

Menus for April 2025

Newport News Public Schools High School Menu

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

Breakfast Menu

Monday

**Bake Crafters Waffle Sandwich
Mini Pancakes or Cereal**

Tuesday

**Bacon Breakfast Pocket*
Blueberry Muffin or Cereal**

Wednesday

**French Toast Sticks
Zee Zee's Smore Bar or Cereal**

Thursday

**Sausage and Gravy Pizza*
Dunkin Stick or Cereal**

Friday

**Chicken Biscuit
Benefit Bar or Cereal**

Featured Specials of the Day

Tuesday, April 1

Teriyaki Chicken Bowl w/Fried Rice & Roll OR
Buffalo Chicken Pizza OR
Spaghetti w/Meatballs
Corn, Broccoli ~ Peach Cup

Wednesday, April 2

Nachos w/Roll OR
Boneless Chicken Wings w/Roll OR
Pizza Pinwheels
Refried Beans, Roasted Carrot Sticks ~ Pear Cup

Thursday, April 3

Ham Slices w/Stuffing OR
Beef Hot Dog on Bun w/Chili & Cheese OR
Pizza Crunchers
Mashed Potatoes, Peas ~ Mandarin Orange Cup

Friday, April 4

Half Day-Grab and Go

STATE OF MIND.

Physical activity isn't just good for your body.
Regular exercise has been shown to help guard
the mind against depression, too.



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

Available Daily

Deli Subs & Wraps

PBJ Uncrustable

Yogurt Parfait

Yogurt w/String Cheese w/Cheez-its

1 Cup Garden Salad

Baby Carrots

Whole fresh fruit

Apple Slices

Juice

**Fat free Chocolate, White Skim Milk
And 1% White Milk**

***Menu item may contain pork**



Break begins at the end of classes:

Friday, April 4

Classes resume:

Tuesday, April 15

Featured Specials of the Day

Monday, April 14

Schools Closed-Teacher Planning Day

Tuesday, April 15

Stuffed Crust Pizza OR Chicken Nuggets w/Roll OR
Chicken Fajita w/Onions & Peppers
Corn, Spinach ~ Pineapple Cup

Wednesday, April 16

Walking Nachos OR Crispy Chicken Patty on Bun OR
Macaroni & Cheese Bites
Taco Fiesta Beans, Roasted Butternut Squash
Mixed Fruit Cup

Thursday, April 17

Buffalo Chicken Tot Bake w/Garlic Stick OR
Cheese Stuffed Bread Sticks OR
Spicy Chicken Tenders

Tomato Soup, Green Beans ~ Peach Cup

Friday, April 18

BBQ* on Bun w/Cornbread Poppers OR
Mozzarella Cheese Sticks OR Chicken & Waffles
Cole Slaw, French Fries ~ Pear Cup

Salad of the Day

Monday

Chef's Salad* w/Garlic Stick

Tuesday

Country Chicken Salad w/Crackers

Wednesday

BLT Salad* w/Garlic Stick

Thursday

Country Chicken Salad w/Crackers

Friday

Hawaiian Chicken Salad w/Crackers

Featured Specials of the Day

Monday, April 21

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

Tuesday, April 22

Popcorn Chicken Bowl w/Roll OR Pizza Calzone* OR
Corndog Nuggets

Au gratin Potatoes, Corn ~ Strawberry Cup

Wednesday, April 23

Bacon Cheeseburger* w/Onion Rings OR Pizza Crunchers
OR Chicken Parmesan w/Garlic Stick
Tator Tots, Baked Beans ~ Applesauce Cup

Thursday, April 24

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

Friday, April 25

Buffalo Chicken Dip w/Tostitos OR Individual Pizza Pie
OR Chicken Wings w/Cornbread Muffin
Steamed Cabbage, French Fries ~ Pineapple Cup

Monday, April 28

Chicken & Gravy over Rice w/Roll OR Buffalo Chicken Pizza
OR Spaghetti w/Meatballs
Sweet Potato Waffle Fries, Green Beans ~ Dole Fruit Cup

Tuesday, April 29

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

Wednesday, April 30

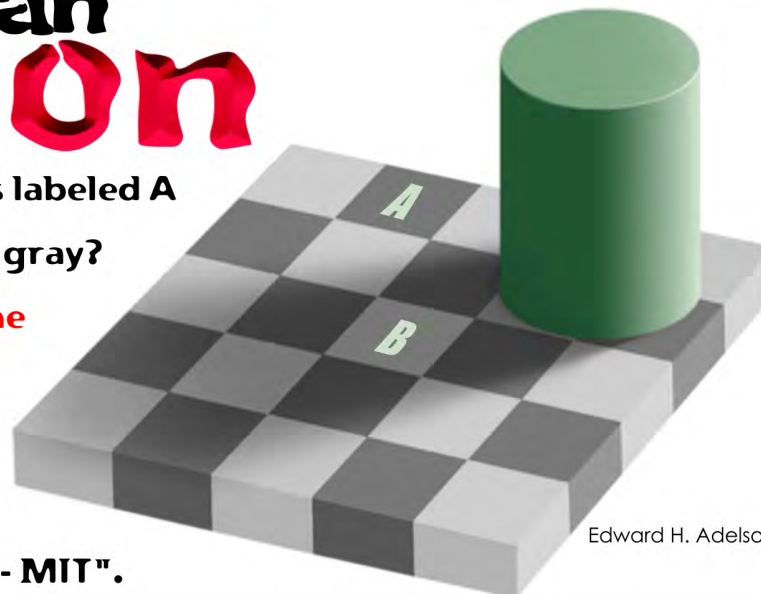
Nachos w/Roll OR Pizza Pinwheels OR
Boneless Chicken Wings w/Roll
Refried Beans, Roasted Carrot Sticks ~ Pear Cup

Only an Illusion

Do you think the two squares labeled A and B are different shades of gray?

Guess what? **They're the same**

color! If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson

Please see the other page for items available daily