

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 10/31	TUESDAY 11/1	WEDNESDAY 11/2	THURSDAY 11/3	FRIDAY 11/4
Choose any Entrée					
<i>Traditional Fare</i>	Chicken & Waffles	General Tsos Chicken w.Rice	Walking Tacos	Breaded Chicken Breast w/ Roll	No School
Canes Grill	Chicken Patty	Cheeseburger	Chicken Patty	Rodeo Burger	
Deli	Garden Salad	Asian Chicken Salad	Hummus & Pita Platter	Asian Chicken Salad	
Pizzeria	Pepperoni Pizza	Garlic Chicken Pizza	Cheese Pizza	Pepperoni Pizza	
<i>Featured Veggies</i>	Hash Brown Cucumber Slices Choice of Fruit	Steamed Broccoli Baby Carrots Choice of Fruit	Red Pepper Strips Green Beans Choice of Fruit	Mashed Potatoes Romaine Salad 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>		Beef Burrito w/ Nacho Cheese	Boneless Wings & Roll	Chicken Alfredo w/ Garlic Knot	No School
Canes Grill	Italian Dunkers	Cheeseburger	Spicy Chicken	Burger	
Deli	Crispy Chicken Salad	Garden Salad	Turkey Wrap	Crispy Chicken Salad	
Pizzeria	Pepperoni Pizza	Cheese Pizza	Sausage Pizza	Sausage Pizza	
<i>Featured Veggies</i>	Cucumber slices Steamed Cauli Choice of Fruit	Refried Beans Red Pepper strips Choice of Fruit	Steamed Peas Baby Carrots Choice of Fruit	Steamed Broccoli Tossed Salad 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>	French Toast & Sausage	Nachos Grande	Chicken Tenders W/ Roll	Oven Roasted Turkey	BBQ Turkey Sandwich
Canes Grill	Cheeseburger	Spicy Chicken	Chicken Patty	Cheeseburger	Pizza Steak
Deli	Caesar Wrap	Garden Salad	Chef Salad	Caesar Wrap	Chef Salad
Pizzeria	Pepperoni Pizza	Pepperoni Pizza	Cheese Pizza	Cheese Pizza	Pepperoni Pizza
<i>Featured Veggies</i>	Hash Brown Broccoli Choice of Fruit	Garbanzo Salad Baby Carrots Choice of Fruit	Sweet Potato Fries Romaine Salad Choice of Fruit	Mashed Potatoes Corn Choice of Fruit	Baked Beans Cole Slaw 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>	Pancakes & Sausage	Walking Taco	No School	No School	No School
Canes Grill	Spicy Chicken	Chicken Patty			
Deli	Garden Salad	Buffalo Salad			
Pizzeria	Pepperoni Pizza	Chicken Fajita Pizza			
<i>Featured Veggies</i>	Roasted Potatoes Baby Carrots Choice of Fruit	Corn Red Pepper Strips Choice of Fruit			
Choose a Milk	1%, Skim, FF Chocolate	1%, Skim, FF Chocolate			
Choose any Entrée					
<i>Traditional Fare</i>	No School	French Toast & Candian Bacon	Hard Tacos	Boneless Wings & Roll	Buffalo Chicken Dip with Scoops
Canes Grill		Spicy Chicken	Cheeseburger	Hot Sausage	Chicken Club
Deli		Taco Salad	Garden Salad	Yogurt Combo	Yogurt Combo
Pizzeria		Cheese Pizza	Cheese Pizza	Taco Pizza	Cheese Pizza
<i>Featured Veggies</i>		Tater Tots Fresh Broccoli Choice of Fruit	Black Bean Salad Steamed corn Choice of Fruit	Celery Sticks Carrot Sticks Choice of Fruit	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>					
Canes Grill					
Deli					
Pizzeria					
<i>Featured Veggies</i>					
Choose a Milk					