN BEANS
ASSORTED FRESH
OR
CANNED FRUIT
OR
BUFFALO CHICKEN SALAD WRAP

WEDNESDAY

5
STAFF DAY ONLY
WELCOME BACK STUDENTS

12
ITALIAN DUNKERS W/ DIPPING SAUCE
PEAS
ASSORTED FRESH
OR
CANNED FRUIT
OR
TUNA SALAD SANDWICH

19
SCALLOPED POTATOES & HAM
CRISP ROMAINE SALAD
ASSORTED FRESH
OR
CANNED FRUIT
OR
CHICKEN SALAD WRAP

26
CHICKEN NUGGETS
MIXED VEGGIES
ASSORTED FRESH
OR
CANNED FRUIT
OR
TURKEY SANDWICH

THURSDAY

6
CHICKEN NUGGETS
INCREDIBLES CARROTS
ASSORTED FRESH
OR
CANNED FRUIT
INCREDIBOY CHEESY BAGEL

13
SPAGHETTI & MEATBALLS
ROMAINE SALAD
ASSORTED FRESH
OR
CANNED FRUIT
TURKEY & CHEESE SANDWICH

20
BUILD YOUR OWN
TURKEY WRAP
CORN
ASSORTED FRESH
OR
CANNED FRUIT

27
TOASTED CHEESE & TOMATO SOUP
CARROTEENIES
ASSORTED FRESH
OR CANNED FRUIT OR
PLAIN BAGEL

FRIDAY

7
CHEESEBURGER
TATER TOTS
ASSORTED FRESH
OR
CANNED FRUIT
OR
CHICKEN SALAD WRAP

14
FRENCH TOAST STICKS, SAUSAGE
HASH BROWNS
CARROT STICKS
ASSORTED FRESH OR
CANNED FRUIT
OR
EGG SALAD SANDWICH

21
CHICKEN GRAVY & BISCUITS
BEETS
ASSORTED FRESH
OR
CANNED FRUIT
OR
TUNA SALAD SANDWICH

28
PIZZA
ROMAINE SALAD W/ CHICK PEAS
ASSORTED FRESH
OR
CANNED FRUIT
OR
EGG SALAD ON A BUN

TURN IN YOUR FREE & REDUCE APPLICATION FOR THE NEW SCHOOL YEAR.

For the form here:
<http://www.newfieldschools.org/districtpage.cfm?pageid=821>.

Return to Robin Wood,
Thank You.

PLEASE NOTE:
LUNCH PRICE HAS INCREASED TO \$2.45

MEAL PRICES:
Breakfast - NO CHARGE
Extra Breakfast- \$1.50
Middle & High -Lunch \$2.45
Reduced \$.25

Extra Meal:
Elem- \$2.75
Extra Portions - \$.75- \$1.50
Ice cream- \$.75- \$1.75
Snacks - \$.75- \$1.75
Milk or Juice - \$.65

OFFERED DAILY: PBJ, YOGURTS, SALAD

*Breads are whole grain, wheat or whole grain white

Milk: 1%, Low Fat Choc. & Skim

Menu subject to change depending on availability of food product.
USDA is an equal opportunity provider and employer.

DID YOU KNOW...

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.