






New Castle Jr. Sr High Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4/1/19 Blueberry Bread or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/2/19 Sausage & Cheese Croissant or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/3/19 Chocolate Filled Crescent Roll or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/4/19 Ham & Cheese Biscuit or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/5/19 Donuts or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
Chefs Griddle in Café				
4/8/19 Cinnamon Burst Bread or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/9/19 Ham & Cheese Bagel or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/10/19 Pancake on a Stick or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/11/19 Chicken Biscuit or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/12/19 Donuts or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
Chefs Griddle in Café				
4/15/19 Chocolate Bread or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/16/19 Sausage & Cheese Bagel or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/17/19 Donuts or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/18/19 No School 	4/19/19 No School 
Chefs Griddle in Café				
4/22/19 No School 	4/23/19 Bananna Bread or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/24/19 Cinnamon Twist or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/25/19 Sausage & Cheese Biscuit or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/26/19 Donuts or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
Chefs Griddle in Café				
4/29/19 Blueberry Bread or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/30/19 Sausage & Cheese Croissant or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	5/1/19 Chocolate Filled Crescent Roll or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	5/2/19 Ham & Cheese Biscuit or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	5/3/19 Donuts or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk

What is a Meal?
 You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: 2 Grains or grain/protein
 Choice of fruit or vegetable (must take at least a 1/2 cup) and
 Choice of Milk
 Choice of Milk - 1% white, fat-free white, chocolate,

You must take at least 1/2 cup of fruit or vegetable

Daily Fruit Selections May Include:
 oranges, apples, bananas, applesauce, craisins, raisins, or 100% juice.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.