

Menus for April

Newport News Public Schools
High School Menu

This institution
is an equal
opportunity

Daily Breakfast

Available Daily

Asst. Flavored Breads-Cereal Bars
Soft Filled Cinnamon Toast Crunch

Monday

Blueberry Crumble or Mini Pancakes or Cereal

Tuesday

Blueberry or Apple Cinnamon Muffin
Bacon Breakfast Pocket* or Cereal

Wednesday

Zee Zee's Smore Bar
French Toast Sticks or Cereal

Thursday

Bagel w/Egg, Sausage, Bacon, Cheese*
Dunkin Stick or Cereal

Friday

Chicken Biscuit
Benefit Bar or Cereal

Featured Specials of the Day

Wednesday, April 1

Nachos w/Roll OR
Pizza Pinwheels OR
Boneless Chicken Wings w/Roll
Refried Beans, Carrot Coins ~ Strawberry Cup

Thursday, April 2

Roasted Chicken Leg w/Cornbread Muffin OR
Beef Hot Dog on Bun w/Chili & Cheese OR
Pizza Crunchers

Mashed Potatoes w/Gravy, Baked Beans
Strawberry/Banana Applesauce Cup

Friday, April 3

Grab and Go

WORLD'S GREATEST APRIL FOOLS TRICKS!

Once, on April 1st, the Facebook page for National Public Radio linked to a story with the headline, "Why Doesn't America Read Anymore?" Thousands of people posted comments, taking all sorts of positions on the problem. But it was an April Fool's prank -- there was no such actual story at the link. Which kind of showed that Americans don't read anymore!

See the back page for more all-time great pranks!

Featured Specials of the Day

Monday, April 13~Planning Day

Tuesday, April 14

Cheese Stuffed Bread Sticks OR
Chicken Nuggets w/Roll OR
Chicken Fajita w/Onions & Peppers w/Roll
Corn, Spinach~ Dole Fruit Gel Cup

Wednesday, April 15

Walking Nachos OR Mac & Cheese Bites
OR Crispy Chicken Patty on Bun
Taco Fiesta Beans, Roasted Butternut Squash
Mixed Fruit Cup

Thursday, April 16

Chicken Parmesan w/Garlic Stick OR Grilled Cheese
OR Spicy Chicken Tenders w/Roll
Tomato Soup, Green Beans ~ Frozen Peach Cup

Friday, April 17

Buffalo Chicken Dip w/Testitos OR Pizza Pie
OR Chicken Wings w/Cornbread Muffin
Steamed Cabbage, French Fries ~ Pear Cup

SPRING BREAK

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

Classes resume:
Tues, April 14th

13,981

BY THE NUMBERS

PERFORMANCES OF "THE
PHANTOM OF THE OPERA"
ON BROADWAY--THE MOST
OF ANY SHOW EVER THERE.

Available Daily

Deli Subs & Wraps
 PBJ Uncrustable
 Yogurt Parfait
 Yogurt w/String Cheese & Cheez-its
 1 Cup of Garden Salad
 Baby Carrots-Whole Fresh Fruit
 Cut-up Fruit-Apple Slices-Juice
 Fat Free Chocolate, white Skim Milk
 And 1% White Milk
 *Menu item may contain pork

Featured Specials of the Day

Monday, April 20
Stuffed Crust Pizza OR Fiosta Hot Pocket
OR Spaghetti w/Meat Sauce & Roll
Broccoli Bites, Sweet Potatoes~Peach Cobbler Cup
 Tuesday, April 21 ~ **Asynchronous Day**
 Wednesday, April 22
Bacon Cheeseburger* w/Spicy Onion Rings
OR Pizza Crunchers
OR Buffalo Tot Bako w/Garlic Stick
Tator Tots, Baked Beans ~ Strawberry Cup
 Thursday, April 23
Beef Cheese Taco w/Roll OR
Spicy Chicken Patty on Bun OR
Breakfast for Lunch* w/Cinnamon Toast
Nash Browns, Collard Greens ~ Spiced Apples
 Friday, April 24
Fish Patty w/Cheese on Bun OR Chicken & Waffles
OR Mozzarella Cheese Sticks
Vegetable Medley, French Fries ~ Applesauce Cup

Salad of the Day

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

Featured Specials of the Day

Monday, April 27
Woodies OR Buffalo Chicken Pizza
OR Spaghetti w/Meatballs w/Garlic Stick
Sweet Potato Fries, Green Beans ~ Mixed Fruit Cup
 Tuesday, April 28
Toriyaki Chicken Bowl w/Fried Rice & Roll
OR Stromboli* OR Spicy Chicken Patty on Bun
Corn, Broccoli ~ Frozen Peach Cup
 Wednesday, April 29
Nachos w/Roll OR Pizza Pinwheels
OR Boneless Chicken Wings w/Roll
Refried Beans, Carrot Coins ~ Strawberry Cup
 Thursday, April 30
Roasted Chicken Leg w/Cornbread Muffin
OR Beef Hot Dog on Bun w/Chili & Cheese
OR Pizza Crunchers
Mashed Potatoes w/Gravy, Baked Beans
Strawberry/Banana Applesauce Cup

eat fit

wanna stay fit?
 gotta eat right!

item: asparagus **verdict:** grounded



tip: It's coming out of the ground -- and should be headed for your plate! Asparagus is a perennial plant that starts poking up out of the ground this time every year. Fresh asparagus -- steamed, grilled, sauteed -- is one of the true harbingers of warmer weather to come!



Based on five large spears