

Menus for September 2020

Newport News Public Schools
100% Virtual Feeding



This institution is an equal opportunity provider. Menus are subject

**HAPPY
LABOR DAY!**



*We hope the last
sweet days of your
Summer are super*

PEACHY!

**KIDS! Join us daily for
the original value meal!**

All of our complete meals are always

**NO CHARGE
for all students**

with no need to submit an application, thanks to the Community Eligibility Program!

Tuesday, September 8

Breakfast

Raspberry Cream Bar
Granraisins, Juice
Milk

Lunch

Pizza
Broccoli Salad
French Fries
Orange Slices
Milk

Wednesday, Sept. 9

Breakfast

Blueberry Mini Pancakes
Apple Slices, Juice
Milk

Lunch

Ham & Cheese Sandwich
Lettuce, Tomato & Pickle
Carrot Raisin Salad
Strawberry Cup
Milk

Thursday, September 10

Breakfast

Zee Zee Breakfast Bar
Diced Pear Cup, Juice
Milk

Lunch

Country Chicken Salad
w/ Crackers
Vegetable Juice
Pineapple Cup
Milk

Friday, September 11

Breakfast

Cereal Bowl w/ Grahams
Apple Slices, Juice
Milk

Lunch

Yogurt w/ String Cheese
& Cheez its
Fresh Vegetable Medley
Romaine Tossed Salad
Peach Cup
Milk

Tuesday, September 15

Breakfast

Cream Cheese Bagel
Granraisins, Juice
Milk

Lunch

Fiestada Pizza or Pizza
Quesadilla
Garbanzo Bean Salad
French Fries
Orange Slices
Milk

Wednesday, Sept. 16

Breakfast

Maple Mini Pancakes
Apple Slices, Juice
Milk

Lunch

Turkey & Cheese Sandwich
Broccoli Salad
Cherry Tomatoes
Tropical Fruit Cup
Milk

Thursday, September 17

Breakfast

Benefit Bar
Diced Pear Cup, Juice
Milk

Lunch

Ham & Cheese Chef Salad
w/ Garlic Knot
Vegetable Juice
Applesauce Cup
Milk

Friday, September 18

Breakfast

Breakfast Break w/ Juice
Included, Apple Slices
Milk

Lunch

Yogurt w/ String Cheese
& Cheez its
Fresh Vegetable Medley
Romaine Tossed Salad
Mixzees
Milk



DON'T GET!

To help keep yourself,
your friends, and
your family healthy

*Please follow
Social Distancing
Guidelines!*



Newport News Child Nutrition

What's on
YOUR
plate?



Q: What's a Burger's Best Friend?

A: It's not cheese, or ketchup, or special sauce! It's a nice big slice of fresh tomato. Not only does a crisp, cool tomato taste good on a burger, but the vitamin C in tomatoes also makes it easier for your body to use the protein in the meat!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/day_healthy/food/pyramid.html

The Morning Paper



How does a dog know what's going on in the world? Through his nose, of course! So when you walk a dog in the morning, and he's sniffing more than usual? A lot's happened overnight - he's just reading the morning newspaper!

We're here for you. (Even if you're not here.)

There's no telling how this year might go. But in all this uncertainty, there's one thing you can count on: the dedicated, caring women and men of our child nutrition program will be preparing and serving convenient, economical, healthy school meals for our students every day. In the lunchroom. Or in the classroom. Or somewhere else all together. We'll be there for you.

School Meals
We serve education every day™

Monday, September 21

Breakfast

Banana Bread
Apple Slices, Juice
Milk

Lunch

Turkey & Cheese Anytime
Hummus
Carrots for Dipping
Mixed Berry Cup
Milk

Tuesday, September 22

Breakfast

Raspberry Cream Bar
Granraisins, Juice
Milk

Lunch

Pizza
Broccoli Salad
French Fries
Orange Slices
Milk

Wednesday, Sept. 23

Breakfast

Blueberry Mini Pancakes
Apple Slices, Juice
Milk

Lunch

Ham & Cheese Sandwich
Lettuce, Tomato & Pickle
Carrot Raisin Salad
Strawberry Cup
Milk

Thursday, September 24

Breakfast

Zee Zee Breakfast Bar
Diced Pear Cup, Juice
Milk

Lunch

Country Chicken Salad
w/ Crackers
Vegetable Juice
Pineapple Cup
Milk

Friday, September 25

Breakfast

Cereal Bowl w/ Grahams
Apple Slices, Juice
Milk

Lunch

Yogurt w/ String Cheese
& Cheez its
Fresh Vegetable Medley
Romaine Tossed Salad
Peach Cup
Milk

SELF CARE.

We've all been under a lot of stress this year. That's why it's more important than ever to get outside some regular time to take care of yourself - which will make it easier for all of us to keep taking care of each other!



