



Junior/ Senior High Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
11/29/21	11/30/21	12/1/21	12/2/21	12/3/21
No School	Chocolate Bread Slice or Breakfast Snack Pack or Mini Donuts	Breakfast Pizza or Breakfast Snack Pack or Yogurt Parfait	Minni Cinni's or Breakfast Snack Pack or Mini Donuts	Bananna 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	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
12/6/21	12/7/21	12/8/21	12/9/21	12/10/21
Apple Frudel or Breakfast Snack Pack or Mini Donuts	Sausage & Cheese Bagel or Breakfast Snack Pack or Yogurt Parfait	Chocolate Chip French Toast or Breakfast Snack Pack or Mini Donuts	Breakfast Pizza or Breakfast Snack Pack or Yogurt Parfait	Blueberry 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	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
12/13/21	12/14/21	12/15/21	12/16/21	12/17/21
Bananna Bread or Breakfast Snack Pack or Yogurt Parfait	Sausage & Cheese Croissant or Breakfast Snack Pack or Mini Donuts	Cinnamon Roll or Breakfast Snack Pack or Yogurt Parfait	Blueberry Waffle or Breakfast Snack Pack or Mini Donuts	Double 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	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
12/20/21	12/21/21	12/22/21	12/23/21	12/24/21
No School	No School	No School	No School	No School
12/27/21	12/28/21	12/29/21	12/30/21	12/31/21
No School	No School	No School	No School	No School

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

Daily Fruit Selections
May Include:
oranges, apples, bananas,
applesauce, craisins, raisins, or 100% juice.
Daily Whole Grain Selections
May Include: Cereal,
Cereal Bar, or Pop Tart, and Graham Crackers

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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 11/29	TUESDAY 11/30	WEDNESDAY 12/1	THURSDAY 12/2	FRIDAY 12/3
Choose any Entrée					
<i>Traditional Fare</i>	No School	BBQ Ribby	Walking Taco	Orange Chicken w/ Rice	Sloppy Joes
Canes Grill		Spicy Chicken	Chicken Patty	Cheeseburger	Fish Sandwich
DELI		Garden Salad	Buffalo Salad	Garden Salad	Italian Wrap
Pizzeria		Cheese Pizza	Chicken Fajita Pizza	Pepperoni Pizza	Cheese Pizza
Featured Veggies		Sweet Fries	Refried Beans	Steamed Broccoli	Grape Tomatoes
		Baked Beans	Red Pepper	Cucumber Slices	Romaine salad
		Choice of Fruit	Choice of Fruit	Choice of Fruit	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	12/6	12/7	12/8	12/9	12/10
<i>Traditional Fare</i>	French Toast & Sausage	Macaroni & Cheese	Hard Tacos	Chicken Nuggets w/ Roll	Buffalo Chicken Dip with Scoops
Canes Grill	Cheeseburger	Spicy Chicken	Chicken Patty	Burger	Chicken Club
DELI	Taco Salad	Yogurt Combo	Garden Salad	Taco Salad	Yogurt Combo
Pizzeria	Pepperoni Pizza	Taco Pizza	Cheese Pizza	Taco Pizza	Cheese Pizza
Featured Veggies	Tater Tots	Celery Sticks	Black Bean Salad	Mashed Potatoes	Tossed Salad
	Fresh Broccoli	Carrot Sticks	Steamed corn	Red Pepper	Baby Carrots
	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	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	12/13	12/14	12/15	12/16	12/17
<i>Traditional Fare</i>	Baked Ziti w/ Bread Stick	Pop Chicken & Pretzel	Nachos Grande	Boneless Wings & Roll	Mozz Stuffed Breadsticks
Canes Grill	Cheeseburger	Chicken Patty	Spicy Chicken	Cheeseburger	Cheesesteak
DELI	Chef Salad	Garden Salad	Hurricane Hoagie	Chef Salad	Garden Salad
Pizzeria	Pepperoni Pizza	Buffalo Chicken	Cheese Pizza	Buffalo Chicken	Pepperoni Pizza
Featured Veggies	Romaine Salad	Mashed Potatoes	Cucumber Slices	Hot Broccoli	Sweet Fries
	Baby Carrots	Corn	Grape Tomatoes	Red Pepper	Celery Sticks
	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	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	12/20	12/21	12/22	12/23	12/24
<i>Traditional Fare</i>	No School	No School	No School	No School	No School
Canes Grill					
DELI					
Pizzeria					
Featured Veggies					
Choose a Milk					
Choose any Entrée	12/27	12/28	12/29	12/30	12/31
<i>Traditional Fare</i>	No School	No School	No School	No School	No School
Canes Grill					
DELI					
Pizzeria					
Featured Veggies					
Choose a Milk					