

Menus for May



Newport News Public Schools High School Menu

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

Breakfast Menu

Monday

Bake Crafters Waffle Sandwich

Smoothie w/Muffin

Tuesday

Blueberry Muffin

Bacon Breakfast Pocket*

Wednesday

French Toast Sticks, Zee Zee's Breakfast Bar

Thursday

Mini Pancakes, Dunkin Stick

Friday

Chicken Biscuit

Benefit Bar

***Additional Breakfast Items Served Daily:**

Cereal, Banana Bread, Cereal Bar

Featured Specials of the Day

Wednesday, May 1

Nachos w/Roll OR Sal's Pizza
OR Boneless Chicken Wings w/Roll
Refried Beans, Roasted Carrot Sticks
Pear Cup

Thursday, May 2

Roasted Chicken Leg w/Cornbread Muffin OR
Beef Hot Dog on Bun w/Chili & Cheese OR Pizza Crunchers
Mashed Potatoes w/Gravy, Baked Beans
Mandarin Orange Cup

Friday, May 3

Crispy Chicken Patty on Bun OR
Bacon Cheeseburger* OR Garlic French Bread
French Fries, Mixed Vegetables
Mixed Berry Fruit Cup

Monday, May 6

Corndog Nuggets OR Pizza Quesadilla OR
Manager's Choice
Potatoes Au gratin, Green Beans
Applesauce Cup

Tuesday, May 7

Sal's Pizza OR Chicken Nuggets w/Roll
OR Chicken Fajita w/Onions & Peppers
Corn, Spinach
Pineapple Cup

Wednesday, May 8

Walking Nachos OR Crispy Chicken Patty on Bun
OR Beef Sliders
Fiesta Black Beans, Roasted Butternut Squash
Dole Fruit Gel Cup

Thursday, May 9

Buffalo Chicken Tot Bake w/Garlic Stick OR
Cheese Stuffed Bread Sticks OR Pretzel Dog
Broccoli, Tomato Soup
Peach Cup

Friday, May 10

Bar-B-Que Plate w/Cornbread Poppers OR
Mozzarella Cheese Sticks OR Chicken & Waffles
Cole Slaw, French Fries
Pear 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

Cut up Fruit

Apple Slices

Juice

Fat Free Chocolate,

White Skim Milk and 1% White Milk

***Menu item may contain pork**

Students may take 2 Veg and 2 Fruits

CINCO de MAYO

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!

Salad of the Day

Monday - Chef's Salad* w/Garlic Stick
Tues - Country Chicken Salad w/Crackers
Wed - Southwestern Chicken Salad
w/Cornbread Muffin
Thurs - BLT Salad* w/Garlic Stick
Fri - Hawaiian Chicken Salad w/Lemon Bread

Featured Specials of the Day

Monday, May 20

Chicken & Gravy over Rice w/Roll OR
Buffalo Chicken Pizza OR
Meatball Sub
Sweet Potato Waffle Fries, Green Peas
Dole Fruit Gel Cup

Tuesday, May 21

Teriyaki Chicken Bowl w/Fried Rice & Roll OR
Stromboli* OR
Spicy Chicken Patty on Bun
Corn, Broccoli
Peach Cup

Wednesday, May 22

Nachos w/Roll OR
Boneless Chicken Wings w/Roll OR
Sal's Pizza
Refried Beans, Roasted Carrot Sticks
Pear Cup

Thursday, May 23

Roasted Chicken Leg w/Cornbread Muffin OR
Beef Hot Dog on Bun w/Chili & Cheese OR
Pizza Crunchers
Mashed Potatoes w/Gravy, Baked Beans
Mandarin Orange Cup

Friday, May 24

Crispy Chicken Patty on Bun OR
Bacon Cheeseburger * OR
Garlic French Bread
French Fries, Mixed Vegetables
Mixed Berry Fruit Cup



Featured Specials of the Day

Monday, May 13

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

Tuesday, May 14

Popcorn Chicken Bowl w/Roll OR Pizza Calzone OR
Corn dog Nuggets
Mashed Potatoes w/Gravy, Corn
Dole Fruit Gel Cup

Wednesday, May 15

Bacon Cheeseburger* OR Pizza Crunchers OR
Chicken Wings w/Cornbread Muffin
Onion Rings & Hash Brown, Baked Beans
Applesauce Cup

Thursday, May 16

Beef/Cheese Taco OR Spicy Chicken Patty on Bun OR
Breakfast for Lunch* w/Apple Cinnamon Texas Toast
Hash Browns, Collard Greens
Spiced Apples

Friday, May 17

Buffalo Chicken Dip w/Tostito Bag OR
Chicken Parmesan w/Garlic Stick OR
Individual Pizza Pie
Steamed Cabbage, French Fries
Pineapple Cup

Featured Specials of the Day

Monday, May 27

Memorial Day - Schools Closed

Tuesday, May 28

Sal's Pizza OR
Chicken Nuggets w/Roll OR
Chicken Fajita w/Onions & Peppers
Corn, Spinach
Pineapple Cup

Wednesday, May 29

Walking Nachos OR
Crispy Chicken Patty on Bun OR
Beef Sliders
Fiesta Black Beans, Roasted Butternut Squash
Dole Fruit Gel Cup

Thursday, May 30

Buffalo Chicken Tot Bake w/Garlic Stick OR
Cheese Stuffed Bread Sticks OR
Pretzel Dog
Broccoli, Tomato Soup
Peach Cup

Friday, May 31

Bar-B-Que Plate w/Cornbread Poppers OR
Mozzarella Cheese Sticks OR
Chicken & Waffles
Cole Slaw, French Fries
Pear Cup

**Please see the other page
for items available daily**