### BREAKFAST MENU FOR SEPTEMBER 2019

This institution is an equal opportunity provider. Menu is subject to change.

#### First things First

**Featuring Healthy Fruits & Grains!**

<table>
<thead>
<tr>
<th>Monday, September 2</th>
<th>Tuesday, September 3</th>
<th>Wednesday, September 4</th>
<th>Thursday, September 5</th>
<th>Friday, September 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labor Day</td>
<td>Sausage on Bun*</td>
<td>Maple Mini Pancakes</td>
<td>Zee Zee's Breakfast Bar</td>
<td>Cinnamon Cream Cheese</td>
</tr>
<tr>
<td>No Meals Served</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Bagel Juice-Fruit-Milk</td>
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<tr>
<th>Monday, September 9</th>
<th>Tuesday, September 10</th>
<th>Wednesday, September 11</th>
<th>Thursday, September 12</th>
<th>Friday, September 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana Bread</td>
<td>Sausage N’Pancake Stick*</td>
<td>Raspberry Crème Bar</td>
<td>Blueberry Mini Pancakes</td>
<td>Breakfast Benefit Bars</td>
</tr>
<tr>
<td>Juice-Fruit-Milk</td>
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<tr>
<th>Monday, September 16</th>
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<th>Wednesday, September 18</th>
<th>Thursday, September 19</th>
<th>Friday, September 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appleway Bar</td>
<td>Sausage on Bun*</td>
<td>Maple Mini Pancakes</td>
<td>Zee Zee's Breakfast Bar</td>
<td>Cinnamon Cream Cheese</td>
</tr>
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<table>
<thead>
<tr>
<th>Monday, September 30</th>
</tr>
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<tbody>
<tr>
<td>Appleway Bar</td>
</tr>
<tr>
<td>Juice-Fruit-Milk</td>
</tr>
</tbody>
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Get in touch with us today to learn more about free and reduced-price lunches in our district:

757-881-5030 or nancy.campbell@nn.k12.va.us
**BACK TO SCHOOL**

Menus for September 2019

Newport News Public Schools Middle School Menu

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**Available Daily**

- PB&J Uncrustable
- Deli Subs and Wraps
- Baby Carrots
- Apple Slices
- 1 cup of Garden Salad
- Yogurt Parfait
- Yogurt, String Cheese & Cheez-its
- Fat Free Chocolate, Strawberry, White Skim Milk and 1% White Milk Juice (Tues. & Thurs.)

*Menu item contains pork
Students may take 2 Vegetables & 1 Fruit

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**DON'T 4 GET!**

To make a lunch, choose at least one

- **Fruit/Juice**
- **Veggie**

**and 3-5 items total**

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**NEWPORT NEWS PUBLIC SCHOOLS CHILD NUTRITION SERVICES**

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**Featured Specials of the Day**

**Monday, September 2**

**Labor Day**

**Tuesday, September 3**

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

**Wednesday, September 4**

- Walking Nachos w/Chili & Cheese,
- Chicken Patty on Bun, Buffalo Pizza Crunchers,
- Fiesta Black Beans, Butternut Squash
- Diced Pears, Fresh Fruit

**Thursday, September 5**

- Breaded Chicken w/Roll,
- Lasagna w/Roll, Cheese Stuffed Bread Sticks,
- Potatoes Au Gratin, Cherry Tomatoes,
- Sliced Peaches, Fresh Fruit

**Friday, September 6**

- Mozzarella Cheese Sticks,
- Manager’s Choice, Chicken & Waffles,
- Cole Slaw, French Fries,
- Mixed Fruit Cup, Fresh Fruit

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Monday, September 16
Buffalo Chicken Pizza,
Chicken & Gravy over Rice w/Roll, Meatball Sub,
Sweet Potato Waffle Fries, Green Peas,
Diced Pears, Fresh Fruit

Tuesday, September 17
Teriyaki Chicken Bowl w/Roll,
Ham & Cheese Rippers, Spicy Chicken Patty on Bun,
Corn, Broccoli,
Mixed Fruit Cup, Fresh Fruit

Wednesday, September 18
Nachos w/Chili, Cheese & Roll,
Chicken Fajita with Onions and Peppers, Uno Pizza,
Refried Beans, Spinach,
Sliced Peaches, Fresh Fruit

Thursday, September 19
Breaded Chicken w/Roll,
Pizza Crunchers, Hot Dog on Bun w/Chili and Cheese,
Mashed Potatoes w/Gravy, Baked Beans,
Applesauce, Fresh Fruit

Friday, September 20
Chicken Patty on Bun,
Bacon Cheeseburger, Garlic Cheesy Bread,
French Fries, Mixed Vegetables,
Pineapple Chunks, Fresh Fruit

Monday, September 23
Teriyaki Chicken Bowl w/Roll,
Corn Dog Nuggets, Pizza Quesadilla,
Broccoli, Green Beans,
Pineapple Chunks, Fresh Fruit

Tuesday, September 24
Spaghetti w/ Meat Sauce & Roll,
Uno Pizza, Chicken Nuggets w/Roll,
Corn, Spinach,
Applesauce, Fresh Fruit

Wednesday, September 25
Walking Nachos w/Chili, Cheese
Chicken Patty on Bun, Buffalo Pizza Crunchers,
Fiesta Black Beans, Butternut Squash
Diced Pears, Fresh Fruit

Thursday, September 26
Breaded Chicken w/Roll,
Bacon Cheeseburger, Garlic Cheesy Bread,
French Fries, Mixed Vegetables,
Pineapple Chunks, Fresh Fruit

Friday, September 27
Mozzarella Cheese Sticks,
B-B-Q on Bun*, Chicken & Waffles,
Cole Slaw, French Fries,
Mixed Fruit Cup, Fresh Fruit

Monday, September 30
Asian Bowl w/Roll,
Meat Lovers Pizza, Steak & Cheese Sub w/Peppers & Onions
Broccoli, Sweet Potatoes,
Sliced Peaches, Fresh Fruit

Monday, September 9
Asian Bowl w/Roll,
Meat Lovers Pizza, Steak & Cheese Sub w/Peppers & Onions
Broccoli, Sweet Potatoes,
Sliced Peaches, Fresh Fruit

Tuesday, September 10
Popcorn Chicken Bowl w/Roll,
Pizza Calzone, Corndog Nuggets,
Mashed Potatoes w/Gravy, Corn,
Applesauce, Fresh Fruit

Wednesday, September 11
Shrimp Poppers & Fish Sticks w/Roll,
Bacon Cheeseburger, Pizza Crunchers,
Green Beans, Baked Beans,
Diced Pears, Fresh Fruit

Thursday, September 12
Spicy Chicken Patty on Bun,
Beef & Cheese Soft Taco, Breakfast for Lunch*,
Hash Brown Potatoes, Collard Greens,
Spiced Apples, Fresh Fruit

Friday, September 13
Chicken Parmesan over Spaghetti w/Garlic Knot,
Individual Pizza Pie, Chicken Wings w/Garlic Knot,
Sidewinder Fries, Steamed Cabbage,
Pineapple Chunks, Fresh Fruit

Monday
Chef Salad*

Tuesday
Country Chicken Salad

Wednesday
Southwestern Chicken Salad

Thursday
BLT Salad w/Garlic Knot*

Friday
Country Chicken Salad