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

Wednesday, Sept. 30

Breakfast

Maple Mini Pancakes
Apple Slices, Juice
Milk

Lunch

Turkey & Cheese Sandwich
Broccoli Salad
Cherry Tomatoes
Tropical Fruit Cup
Milk

Tuesday, September 29

Breakfast

Cream Cheese Bagel
Granraisins, Juice
Milk

Lunch

Fiestada Pizza or Pizza
Quesadilla
Garbanzo Bean Salad
French Fries
Orange Slices
Milk

Monday, September 28

Breakfast

Appleway Bar
Apple Slices, Juice
Milk

Lunch

Turkey & Cheese Croissant,
Wrap or Wedge Sandwich
Lettuce, Tomato, Pickle
Carrots
Blueberry/Strawberry Cup
Milk



Youth Programs Snack & Supper Program CACFP



We're here to serve you
delicious Suppers and
Snacks all school year
long during 100%
virtual Learning!
Convenient, healthy meals
every
school weekday!

Substitutions noted on menu.



Monday
September 7, 2020

Supper
Labor Day
Programs Closed
No Meals Served

Snack
Labor Day
Programs Closed
No Meals Served

Tuesday
September 8, 2020

Supper
Hot Dog on Bun
Green Beans
Applesauce Cup
Milk

Snack
Cheddar Goldfish &
Juice Notables

Wednesday
September 9, 2020

Supper
Chicken Nuggets or
Popcorn Chicken w/Roll
Sweet Potato Fries
Grapes
Milk

Snack
Strawberry Fields
Grahams
& Juice Notables

Thursday
September 10, 2020

Supper
Mozzarella Sticks
Broccoli
Craisins
Milk

Snack
Pretzel Goldfish &
Juice Notables

Friday
September 11, 2020

Supper
Pepperoni Stuffed Pocket
French Fries
Mixed Fruit Cup
Milk

Snack
Cheddar Goldfish &
Juice Notables

Monday
September 14, 2020

Supper
Hamburger/
Cheeseburger on Bun
Broccoli
Pineapple Cup
Milk

Snack
Pretzel Goldfish &
Juice Notables

Tuesday
September 15, 2020

Supper
Garlic Cheesy Bread
Mixed Vegetables
Peach Cup
Milk

Snack
Cheddar Goldfish &
Juice Notables

Wednesday
September 16, 2020

Supper
Pizza Crunchers
Corn
Mandarin Orange Cup
Milk

Snack
Strawberry Fields
Grahams

Thursday
September 17, 2020

Supper
Breaded Chicken
w/Corn Bread Muffin
Au-Gratin Potatoes
Mixed Berry Cup
Milk

Snack
Pretzel Goldfish &
Juice Notables

Friday
September 18, 2020

Supper
Corn Dog Nuggets
French Fries
Strawberry Cup
Milk

Snack
Cheddar Goldfish &
Juice Notables



Youth Programs Snack & Supper Program CACFP



We're here to serve you
delicious Suppers and
Snacks all school year
long during 100%
virtual Learning!
Convenient, healthy meals
every
school weekday!

Substitutions noted on menu.



Monday	Tuesday	Wednesday	Thursday	Friday
September 21, 2020 Supper Chicken Patty on Bun Corn Mandarin Orange Cup Milk Snack Pretzel Goldfish & Juice Notables	September 22, 2020 Supper Hot Dog on Bun Green Beans Applesauce Cup Milk Snack Cheddar Goldfish & Juice Notables	September 23, 2020 Supper Chicken Nuggets or Popcorn Chicken w/Roll Sweet Potato Fries Grapes Milk Snack Strawberry Fields Grahams & Juice Notables	September 24, 2020 Supper Mozzarella Sticks Broccoli Craisins Milk Snack Pretzel Goldfish & Juice Notables	September 25, 2020 Supper Pepperoni Stuffed Pocket French Fries Mixed Fruit Cup Milk Snack Cheddar Goldfish & Juice Notables
September 28, 2020 Supper Hamburger/ Cheeseburger on Bun Broccoli Pineapple Cup Milk Snack Pretzel Goldfish & Juice Notables	September 29, 2020 Supper Garlic Cheesy Bread Mixed Vegetables Peach Cup Milk Snack Cheddar Goldfish & Juice Notables	September 30, 2020 Supper Pizza Crunchers Corn Mandarin Orange Cup Milk Snack Strawberry Fields Grahams	October 1, 2020 Supper Breaded Chicken w/Corn Bread Muffin Au-Gratin Potatoes Mixed Berry Cup Milk Snack Pretzel Goldfish & Juice Notables	October 2, 2020 Supper Corn Dog Nuggets French Fries Strawberry Cup Milk Snack Cheddar Goldfish & Juice Notables