

New Castle Jr. /Sr. High



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What is a Meal?

You must choose at least 3 of 5 components available.

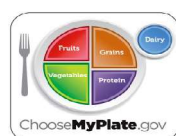
Protein, choice of vegetable, choice of fruit, grain/ bread choice of milk

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose any Entrée	1/2	1/3	1/4	1/5	1/6
<i>Traditional Fare</i>	No School	Chicken Tenders w/ roll	Sweet & Sour Chick w/ rice	French Toast & Sausage	Turkey & Bacon Pretzel Melt
Canes Grill DELI Pizzeria		Cheeseburger	Crispy Chicken	Cheeseburger	Spicy Chicken
<i>Featured Veggies</i>		Chef Salad	Garden Salad	Chicken Caesar Wrap	Chef Salad
		Cheese Pizza	Pepperoni Pizza	Cheese Pizza	Pepperoni Pizza
		French Fries	Steamed Broccoli	Hash Brown Broccoli	Sweet Fries
		Red Pepper	Sliced cucumber	Choice of Fruit	Cole Slaw
		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	1/9	1/10	1/11	1/12	1/13
<i>Traditional Fare</i>	Italian Dunkers	Beef Burrito w/ Nacho Cheese	Boneless Wings & Roll	Chicken Alfredo w/ Garlic Knot	Meatball Hoagie
Canes Grill DELI Pizzeria	Cheeseburger	Chicken Patty	Spicy Chicken	Burger	Hot Sausage
<i>Featured Veggies</i>	Crispy Chicken Salad	Garden Salad	Turkey Wrap	Crispy Chicken Salad	Turkey Wrap
	Pepperoni Pizza	Cheese Pizza	Sausage Pizza	Sausage Pizza	Cheese Pizza
	Cucumber slices	Refried Beans	Steamed Peas	Steamed Broccoli	Grape Tomatoes
	Steamed Cauli	Red Pepper strips	Baby Carrots	Tossed Salad	Fries
	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	1/16	1/17	1/18	1/19	1/20
<i>Traditional Fare</i>	No School	French Toast & Sausage	Beef & Broccoli over Rice	Oven Roasted Turkey	Macaroni & Cheese w/ roll
Canes Grill DELI Pizzeria		Cheeseburger	Cheeseburger	Cheeseburger	Pizza Steak
<i>Featured Veggies</i>		Turkey Hoagie	Turkey Hoagie	Caesar Wrap	Chef Salad
		Taco Pizza	Cheese Pizza	Taco Pizza	Cheese Pizza
		Hash Brown	Celery Sticks	Mashed Potatoes	Stewed Tomatoes
		Cucumber	Steamed Broccoli	Corn	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	1/23	1/24	1/25	1/26	1/27
<i>Traditional Fare</i>	Pancakes & Sausage	Walking Taco	Chicken Nuggets w/ Roll	BBQ Turkey Sandwich	No School
Canes Grill DELI Pizzeria	Spicy Chicken	Chicken Patty	Cheeseburger	Fish Sandwich	
<i>Featured Veggies</i>	Garden Salad	Buffalo Salad	Italian Wrap	Italian Wrap	
	Cheese Pizza	Breakfast Pizza	Cheese Pizza	Breakfast Pizza	
	Roasted Potatoes	Corn	Sweet Pot Fries	Cole Slaw	
	Baby Carrots	Red Pepper	Romaine Salad	Baked Beans	
	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	1/30	1/31	2/1	2/2	2/3
<i>Traditional Fare</i>	French Toast & Candian Bacon	Hard Tacos	Boneless Wings & Roll	Hot Turkey Sandwich	Buffalo Chicken Dip with Scoops
Canes Grill DELI Pizzeria	Spicy Chicken	Cheeseburger	Hot Sausage	Chicken Patty	Chicken Club
<i>Featured Veggies</i>	Taco Salad	Garden Salad	Yogurt Combo	Taco Salad	Yogurt Combo
	Cheese Pizza	Cheese Pizza	Taco Pizza	Taco Pizza	Cheese Pizza
	Tater Tots	Black Bean Salad	Celery Sticks	Mashed Potatoes	Tossed Salad
	Fresh Broccoli	Steamed corn	Carrot Sticks	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