

Newport
News Public
Schools
New Horizons
Menu

This institution is
an equal
opportunity



SPIN YOUR WHEELS.



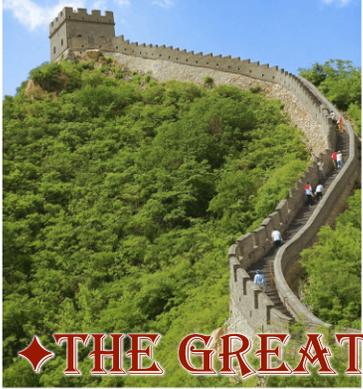
Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, close-toed shoes, and a helmet – and follow the rules of the road!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Available Daily

PBJ-Whole Fresh Fruit
Apple Slices
Yogurt w/String cheese
w/Cheez-its
Baby Carrots-Garden Salad
Nonfat White Milk
Low-fat White Milk

◆ WONDERS OF THE WORLD ◆



The Great Wall of China stretched for more than 13,000 miles, including all of its branches and fortifications. As many as 25,000 watchtowers studded the wall, which was primarily designed to keep out Mongol raiders and other nomads from the north. The wall was begun as early as 2600 years ago and was regularly extended, destroyed, rebuilt, and restored over the next 25-plus centuries. Most of what still exists today is about 400 to 600 years old, dating from the Ming Dynasty.

◆ THE GREAT WALL OF CHINA ◆



Every complete meal
we serve comes with
your choice of milk!

Wednesday, April 1

Breakfast
Waffle Sandwich
Fruit-Juice-Milk

Lunch
Nachos w/Roll
Pizza pinwheels

Choose Two:
Refried Beans
Carrot Coins
Choose One:
Strawberry Cup

Thursday, April 2

Breakfast
Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch
Beef Hot Dog on Bun
w/Chili & Cheese
Roasted Chicken Leg
w/Cornbread Muffin

Choose Two:
Mashed Potatoes, Gravy
Baked Beans
Choose One:
Strawberry/Banana
Applesauce Cup

Friday, April 3

Breakfast
Benefit Bar
Fruit-Juice-Milk

Lunch
Grab and Go

Salad of the Day

Mon-Chef's Salad w/Garlic Stick
Tues-Country Chicken Salad
w/Crackers
Wed-BLT Salad* w/Garlic Stick
Thurs-Country Chicken Salad
Fri-Hawaiian Chicken Salad
w/Lemon Bread

*Menu item contains port

SPRING BREAK



Break begins at the end of classes:
Friday, April 3

Classes resume:
Tuesday, April 14

