

# Junior/Senior High Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
<b>8/29/22</b> Banana Bread  or Breakfast Snack Pack or Mini Donuts Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>8/30/22</b> Sausage & Cheese Croissant  or Breakfast Snack Pack or Mini Donuts Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>8/31/22</b> Leige Waffle  or Breakfast Snack Pack or Mini Donuts Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/1/22</b> Breakfast Burrito  or Breakfast Snack Pack or Mini Donuts Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/2/22</b> Mini Donut  or Breakfast Snack Pack or Mini Donuts Assorted 100% Fruit Juice or 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: 1 Grain or 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.

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

9/5/22	9/6/22	9/7/22	9/8/22	9/9/22
<b>No. School</b>  <i>Happy Labor Day!!</i> 	<b>9/6/22</b> Chocolate Muffin  or Breakfast Snack Pack or Yogurt Parfait Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/7/22</b> Sausage & Cheese Bagel  or Breakfast Snack Pack or Mini Donuts Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/8/22</b> Pancake on a Stick  or Breakfast Snack Pack or Yogurt Parfait Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/9/22</b> Dunkin Sticks  or Breakfast Snack Pack or Mini Donuts Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk

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

**Daily Whole Grain Selections**  
**May Include:** Cereal, Cereal Bar, or Pop Tart, and Graham

9/12/22	9/13/22	9/14/22	9/15/22	9/16/22
<b>9/12/22</b> Blueberry Bread  or Breakfast Snack Pack or Yogurt Parfait Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/13/22</b> Ham, Egg & Cheese Croissant  or Breakfast Snack Pack or Mini Donuts Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/14/22</b> Mini Pancake  or Breakfast Snack Pack or Yogurt Parfait Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/15/22</b> Breakfast Bowl w/ Mini Loaf  or Breakfast Snack Pack or Mini Donuts Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/16/22</b> Chocolate Donut  or Breakfast Snack Pack or Yogurt Parfait Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk

9/19/22	9/20/22	9/21/22	9/22/22	9/23/22
<b>9/19/22</b> Lemon Bread  or Breakfast Snack Pack or Yogurt Parfait Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/20/22</b> Sausage & Cheese Bagel  or Breakfast Snack Pack or Mini Donuts Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/21/22</b> Strawberry Boli  or Breakfast Snack Pack or Yogurt Parfait Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/22/22</b> Pancake on a Stick  or Breakfast Snack Pack or Mini Donuts Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/23/22</b> Chocolate Muffin  or Breakfast Snack Pack or Yogurt Parfait Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk

9/26/22	9/27/22	9/28/22	9/29/22	9/30/22
<b>9/26/22</b> Banana Bread  or Breakfast Snack Pack or Yogurt Parfait Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/27/22</b> Sausage & Cheese Croissant  or Breakfast Snack Pack or Mini Donuts Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/28/22</b> Raspberry Turnover  or Breakfast Snack Pack or Yogurt Parfait Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/29/22</b> Breakfast Burrito  or Breakfast Snack Pack or Mini Donuts Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>9/30/22</b> Mini Donut  or Breakfast Snack Pack or Yogurt Parfait Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk

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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

## 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 8/29	TUESDAY 8/30	WEDNESDAY 8/31	THURSDAY 9/1	FRIDAY 9/2
Choose any Entrée					
<i>Traditional Fare</i>	Chicken Nuggets w/ Roll	Walking Taco	Pancakes & Sausage	Swt & Sour Chicken w/ Rice	Sloppy Joes
<b>Canes Grill DELI Pizzeria</b>	Cheeseburger Italian Wrap	Chicken Patty Buffalo Salad	Spicy Chicken Garden Salad	Cheeseburger Garden Salad	Fish Sandwich Italian Wrap
Featured Veggies	Cheese Pizza Fries Celery Sticks Choice of Fruit	Chicken Ranch Refried Beans Red Pepper Choice of Fruit	Pepperoni Pizza Roasted Potatoes Baby Carrots Choice of Fruit	Pepperoni Pizza Steamed Peas Cucumber Slices Choice of Fruit	Cheese Pizza Sw Potato Fries Romaine salad 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					
<i>Traditional Fare</i>	No School	Hard Tacos	Boneless Wings & Roll	Hot Turkey Sandwich	Buffalo Chicken Dip with Scoops
<b>Canes Grill DELI Pizzeria</b>		Cheeseburger Garden Salad	Spicy Chicken Yogurt Combo	Chicken Patty Taco Salad	Chicken Club Yogurt Combo
Featured Veggies		Cheese Pizza Black Bean Salad Steamed corn Choice of Fruit	Taco Pizza Celery Sticks Carrot Sticks Choice of Fruit	Taco Pizza Mashed Potatoes Red Pepper Choice of Fruit	Cheese Pizza Tossed Salad Baby Carrots 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					
<i>Traditional Fare</i>	Pop Chicken & Pretzel	Nachos Grande	BBQ Ribby	Baked Ziti w/ Bread Stick	Mozz Stuffed Breadsticks
<b>Canes Grill DELI Pizzeria</b>	Chicken Patty Garden Salad BUTTAIO CHICKEN PIZZA	Cheeseburger Hurricane Hoagie Cheese Pizza	Spicy Patty Chef Salad Pepperoni Pizza	Cheeseburger Chef Salad Pepperoni Pizza	Cheesesteak Hurricane Hoagie Buffalo Chicken
Featured Veggies	Mashed Potatoes Corn Choice of Fruit	Cucumber Slices Grape Tomatoes Choice of Fruit	Baked Beans Sweet Tots Choice of Fruit	Romaine Salad Baby Carrots Choice of Fruit	Hot Broccoli Celery Sticks 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					
<i>Traditional Fare</i>	Chicken & Waffles	Walking Tacos	General Tsos Chicken w.Rice	Baked Chicken Leg w/ roll	Macaroni & Cheese
<b>Canes Grill DELI Pizzeria</b>	Chicken Patty Garden Salad	Chicken Patty Hummus & Pita Platter	Cheeseburger Asian Chicken Salad	Rodeo Burger Asian Chicken Salad	Fish Sandwich Garden Salad
Featured Veggies	Pepperoni Pizza Hash Brown Cucumber Slices Choice of Fruit	Cheese Pizza Red Pepper Strips Green Beans Choice of Fruit	Garlic Chicken Pizza Steamed Broccoli Baby Carrots Choice of Fruit	Pepperoni Pizza Mashed Potatoes Romaine Salad Choice of Fruit	Garlic Chicken Pizza Sweet Fries 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
Choose any Entrée					
<i>Traditional Fare</i>	Italian Dunkers	Beef Burrito w/ Nacho Cheese	Chicken Tenders & Roll	Chicken Alfredo w/ Garlic Knot Burger	Meatball Hoagie Hot Sausage
<b>Canes Grill DELI Pizzeria</b>	Cheeseburger Crispy Chicken Salad	Chicken Patty Garden Salad	Spicy Chicken Patty Turkey Wrap	Crispy Chicken Salad Sausage Pizza	Turkey Wrap Cheese Pizza
Featured Veggies	Pepperoni Pizza Cucumber slices Steamed Cauli Choice of Fruit	Cheese Pizza Refried Beans Red Pepper strips Choice of Fruit	Sausage Pizza Fries Baby Carrots Choice of Fruit	Sausage Pizza Steamed Broccoli Tossed Salad Choice of Fruit	Cheese Pizza Sw Fries Pea Salad 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