

Newport News Public Schools
Middle School 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!

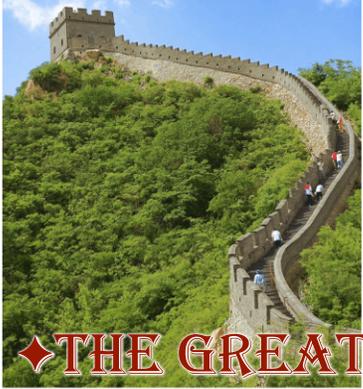
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Available Daily

PBJ-Deli Subs/Wraps
Yogurt/String Cheese/Cheez-its
Baby Carrots-Garden Salad
Apple Slices-Cut-up Fruit
Juice (Tues. & Thurs.)

*Menu item may Contain pork

◆ 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
Nacahos w/Roll
Boneless Chicken Wings
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
Roasted Chicken Leg
w/Cornbread Muffin
Beef Hot Dog on Bun
W/Chili & Cheese
Pizza Crunchers
Choose Two:
Mashed Potatoes, Gravy
Baked Beans
Choose One:
Strawberry/Banana

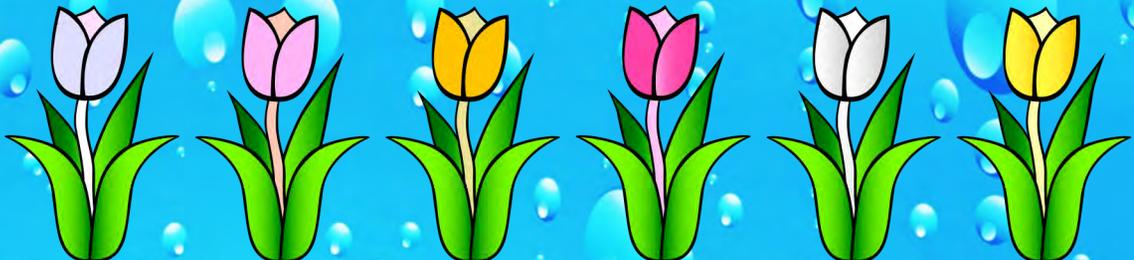
Friday, April 3

Breakfast
Benefit Bar
Fruit-Juice-Milk
Lunch
Grab and Go

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

SPRING BREAK



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

Classes resume:
Tuesday, April 14

