



New Castle Jr. Sr High Breakfast Menu

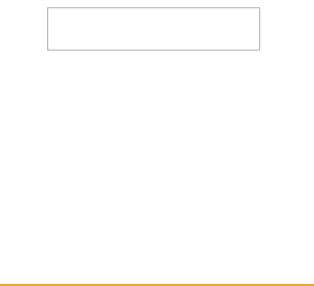
Monday	Tuesday	Wednesday	Thursday	Friday
8/28/17 Bananna Bread or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	8/29/17 Sausage & Cheese Bagel or Graham Cracker & Cereal Bar or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	8/29/18 Mini Blueberry Waffles or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	8/30/18 Ham & Cheese Croissant or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	8/31/18 Donuts or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
9/3/18 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	9/4/18 Sausage & Cheese Croissant or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	9/5/18 Chocolate Filled Crescent Roll or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	9/6/18 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	9/7/18 Donuts or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
9/10/18 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	9/11/18 Ham & Cheese Bagel or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	9/12/18 Chicken Biscuit or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	9/13/18 Pancake on a Stick or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	9/14/18 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
9/17/18 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	9/18/18 Sausage & Cheese Bagel or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	9/19/18 Breakfast Pizza or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	9/20/18 Ham & Cheese Croissant or Graham Cracker & Cereal Bar Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	9/21/18 Donuts or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
9/24/18	9/25/18	9/26/18	9/27/18	9/28/18

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 12/31	TUESDAY 1/1	WEDNESDAY 1/2	THURSDAY 1/3	FRIDAY 1/4
Choose any Entrée					
<i>Traditional Fare</i>				Chicken Tenders w/ Roll	Orange Chicken Over Rice
Canes Grill DELI Pizzeria				Chicken Patty Ham Wrap	Burger
Featured Veggies				Cheese Pizza	Taco Pizza
Choose a Milk				Celery Sticks	Hot Broccoli
				Cucumber Slices	Celery Sticks
				Choice of Fruit	Choice of Fruit
				1%, Skim, FF Chocolate	1%, Skim, FF Chocolate
Choose any Entrée	1/7	1/8	1/9	1/10	1/11
<i>Traditional Fare</i>	Pancakes & Sausage	Chicken Nuggets w/ Roll	Walking Taco	Roasted Turkey with Stuffing	Pepperoni Pinwheel
Canes Grill DELI Pizzeria	Spicy Chicken Garden Salad	Steak Hoagie Turkey Wrap	Chicken Patty Chef Salad	Cheeseburger Garden Salad	Fish Sandwich Turkey Wrap
Featured Veggies	Pepperoni Pizza	Cheese Pizza	Chicken Fajita Pizza	Pepperoni Pizza	Cheese Pizza
Choose a Milk	Hash Brown	Fries	Refried Beans	Mashed Potatoes	Grape Tomatoes
	Baby Carrots	Celery Sticks	Red Pepper	Green Beans	Cucumber
	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate
Choose any Entrée	1/14	1/15	1/16	1/17	1/18
<i>Traditional Fare</i>	French Toast & Sausage	Chicken Tenders w/ Roll	Chicken Fajitas	Ziti with Meatsauce	BBQ Pork Mac & Cheese
Canes Grill DELI Pizzeria	Spicy Chicken	Hot Sausage Ham Wrap	Cheeseburger Garden Salad	Garlic Knots	Fish Sandwich Ham Wrap
Featured Veggies	Chicken Tortilla Salad	Buffalo Chicken	Cheese Pizza	Chicken Tortilla Salad	Cheese Pizza
Choose a Milk	Cheese Pizza	Buffalo Chicken	Cheese Pizza	Buffalo Chicken	Cheese Pizza
	Tater Tots	Celery Sticks	Black Bean Salad	Green Beans	Tossed Salad
	Baby Carrots	Cucumber Slices	Steamed corn	Red Pepper	Green Pepper
	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate
Choose any Entrée	1/21	1/22	1/23	1/24	1/25
<i>Traditional Fare</i>	No School	Popcorn	Chicken	BBQ Chicken	Chicken Teryaki over Brown Rice
Canes Grill DELI Pizzeria		Chicken & Roll	Enchiladas	BBQ Ribby	Fish Sandwich
Featured Veggies		Chicken Patty	Pulled Pork BBQ	Chef Salad	Hurricane Hoagie
Choose a Milk		Garden Salad	Hurricane Hoagie	Pepperoni Pizza	Supreme Pizza
		Supreme Pizza	Cheese Pizza	Baked Beans	Hot Broccoli
		Mashed Potatoes	Cucumber Slices	Potato Salad	Celery Sticks
		Corn	Grape Tomatoes	Choice of Fruit	Choice of Fruit
		Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
		1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate
Choose any Entrée	1/28	1/29	1/30	1/31	2/1
<i>Traditional Fare</i>	Pancakes & Ham	Sweet & Sour	Walking Tacos	Open Face Roasted	Hot Ham & Cheese Pretzel
Canes Grill DELI Pizzeria	Chicken Patty	Chicken W/ Rice	Chicken Patty	Pork Sandwich	Fish Sandwich
Featured Veggies	Garden Salad	Chicken Philly	Hummas & Pita Platter	Cheese Burger	Garden Salad
Choose a Milk	Pepperoni Pizza	Chef Salad	Cheese Pizza	Garden Salad	Garden Salad
	Hash Brown	BBQ Chicken Pizza	Red Pepper	Pepperoni Pizza	BBQ Chicken Pizza
	Cucumber Slices	Steamed Broccoli	Green Pepper	Mashed Potatoes	Tater Tots
	Choice of Fruit	Baby Carrots	Choice of Fruit	Steamed Carrots	Baked Beans
	1%, Skim, FF Chocolate	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
		1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate

