

September 2020

Newfield Elementary School

LUNCH



School Information: All breakfast and lunches are free for K-5. Please submit your free and reduce application by September 30th. Application can be found on our school website.



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Please Note: Menu is subject to change depending on availability of food product.

Tuesday

Welcome
Back!!!

Wednesday

Wear your mask
And remember to social
Distance!

Thursday

Breads are Whole
Grain, Wheat or Whole
Grain White

Friday

Milk is 1%, Low Fat
Chocolate or Skim

Labor Day!
No School!

Chicken Patty on a
Bun
Veggies, Fruit, Milk

Meatball Sub
Veggies, Fruit, Milk

Ham & Cheese
Sandwich
Veggies, Fruit, Milk

Turkey & Cheese
Sub
Veggies, Fruit, Milk

Cold Cheese
Sandwich
Veggies, Fruit, Milk

Chicken Nuggets
Veggies, Fruit, Milk

Ham & Cheese
Sandwich
Veggies, Fruit, Milk

Hamburger on a
Bun
Veggies, Fruit, Milk

Turkey & Cheese Sub
Veggies, Fruit, Milk

Sloppy Joes
Sandwich
Veggies, Fruit, Milk

Chicken Patty on
a Bun
Veggies, Fruit, Milk

Ravioli with
Dinner Roll
Veggies, Fruit, Milk

Mac & Cheese with
Dinner Roll
Veggies, Fruit, Milk

Hamburger on a Bun
Veggies, Fruit, Milk

Chili and Chips
Veggies, Fruit, Milk

