






New Castle Jr. Sr High Breakfast Menu

Monday 12/31/18	Tuesday 1/1/18	Wednesday 1/2/18	Thursday 1/3/18	Friday 1/4/18
			Chocolate Muffin or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Donuts or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
1/7/18	1/8/18	1/9/18	1/10/18	1/11/18
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	Sausage & Cheese Croissant or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Chocolate Filled Crescent Roll or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	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	Donuts or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
1/14/18	1/15/18	1/16/18	1/17/18	1/18/18
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	Ham & Cheese Bagel or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Chicken Biscuit or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	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	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
1/21/18	1/22/18	1/23/18	1/24/18	1/25/18
No School	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	Sausage & Cheese Bagel or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	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	Donuts or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
1/28/18	1/29/18	1/30/18	1/31/18	2/1/18
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	Sausage & Cheese Bagel or Graham Cracker & Cereal Bar or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	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	Sausage & Cheese Biscuit or Graham Cracker & Cereal Bar Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	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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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 Celery Sticks Cucumber Slices	Taco Pizza Hot Broccoli Celery Sticks
Choose a Milk				Choice of Fruit 1%, Skim, FF Chocolate	Choice of Fruit 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 Hash Brown Baby Carrots Choice of Fruit	Cheese Pizza Fries Celery Sticks Choice of Fruit	Chicken Fajita Pizza Refried Beans Red Pepper Choice of Fruit	Pepperoni Pizza Mashed Potatoes Green Beans Choice of Fruit	Cheese Pizza 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	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 Chicken Tortilla Salad	Hot Sausage Ham Wrap	Cheeseburger Garden Salad	Garlic Knots Chicken Tortilla Salad	Fish Sandwich Ham Wrap
Featured Veggies	Cheese Pizza Tater Tots Baby Carrots Choice of Fruit	Buffalo Chicken Celery Sticks Cucumber Slices Choice of Fruit	Cheese Pizza Black Bean Salad Steamed corn Choice of Fruit	Buffalo Chicken Green Beans Red Pepper Choice of Fruit	Cheese Pizza 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
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 Chicken Patty Garden Salad Supreme Pizza Mashed Potatoes	Enchiladas Pulled Pork BBQ Hurricane Hoagie Cheese Pizza Cucumber Slices	BBQ Ribby Chef Salad Pepperoni Pizza Baked Beans	Fish Sandwich Hurricane Hoagie Supreme Pizza Hot Broccoli
Featured Veggies		Corn Choice of Fruit 1%, Skim, FF Chocolate	Grape Tomatoes Choice of Fruit 1%, Skim, FF Chocolate	Potato Salad Choice of Fruit 1%, Skim, FF Chocolate	Celery Sticks Choice of Fruit 1%, Skim, FF Chocolate
Choose a Milk		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 Chicken W/ Rice	Walking Tacos	Open Face Roasted Pork Sandwich	Hot Ham & Cheese Pretzel
Canes Grill DELI Pizzeria	Chicken Patty Garden Salad	Chicken Philly Chef Salad	Chicken Patty Hummas & Pita Platter	Cheese Burger Garden Salad	Fish Sandwich Garden Salad
Featured Veggies	Pepperoni Pizza Hash Brown Cucumber Slices Choice of Fruit	BBQ Chicken Pizza Steamed Broccoli Baby Carrots Choice of Fruit	Cheese Pizza Red Pepper Green Beans Choice of Fruit	Pepperoni Pizza Mashed Potatoes Steamed Carrots Choice of Fruit	BBQ Chicken Pizza Tater Tots Baked Beans 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

