

Newport  
News Public  
Schools  
New Horizons  
Menu

This institution is  
an equal  
opportunity



## SPIN YOUR WHEELS.



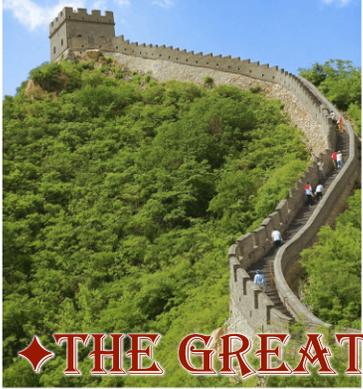
Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, close-toed shoes, and a helmet – and follow the rules of the road!

**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**

