


# NEWTON COMMUNITY SCHOOLS

## LUNCH MENU-AUGUST/SEPT 2019

Lo-Fat Milk will be served with all meals

**All Accounts Need To Be Paid in Full Daily-Free/Reduced Applications at all Buildings**

Monday	Tuesday	Wednesday	Thursday	Friday
5-8-Alternate Entrée Menus 9-12-Alternate Entrée Menus 9-12-Salad Bar Daily 9-12-Additional Fruit/Veg/Juice		<b>WELCOME</b> 		23 *Cheese Pizza Steamed Green Beans Mixed Salad Cinnamon Applesauce
26 *French Toast/Syrup Baked Tater Tots Strawberries Vanilla Yogurt <b>HS-Egg Omelet</b>	27 *Cheeseburger Mixed Salad Baked Beans Apple Slices	28 *Chicken Nuggets M. Potato Mixed Vegetables Diced Pears *Breadstick	29 *Hotdog Sweet Pot. Crisscut Baby Carrots Banana	30 *Mandarin Chicken *Seasoned Rice Steamed Broccoli Orange Slices *Fortune Cookie
<b>SEPTEMBER 2</b> <b>Labor Day</b>	<b>3</b> <b>New Item</b> *Pizza Dippers/Sauce Strawberry Summer Salad Baby Carrots Pear Cups *Cookie	<b>4</b> Breaded *Pork Chop M. Potato/Gravy Steamed Vegetables Diced Peaches *Roll	<b>5</b> *Chicken/Bacon Wrap (lettuce & cheese) Black Bean Salsa Banana *Tortilla Chips	<b>6</b> *Meatball Sub w/Cheese Baked Tots Fresh Veggies-Hummus Red/Green Apple Slices
9 Egg Omelet/*Tortilla Baked Tri-Tater Mango Juice Pineapple Melon Salad	10 *Chicken Sandwich Sweet Pot. Fries Mixed Salad Watermelon	11 *Softshell Taco (lettuce,cheese,salsa) Refried Beans Steamed Corn *AppleCrisp	12 *Spaghetti Spinach Salad Baby Carrots Craisins Garlic *Breadstick	13 *Popcorn Chicken M. Potato Broc/Cheese Sliced Peaches Homemade *Roll
16 *Brkt Pizza Fresh Veggies-Dip Yogurt Dried Cranberries	17 *Mr. Rib Baked Fries Celery-Hummus Dip Orange Slices	18 Fajita Chicken *Wrap (onions & peppers) Mixed Salad Banana *Tortilla Chips/Salsa	19 Chili/Crackers Baby Carrots Applesauce Homemade Cinn. Roll	20 *Italian Dunkers/Sauce Spinach Salad w/Tom. Steamed Corn Sliced Pears
23 Mini *Pancakes/Syrup Baked Wedges Yogurt Fresh Melon/Strawberries <b>HS-Sausage Patty</b>	24 *Garlic Cheese Bread with Sauce Spinach Salad w/Carrots Apple Slices M&M *Cookie	25 Sweet Thai *Chicken *Seasoned Rice Steamed Broccoli Mandarin Oranges *Fortune Cookie	26 *BBQ Beef Sandwich Baked Beans Fresh Veggies-Dip Banana	27 Chicken Alfredo *Pasta Romaine Salad Steamed Green Beans Diced Peaches *Breadstick
<b>NO SCHOOL 30</b>				

**Free/Reduced Lunch Applications at all Buildings (Re-Apply Yearly)**

#Menu may change without notice

\*Whole Grain Product/Wheat

**Alternate Entrée-K-4**

Mon.-Sunbutter/String Cheese

Tues.-Turkey/Cheese Sandwich

Weds.-Ham/Cheese Sandwich

Thurs.-Turkey/Cheese Wrap

Friday-Ham/Cheese Sandwich

"This institution is an equal opportunity provider and employer"

**Menu Prepared By: Cristy Croson-SNS**

**FS Supervisor**



**Elementary Lunch** \$ 2.75 per day

**BMS-5-8th** \$ 2.85 per day

**High School-9-12** \$ 2.95 per day

**Reduced Lunch** \$ .40 per day

**Adult Lunch** \$ 3.75 per day

**Elementary Breakfast** \$ 1.40 per day

**Breakfast (5-12)** \$ 1.50 per day

**Reduced Breakfast** \$ .30 per day

**Adult Breakfast** \$ 1.75 per day

**Questions-641-792-5797 ext. 2001**

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