



# New Castle Jr. Sr High Breakfast Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>3/2/20</b>		<b>3/3/20</b>		<b>3/4/20</b>		<b>3/5/20</b>		<b>3/6/20</b>	
Lemon Bread or Graham Cracker & Cereal Bar		Sausage & Cheese Bagel or Graham Cracker & Cereal Bar		Pancake on a Stick or Graham Cracker & Cereal Bar		Ham & Cheese Croissant or Graham Cracker & Cereal Bar		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		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	
<b>3/9/20</b>		<b>3/10/20</b>		<b>3/11/20</b>		<b>3/12/20</b>		<b>3/13/20</b>	
Chocolate Bread or Graham Cracker & Cereal Bar		Sausage & Cheese Bagel or Graham Cracker & Cereal Bar		Breakfast Pizza or Graham Cracker & Cereal Bar		Chicken & Cheese Biscuit or Graham Cracker & Cereal Bar		No School Act 80 Day	
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			
<b>3/16/20</b>		<b>3/17/20</b>		<b>3/18/20</b>		<b>3/19/20</b>		<b>3/20/20</b>	
No School 		Bananna Bread or Graham Cracker & Cereal Bar		Sausage & Cheese Bagel or Graham Cracker & Cereal Bar		Apple Cinnamon French Toast or Graham Cracker & Cereal Bar		Strawberry Turnover or Graham Cracker & Cereal Bar	
		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	
<b>3/23/20</b>		<b>3/24/20</b>		<b>3/25/20</b>		<b>3/26/20</b>		<b>3/27/20</b>	
Banana Bread or Graham Cracker & Cereal Bar		Sausage & Cheese Croissant or Graham Cracker & Cereal Bar		Double Chocolate Muffin or Graham Cracker & Cereal Bar		Sausage & Cheese Biscuit or Graham Cracker & Cereal Bar		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		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	
<b>3/30/20</b>		<b>3/31/20</b>		<b>4/1/20</b>		<b>4/2/20</b>		<b>4/3/20</b>	
Cinnamon Roll or Graham Cracker & Cereal Bar		Ham & Cheese Croissant or Graham Cracker & Cereal Bar		Pancake on a Stick or Graham Cracker & Cereal Bar		Sausage & Cheese Bagel or Graham Cracker & Cereal Bar		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		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	

**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, craisins, 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose any Entrée	3/2	3/3	3/4	3/5	3/6
<i>Traditional Fare</i>	Pancakes & Sausage	Teryaki Chicken over Rice	Walking Taco	Chicken Nuggets w/ Roll	Breaded Ravioli w/ marinara
<b>Canes Grill DELI Pizzeria</b>	Spicy Chicken Garden Salad	Cheeseburger Garden Salad	Chicken Patty Buffalo Salad	Cheeseburger Italian Wrap	Fish Sandwich Italian Wrap
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Chicken Fajita Pizza	Cheese Pizza	Cheese Pizza
Hash Brown	Hash Brown	Hash Brown	Hash Brown	Hash Brown	Hash Brown
Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots
Choice of Fruit	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	3/9	3/10	3/11	3/12	3/13
<i>Traditional Fare</i>	French Toast & Sausage	Hard Tacos	Club Sandwich on a Pretzel	Hot Turkey with a Biscuit	No School
<b>Canes Grill DELI Pizzeria</b>	Spicy Chicken Taco Salad	Cheeseburger Garden Salad	Ham BBQ Yogurt Combo	Chicken Patty Taco Salad	Act 80 Day
Cheese Pizza	Cheese Pizza	Cheese Pizza	Taco Pizza	Cheese Pizza	
Tater Tots	Tater Tots	Tater Tots	Tater Tots	Tater Tots	
Fresh Broccoli	Fresh Broccoli	Fresh Broccoli	Fresh Broccoli	Fresh Broccoli	
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	
Choose any Entrée	3/16	3/17	3/18	3/19	3/20
<i>Traditional Fare</i>	No School	Irish Nachos with Roll	Boneless wings with Roll	Chicken Alfredo w/ Garlic Knot Burger	Mac & Cheese w Breadstick
<b>Canes Grill DELI Pizzeria</b>		Spicy Chicken Turkey Wrap	Chicken Patty Garden Salad	Crispy Chicken Salad	Fish Stick Boat Turkey Wrap
Sausage Pizza	Sausage Pizza	Sausage Pizza	Cheese Pizza Fries	Sausage Pizza	Cheese Pizza
Refreid Beans	Refreid Beans	Refreid Beans	Refreid Beans	Refreid Beans	Refreid Beans
Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots
Choice of Fruit	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	3/23	3/24	3/25	3/26	3/27
<i>Traditional Fare</i>	French Toast & Sausage	Nachos Grande	Spicy Chicken Tender w/ Roll	Baked Chicken Leg	Stuffed Shells with Garlic Knot
<b>Canes Grill DELI Pizzeria</b>	Cheeseburger	Spicy Chicken	Chicken Patty	Cheeseburger	Fish Sandwich
Turkey Hoagie	Turkey Hoagie	Garden Salad	Chef Salad	Turkey Hoagie	Chef Salad
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Cheese Pizza	Cheese Pizza	Pepperoni Pizza
Hash Brown	Hash Brown	Hash Brown	Hash Brown	Hash Brown	Hash Brown
Cucumber	Cucumber	Cucumber	Cucumber	Cucumber	Cucumber
Choice of Fruit	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	3/30	3/31	4/1	4/2	4/3
<i>Traditional Fare</i>	Chicken & Waffles	Orange Chicken over Rice	Walking Taco	Chicken Nuggets w/ Roll	Breaded Ravioli w/ marinara
<b>Canes Grill DELI Pizzeria</b>	Spicy Chicken Garden Salad	Cheeseburger Garden Salad	Chicken Patty Buffalo Salad	Cheeseburger Italian Wrap	Fish Stick Boat Italian Wrap
Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Buffalo Chicken	Cheese Pizza	Cheese Pizza
Hash Brown	Hash Brown	Hash Brown	Hash Brown	Hash Brown	Hash Brown
Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots
Choice of Fruit	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

