

Newport News Public Schools New Horizons Menu

menus for

APRIL 2025

This institution is an equal

Tuesday, April 1

Breakfast

Dunkin Stick
Fruit-Juice-Milk

Lunch

Teriyaki Chicken Bowl
w/Fried Rice & Roll
Stromboli*

Choose Two:

Corn
Broccoli

Choose One:

Peach Cup
Whole Fresh Fruit

Wednesday, April 2

Breakfast

Sausage & Gravy Pizza*
Fruit-Juice-Milk

Lunch

Nachos w/Roll
Pizza Pinwheels

Choose Two:

Refried Beans
Roasted Carrot Sticks

Choose One:

Pear Cup
Whole Fresh Fruit

Thursday, April 3

Breakfast

Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch

Beef Hot Dog on Bun
w/Chili & Cheese
Pizza Crunchers

Choose Two:

Mashed Potatoes w/Gravy
Baked Beans

Choose One:

Mandarin Orange Cup
Whole Fresh Fruit

Friday, April 4

Breakfast

Breakfast Benefit Bar
Fruit-Juice-Milk

Lunch

Half Day-Grab and Go

Available Daily

Nonfat Milk

Low-fat White Milk

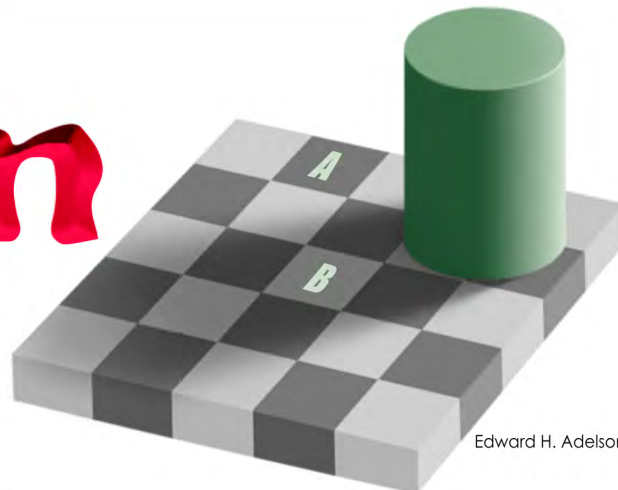
Low-fat Chocolate Milk

*Menu item may
contain pork



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

NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

A QUICK BITE FOR PARENTS

Monday, April 14

Schools Closed

Teacher Planning Day

Tuesday, April 15

Breakfast
Sausage Biscuit*
Fruit-Juice-Milk

Lunch
Stuff Crust Pizza
Chicken Nuggets w/Roll

Choose Two:
Corn
Spinach

Choose One:
Pineapple Cup
Whole Fresh Fruit

Wednesday, April 16

Breakfast
Waffle Envy
Fruit-Juice-Milk

Lunch
Crispy Chicken Patty on Bun
Macaroni & Cheese Bites

Choose Two:
Taco Fiesta Beans
Roasted Butternut Squash

Choose One:
Mixed Fruit Cup
Whole Fresh Fruit

Thursday, April 17

Breakfast
Zee Zee Smore Bar
Fruit-Juice-Milk

Lunch
Cheese Stuffed Bread Sticks
Spicy Chicken Tenders w/Roll

Choose Two:
Tomato Soup
Green Beans

Choose Two:
Peach Cup
Whole Fresh Fruit

Friday, April 18

Breakfast
Cinnamon Roll
Fruit-Juice-Milk

Lunch
BBQ* on Bun
w/Cornbread Poppers

Choose Two:
Cole Slaw
French Fries

Choose One:
Pear Cup
Whole Fresh Fruit



WHAT I have a head but cannot think.
AM I? I have eyes but cannot see.
 I have ears but cannot hear.
 I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 21

Breakfast
Banana Bread
Fruit-Juice-Milk

Lunch
Stuffed Crust Pizza
Fiesta Hot Pocket

Choose Two:
Broccoli
Sweet Potatoes

Choose One:
Mandarin Orange Cup
Whole Fresh Fruit

Tuesday, April 22

Breakfast
Dunkin Stick
Fruit-Juice-Milk

Lunch
Popcorn Chicken Bowl w/Roll
Pizza Calzone*

Choose Two:
Potatoes Au gratin
Corn

Choose One:
Strawberry Cup
Whole Fresh Fruit

Wednesday, April 23

Breakfast
Sausage & Gravy Pizza*
Fruit-Juice-Milk

Lunch
Bacon Cheeseburger*
w/Onion Rings

Choose Two:
Pizza Crunchers
Tator Tots

Choose One:
Baked Beans
Applesauce Cup
Whole Fresh Fruit

Thursday, April 24

Breakfast
Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch
Spicy Chicken Patty on Bun
Breakfast for Lunch*

Choose Two:
Hash Browns
Collard Greens

Choose One:
Spiced Apples
Whole Fresh Fruit

Friday, April 25

Breakfast
Breakfast Benefit Bar
Fruit-Juice-Milk

Lunch
Chicken Wings
w/Cornbread Muffin

Choose Two:
Individual Pizza Pie
Steamed Cabbage

Choose One:
French Fries
Pineapple Cup
Whole Fresh Fruit

Monday, April 28

Breakfast
Breakfast Break
Fruit-Juice-Milk

Lunch
Buffalo Chicken Pizza
Spaghetti w/Meatballs
w/Garlic Stick

Choose Two:
Sweet Potato Waffle fries
Green Beans

Choose One:
Dole Fruit Cup
Whole Fresh Fruit

Tuesday, April 29

Breakfast
Sausage Biscuit*
Fruit-Milk-Juice

Lunch
Teriyaki Chicken Bowl
w/Fried Rice & Roll
Stromboli*

Choose Two:
Corn
Broccoli

Choose One:
Peach Cup
Whole Fresh Fruit

Wednesday, April 30

Breakfast
Waffle Envy
Fruit-Juice-Milk

Lunch
Nachos w/Roll
Pizza Pinwheels

Choose Two:
Refried Beans
Roasted Carrot Sticks

Choose One:
Pear Cup
Whole Fresh Fruit

