**Breakfast Bites!**

What’s the best thing you can give your family for Holiday breakfast? **A great big “Quiche,” of course!** Quiche sounds very complicated and French and difficult, but it’s really **super easy to make.** Use a pre-made pie crust, and add any combination of meat, cheese, and veggies, like this tomato and zucchini version. **You can even make it ahead of time and reheat it.** And it looks great on the holiday table – not that it will stay there for long!

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**Monday, December 2**
- Sausage on Bun, Fudge Poptart Breakfast Break, Cereal w/Grahams
- Juice-Fruit-Milk

**Additional Offerings**
- Raspberry Crème Bar
  - Banana Bread
  - Appleway Bar

**Tuesday, December 3**
- Cinnamon Cream Cheese Bagel,
  - Sausage n’ Pancake on a Stick
  - Cereal w/Grahams
- Juice-Fruit-Milk

**Additional Offerings**
- Raspberry Crème Bar
  - Banana Bread
  - Appleway Bar

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**Wednesday, December 4**
- Zee Zee’s Smore Breakfast Bar,
  - French Toast Sticks,
  - Cereal w/Grahams
- Juice-Fruit-Milk

**Additional Offerings**
- Raspberry Crème Bar
  - Banana Bread
  - Appleway Bar

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**Thursday, December 5**
- Yogurt Parfait, and or Fruit Smoothie
  - Mini Pancakes,
  - Cereal w/Grahams
- Juice-Fruit-Milk

**Additional Offerings**
- Raspberry Crème Bar
  - Banana Bread
  - Appleway Bar

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**Friday, December 6**
- Chicken Biscuit, Benefit Bar,
  - Cereal w/Grahams
- Juice-Fruit-Milk

**Additional Offerings**
- Raspberry Crème Bar
  - Banana Bread
  - Appleway Bar

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**First things First**

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**Brain Ticklers**

What do you always have to break before you can use it?
(Turn the page upside down and read it in a mirror for the answer!)
From
Cathy Alexander, Director of School Nutrition;
Newport News Public Schools
& the School Nutrition Staff at your school

### Monday, December 9
- Sausage on Bun, Fudge Poptart Breakfast Break, Cereal w/Grahams
- Juice-Fruit-Milk

### Additional Offerings
- Raspberry Crème Bar
- Banana Bread
- Appleway Bar

### Tuesday, December 10
- Cinnamon Cream Cheese Bagel, Sausage n’ Pancake on a Stick, Cereal w/Grahams
- Juice-Fruit-Milk

### Additional Offerings
- Raspberry Crème Bar
- Banana Bread
- Appleway Bar

### Wednesday, December 11
- Zee Zee’s Smore Breakfast Bar, French Toast Sticks, Cereal w/Grahams
- Juice-Fruit-Milk

### Additional Offerings
- Raspberry Crème Bar
- Banana Bread
- Appleway Bar

### Thursday, December 12
- Yogurt Parfait, and or Fruit Smoothie Mini Pancakes, Cereal w/Grahams
- Juice-Fruit-Milk

### Additional Offerings
- Raspberry Crème Bar
- Banana Bread
- Appleway Bar

### Friday, December 13
- Chicken Biscuit, Benefit Bar, Cereal w/Grahams
- Juice-Fruit-Milk

### Additional Offerings
- Raspberry Crème Bar
- Banana Bread
- Appleway Bar

### Monday, December 16
- Sausage on Bun, Fudge Poptart Breakfast Break, Cereal w/Grahams
- Juice-Fruit-Milk

### Additional Offerings
- Raspberry Crème Bar
- Banana Bread
- Appleway Bar

### Tuesday, December 17
- Cinnamon Cream Cheese Bagel, Sausage n’ Pancake on a Stick, Cereal w/Grahams
- Juice-Fruit-Milk

### Additional Offerings
- Raspberry Crème Bar
- Banana Bread
- Appleway Bar

### Wednesday, December 18
- Zee Zee’s Smore Breakfast Bar, French Toast Sticks, Cereal w/Grahams
- Juice-Fruit-Milk

### Additional Offerings
- Raspberry Crème Bar
- Banana Bread
- Appleway Bar

### Thursday, December 19
- Yogurt Parfait, and or Fruit Smoothie Mini Pancakes, Cereal w/Grahams
- Juice-Fruit-Milk

### Additional Offerings
- Raspberry Crème Bar
- Banana Bread
- Appleway Bar

### Friday, December 20
- Chicken Biscuit, Benefit Bar, Cereal w/Grahams
- Juice-Fruit-Milk

### Additional Offerings
- Raspberry Crème Bar
- Banana Bread
- Appleway Bar
Featured Specials of the Day

Monday, December 2
Asian Bowl w/Roll
Meat Lovers Pizza, Steak & Cheese Sub w/Peppers & Onions
Broccoli, Sweet Potatoes,
Sliced Peaches, Fresh Fruit

