



New Castle Jr. Sr High Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2/4/19 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	2/5/19 Sausage & Cheese Croissant or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	2/6/19 Chocolate Filled Crescent Roll or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	2/7/19 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	2/8/19 Donuts or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
Chefs Griddle in Café				
2/11/19 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	2/12/19 Ham & Cheese Bagel or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	2/13/19 Pancake on a Stick or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	2/14/19 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	2/15/19 No School 
Chefs Griddle in Café				
2/18/19 No School 	2/19/19 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	2/20/19 Sausage & Cheese Bagel or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	2/21/19 Breakfast Pizza or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	2/22/19 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
Chefs Griddle in Café				
2/25/19 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	2/26/19 Sausage & Cheese Bagel or Graham Cracker & Cereal Bar or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	2/27/19 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	2/28/19 Ham & Cheese Croissant or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	3/1/19 Donuts or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
Chefs Griddle in Café				
3/4/19 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	3/5/19 Sausage & Cheese Croissant or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	3/6/19 Chocolate Filled Crescent Roll or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	3/7/19 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	3/8/19 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, raisins, or 100% juice.

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New Castle Jr. /Sr. High



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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,

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 2/4	TUESDAY 2/5	WEDNESDAY 2/6	THURSDAY 2/7	FRIDAY 2/8
Choose any Entrée	2/4	2/5	2/6	2/7	2/8
<i>Traditional Fare</i>	Baked Italian Hoagie	Boneless Wings & Roll	Nachos Grande	Chicken Alfredo	Meatball Hoagie
Canes Grill DELI Pizzeria	Cheeseburger Crispy Chicken Pepperoni Pizza	Spicy Chicken Turkey Pretzel Sausage Pizza	Philly Steak Garden Salad Cheese Pizza	Burger Crispy Chicken Sausage Pizza	BBQ Ribby Turkey Pretzel Cheese Pizza
Featured Veggies	Cucumber slices Steamed Cauli Choice of Fruit	Celery Sticks 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, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate
Choose any Entrée	2/11	2/12	2/13	2/14	2/15
<i>Traditional Fare</i>	Chicken Tender With a Roll	Soft Taco	Salsbury Steak with Dinner Roll	Chicken Parm with Ziti	No School
Canes Grill DELI Pizzeria	Spicy Chicken Chef Salad Cheese Pizza	Chicken Patty Garden Salad Pepperoni Pizza	Cheeseburger Turkey Hoagie Cheese Pizza	Cheeseburger Garden Salad Pepperoni Pizza	
Featured Veggies	Sweet Pot Fries Fresh Broccoli Choice of Fruit	Garbanzo Salad Baby Carrots Choice of Fruit	Celery Sticks Scalloped Potatoes Choice of Fruit	Tossed Salad Green Beans Choice of Fruit	
Choose a Milk	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	
Choose any Entrée	2/18	2/19	2/20	2/21	2/22
<i>Traditional Fare</i>	No School	Pancakes & Sausage	Walking Taco	Orange Chicken w/ Brown Rice	Pepperoni Pinwheel
Canes Grill DELI Pizzeria		Spicy Chicken Garden Salad Pepperoni Pizza	Chicken Patty Buffalo Salad Chicken Fajita Pizza	Cheeseburger Garden Salad Pepperoni Pizza	Fish Sandwich Turkey Wrap Cheese Pizza
Featured Veggies		Hash Brown Baby Carrots Choice of Fruit	Refried Beans Red Pepper Choice of Fruit	Romaine Salad Steamed Broccoli Choice of Fruit	Grape Tomatoes Cucumber Choice of Fruit
Choose a Milk		1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate
Choose any Entrée	2/25	2/26	2/27	2/28	3/1
<i>Traditional Fare</i>	French Toast & Sausage	Chicken Fries & Soft Pretzel	Hard Tacos	Hot Turkey Sandwich	Mini Ravioli with Garlic Knots
Canes Grill DELI Pizzeria	Spicy Chicken Taco Salad Cheese Pizza	Hot Sausage Ham Wrap Buffalo Chicken	Cheeseburger Garden Salad Cheese Pizza	Chicken Patty Taco Salad Buffalo Chicken	Fish Sandwich Ham Wrap Cheese Pizza
Featured Veggies	Cheesy Hash Baby Carrots Choice of Fruit	Celery Sticks Cucumber Slices Choice of Fruit	Black Bean Salad Steamed corn Choice of Fruit	Mashed Potatoes Strips Choice of Fruit	Tossed Salad Strips Choice of Fruit
Choose a Milk	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate
Choose any Entrée	3/4	3/5	3/6	3/7	3/8
<i>Traditional Fare</i>	Baked Ziti w/ Bread Stick	Popcorn Chicken & Roll	Grilled Cheese	Buffalo Chicken Tenders w/ Roll	Breaded Fish w/ Mac & Cheese
Canes Grill DELI Pizzeria	Cheeseburger Chef Salad Pepperoni Pizza	Chicken Patty Garden Salad Taco Pizza	Pulled Pork BBQ Hurricane Hoagie Cheese Pizza	BBQ Ribby Chef Salad Pepperoni Pizza	Rodeo Burger Ham Wrap Cheese Pizza
Featured Veggies	Romaine Salad Baby Carrots Choice of Fruit	Mashed Potatoes Corn Choice of Fruit	Cucumber Slices Tomato Soup Choice of Fruit	Baked Beans Sweet Tots Choice of Fruit	Tossed Salad Green Pepper Choice of Fruit
Choose a Milk	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate