

# NEWTON COMMUNITY SCHOOLS MAY LUNCH MENU 2022

Meals Include-Lo-Fat Iowa Milk

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Waffles/Syrup Sausage Patty Sweet Potato Tots Apple Slices <b>HS-Yogurt</b>	3 *Hot Ham/Cheese Baked Beans Strawberry Summer Salad Cantaloupe/Grapes	4 *Chicken Nugget M. Potato Broccoli/Cheese Peaches *Homemade Roll	5 <b>Cinco de Mayo</b> Beef & Bean *Nachos Mixed Salad Steamed Corn Orange Slices *Churro	6 <b>Stuffed Crust</b> *Pepperoni Pizza Green Beans Baby Carrots Mixed Fruit
9 *French Toast Sticks Syrup Baked Tater Gems Strawberries Vanilla Yogurt	10 Mandarin *Chicken Seasoned *Rice Stir Fry Veggies Clementine *Fortune Cookie	11 *Pizza Bread/Sauce Mixed Salad Tomatoes Banana Cherry *Muffin Square	12 *Chicken Bacon Wrap Black Bean Salsa Baby Carrots Sliced Pears *Tortilla Chips	13 Cheese*Beefburger Baked Fries Peach Applesauce Celery Sticks-Dip
16 *Chicken & *Waffles Syrup Baked Wedges Peaches 100% Cherry Star Juice	17 *Pizza Dippers/Sauce Steamed Green Beans Pepper Strips Banana M & M *Cookie	18 *Chicken Sandwich Romaine Salad Onion Rings Watermelon	19 *Walking Taco Baked Tots Steamed Corn *FruitCrisp	20 *Mini Corndogs Baked Beans Mixed Fruit Baby Carrot
23 *Italian Dunkers/Sauce Mixed Spinach Salad Steamed Green Beans Applesauce	24 *Popcorn Chicken Mashed Potatoes Mixed Veggies Orange Slices *Breadstick	25 BBQ Pork *Sandwich Baked Beans Coleslaw Pineapple Melon Salad	26 *Pizza Steamed Corn Fresh Broccoli-Dip Peaches	27 *Hotdog Fresh Veggies Fresh Fruit 100% Mango Juice *WG Snack

High School/West-extra 100% Juice Daily

#Menu may change without notice

**Daily Alternate Main Entrée (k-4)**

Mon-\*Sunbutter/String Cheese

Tues-Turkey/Cheese \*Sandwich

Weds-Ham/Cheese \*Sandwich

Thursday-Turkey/Cheese \*Wrap

Friday-Turkey/Ham/Cheese \*Sandwich

"This institution is an equal opportunity provider and employer"

Menu Prepared By: **Cristy Croson-BA,SNS**  
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FS Supervisor

**FREE SUMMER  
GRAB N GO MEALS  
Monday & Thursday  
(watch for flyers)  
BMS & HIGH SCHOOL  
11:00 AM -12:30 PM  
STARTS JUNE 6th**

**Lunch (k-12)**

**Adult Lunch**  
\$3.95 per Adult Lunch

**Breakfast (k-12)**

**Adult Breakfast**  
\$1.75 per Adult Breakfast

**All Students Free  
1 Free Lunch Daily**

**All Students Free  
1 Free Brkt Per Day**

\*WG Item