Tuesday, December 3
Popcorn Chicken Bowl w/Roll,
Pizza Calzone, Corn dog Nuggets,
Mashed Potatoes w/Gravy, Corn,
Applesauce, Fresh Fruit

Wednesday, December 4
Shrimp Poppers & Fish Sticks w/Roll,
Bacon Cheeseburger, Pizza Crunchers,
Green Beans, Baked Beans,
Diced Pears, Fresh Fruit

Thursday, December 5
Spicy Chicken Patty on Bun,
Beef & Cheese Soft Taco, Breakfast for Lunch*,
Hash Brown Potatoes, Collard Greens,
Spiced Apples, Fresh Fruit

Friday, December 6
Manager’s Choice
Sidewinder Fries, Steamed Cabbage,
Pineapple Chunks, Fresh Fruit

Featured Specials of the Day

Monday, December 9
Buffalo Chicken Pizza,
Turkey & Gravy over Rice, Meatball Sub,
Sweet Potato Waffle Fries, Green Peas,
Diced Pears, Fresh Fruit

Tuesday, December 10
Teriyaki Chicken Bowl w/Roll,
Ham & Cheese Rippers, Spicy Chicken Patty on Bun,
Corn, Broccoli,
Mixed Fruit Cup, Fresh Fruit

Wednesday, December 11
Nachos w/Chili, Cheese & Roll,
Chicken Fajita with Onions and Peppers, Uno Pizza,
Refried Beans, Spinach,
Sliced Peaches, Fresh Fruit

Thursday, December 12
Breaded Chicken w/Roll,
Beef Hot Dog on Bun w/Chili & Cheese, Pizza Crunchers,
Mashed Potatoes w/Gravy, Baked Beans,
Applesauce, Fresh Fruit

Friday, December 13
Chicken Patty on Bun,
Bacon Cheeseburger, Garlic Cheesy Bread,
French Fries, Mixed Vegetables,
Pineapple Chunks, Fresh Fruit

Available Daily
Salad Bar
Deli Subs & Wraps (including veg.)
Yogurt & String Cheese w/Cheez-its
PB&J Uncrustables
Yogurt Parfaits
Baby Carrots
Apple Slices
1 cup of Garden Salad
Fat Free Chocolate, Strawberry,
White Skim Milk and 1% White Milk
Juice

*Menu item contains pork
Students may take 2 Vegetables & 2 Fruits

Newport News Public Schools
High School Menu

Menus for December 2019

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

COLD ≠ COLD.
Cold weather doesn’t cause colds — viruses do! Same with the flu. Of course, you should always dress appropriately outdoors for comfort and to avoid frostbite (in other words, put your coat on!) But if you don’t want to get sick, you should remember to wash your hands!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

BIG BIRD MOVE OVER! THE BIGGEST BIRD THAT EVER EXISTED ON EARTH WAS TEN FEET TALL AND WEIGHED HALF A TON! THIS MONSTER, KNOWN AS THE ELEPHANT BIRD, WAS FIGHTLESS, NEARLY BLIND, AND ONLY CAME OUT AT NIGHT. IT PROWLED THE TROPICAL RAINFORESTS OF MADAGASCAR, A REMOTE ISLAND OFF THE COAST OF AFRICA, AND IT DIDN’T JUST LIVE IN DINOSAUR DAYS – THE ELEPHANT BIRD MAY STILL HAVE BEEN STOMPING AROUND JUST 500 YEARS AGO!

STRANGE BUT TRUE?
Monday, December 16
- Teriyaki Chicken Bowl, w/Roll,
- Corn Dog Nuggets, Pizza Quesadilla,
- Broccoli, Green Beans,
- Pineapple Chunks, Fresh Fruit

Tuesday, December 17
- Spaghetti w/ Meat Sauce & Roll,
- Uno Pizza, Chicken Nuggets w/Roll,
- Corn, Spinach,
- Applesauce, Fresh Fruit

Wednesday, December 18
- Vegetable Beef Soup w/Grilled Cheese Sandwich
- Chicken Patty on Bun, Buffalo Pizza Crunchers,
- Fiesta Black Beans, Butternut Squash
- Diced Pears, Fresh Fruit

Thursday, December 19
- Turkey Chunks w/Gravy or Sliced Ham w/Dressing & Roll
- Lasagna w/Roll, Cheese Stuffed Bread Sticks,
- Seasoned Green Beans, Yams,
- Cranberry Sauce, Fruit Cup, Fresh Fruit

Friday, December 20
- Mozzarella Cheese Sticks,
- Chicken & Waffles, Bar-b-Que on Bun
- Coleslaw, French Fries,
- Mixed Fruit Cup, Fresh Fruit