



New Castle Jr. Sr High Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Day 1	Week 1 Day 2	Week 1 Day 3	Week 1 Day 4	Week 1 Day 5
Bananna Bread or Graham Cracker & Cereal Bar	Sausage & Cheese Bagel or Graham Cracker & Cereal Bar	Chocolate Filled Crescent Roll or Graham Cracker & Cereal Bar	Ham & Cheese Croissant or Graham Cracker & Cereal Bar	Donuts or Graham Cracker & Cereal Bar
Assorted 100% Fruit Juice Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
Week 2 Day 1	Week 2 Day 2	Week 2 Day 3	Week 2 Day 4	Week 2 Day 5
Zucchini Bread or Graham Cracker & Cereal Bar	Sausage & Cheese Croissant or Graham Cracker & Cereal Bar	Double Chocolate Muffin or Graham Cracker & Cereal Bar	Sausage & Cheese Biscuit or Graham Cracker & Cereal Bar	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	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
Week 3 Day 1	Week 3 Day 2	Week 3 Day 3	Week 3 Day 4	Week 3 Day 5
Lemon Bread or Graham Cracker & Cereal Bar	Ham & Cheese Bagel or Graham Cracker & Cereal Bar	Pancake on a Stick or Graham Cracker & Cereal Bar	Ham & Cheese Croissant or Graham Cracker & Cereal Bar	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	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
Week 4 Day 1	Week 4 Day 2	Week 4 Day 3	Week 4 Day 4	Week 4 Day 5
Chocolate Bread or Graham Cracker & Cereal Bar	Sausage & Cheese Bagel or Graham Cracker & Cereal Bar	Breakfast Pizza or Graham Cracker & Cereal Bar	Sausage & Cheese Croissant or Graham Cracker & Cereal Bar	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	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!
		chefs grill builf your own parfait pumpkin bread strawberry turnover		

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.



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New Castle Jr. /Sr. High



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What is a Meal?

You must choose at least 3 of 5 components available.

Protein, choice of vegetable, choice of fruit, grain/ bread choice of milk

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable MUST accompany a lunch!

Daily Fruit Selections

May Include:

Oranges - Apples - Bananas
Grapes - Pears - Peaches
Cantaloupe - Mellon
Berries - Applesauce
Pineapple - Mixed Fruit
Mandarin Oranges



	MONDAY 8/26	TUESDAY 8/27	WEDNESDAY 8/28	THURSDAY 8/29	FRIDAY 8/30
Choose any Entrée	8/26	8/27	8/28	8/29	8/30
<i>Traditional Fare</i>	Pancakes & Sausage	Chicken Nuggets w/ Roll	Walking Taco	Orange Chicken w/ Brown Rice	Breaded Ravioli with Marinara
Canes Grill DELI Pizzeria	Spicy Chicken Garden Salad	Cheeseburger Italian Wrap	Chicken Patty Buffalo Salad	Cheeseburger Garden Salad	Fish Sandwich Italian Wrap
Featured Veggies	Pepperoni Pizza	Cheese Pizza	Chicken Fajita Pizza	Pepperoni Pizza	Cheese Pizza
	Hash Brown Baby Carrots Choice of Fruit	Fries Celery Sticks Choice of Fruit	Refried Beans Red Pepper Choice of Fruit	Steamed Broccoli Cucumber Slices Choice of Fruit	Grape Tomatoes Romaine salad Choice of Fruit
Choose a Milk	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate
Choose any Entrée	9/2	9/3	9/4	9/5	9/6
<i>Traditional Fare</i>	No School	Chicken Wings w/ Garlic Knot	Hard Tacos	Hot Turkey Sandwich	Buffalo Chicken Dip with Scoops
Canes Grill DELI Pizzeria		Hot Sausage Yogurt Combo	Cheeseburger Garden Salad	Chicken Patty Taco Salad	Chicken Club Yogurt Combo
Featured Veggies		Buffalo Chicken	Cheese Pizza	Buffalo Chicken	Cheese Pizza
		Celery Sticks Carrot Sticks Choice of Fruit	Black Bean Salad Steamed corn Choice of Fruit	Mashed Potatoes Red Pepper Choice of Fruit	Tossed Salad Baby Carrots Choice of Fruit
Choose a Milk		1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate
Choose any Entrée	9/9	9/10	9/11	9/12	9/13
<i>Traditional Fare</i>	Baked Ziti w/ Bread Stick	Pop Chicken & Pretzel	Nachos Grande	Mozz Stuffed Breadsticks	Pretzel Dog with Onion Rings
Canes Grill DELI Pizzeria	Cheeseburger	Chicken Patty	Pulled Pork BBQ	Spicy Patty	Fish Sandwich
Featured Veggies	Chef Salad	Garden Salad	Hurricane Hoagie	Chef Salad	Hurricane Hoagie
	Pepperoni Pizza	Taco Pizza	Cheese Pizza	Pepperoni Pizza	Taco Pizza
	Romaine Salad Baby Carrots Choice of Fruit	Mashed Potatoes Corn Choice of Fruit	Cucumber Slices Grape Tomatoes Choice of Fruit	Baked Beans Sweet Tots Choice of Fruit	Hot Broccoli Celery Sticks Choice of Fruit
Choose a Milk	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate
Choose any Entrée	9/16	9/17	9/18	9/19	9/20
<i>Traditional Fare</i>	Chicken & Waffles	General Tsos Chicken w.Rice	Walking Tacos	Baked Chicken Leg w/ roll	Hot Ham & Cheese Pretzel
Canes Grill DELI Pizzeria	Chicken Patty	Cheeseburger	Chicken Patty	Rodeo Burger	Fish Sandwich
Featured Veggies	Garden Salad	Asian Chicken Salad	Hummus & Pita Platter	Asian Chicken Salad	Garden Salad
	Pepperoni Pizza	Garlic Chicken Pizza	Cheese Pizza	Pepperoni Pizza	Garlic Chicken Pizza
	Hash Brown	Steamed Broccoli	Red Pepper	Mashed Potatoes	Sweet Fries
	Cucumber Slices Choice of Fruit	Baby Carrots Choice of Fruit	Green Beans Choice of Fruit	Romaine Salad Choice of Fruit	Baked Beans Choice of Fruit
Choose a Milk	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate
Choose any Entrée	9/23	9/24	9/25	9/26	9/27
<i>Traditional Fare</i>	Baked Italian Hoagie	Boneless Wings & Roll	Beef Burrito w/ Nacho Cheese	Chicken Alfredo w/ Garlic Knot Burger	Meatball Hoagie
Canes Grill DELI Pizzeria	Cheeseburger	Spicy Chicken	Chicken Patty	Burger	BBQ Ribby
Featured Veggies	Crispy Chicken Salad	Turkey Wrap	Garden Salad	Crispy Chicken Salad	Turkey Wrap
	Pepperoni Pizza	Sausage Pizza	Cheese Pizza	Sausage Pizza	Cheese Pizza
	Cucumber slices Steamed Cauli Choice of Fruit	Steamed Peas Baby Carrots Choice of Fruit	Refried Beans Red Pepper strips Choice of Fruit	Steamed Broccoli Tossed Salad Choice of Fruit	Grape Tomatoes Fries Choice of Fruit
Choose a Milk	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate	1%, Skim, 1% Chocolate