

NEWTON COMMUNITY SCHOOLS

LUNCH MENU

JANUARY 2022



Milk Served with all Meals

Monday	Tuesday	Wednesday	Thursday	Friday
	4 *Pizza Mixed Salad Steamed Green Beans Pear Slices	5 Mandarin *Chicken Steamed *Rice Stir Fry Vegetables Mixed Berry Cups *Fortune Cookie	6 *Fish Shapes *Mac n Cheese Steamed Peas *FruitCrisp	7 *Cheeseburger Onion Rings Broccoli-Dip Apple Slices
10 HAPPY MONDAY NO SCHOOL	11 *Softshell Taco Mixed Romaine Salad Steamed Corn Peaches	12 Chicken Tenders Mashed Potatoes Broccoli/Cheese Banana *Roll	13 Pulled Pork *Nacho Baked Beans Cole Slaw Cantaloupe/Grapes *Churro	14 Mike's Cheese *Bites with Sauce Spinach Salad/Carrots Orange Slices *Snickerdoodle
17 *Mini Waffles/Syrup Baked Wedges Strawberries Yogurt HS-Sausage Patty	18 Cheese *Quesadilla Mixed Romaine Salad with Tomatoes Pears Lemon Berry *Snack	19 *Chicken Nuggets Mashed Potatoes Steamed Green Beans Mixed Fruit *Breadstick	20 *Mini Corndogs Baked Beans Applesauce Celery-Hummus Choc Chip *Cookie	21 Chicken *Sandwich (Lettuce & Pickles) Baked Chips Baby Carrots Pineapple Melon Salad
24 *Pancakes/Syrup Egg Patty Tiger Tots Blueberry Glaze Topping 100% Dragon Punch	25 Popcorn *Chicken Mashed Potatoes Broccoli/Cheese Peaches/*Breadstick HS-Chicken Drumstick	26 Pizza *Bread/Sauce Spinach Salad Steamed Corn Raisins Cherry *Muffins	27 *Chicken Bacon *Wrap (lettuce & cheese) Black Bean Salsa Apple Slices *Tortilla Chips	28 *Beefburger Baked Wedges Celery-Hummus Mixed Fruit
31 New Entrée Cheesy *Pull-Aparts (Cheddar/Garlic Flavor) Salsa Mixed Salad/Peppers Strawberries				

One FREE Lunch Meal & One FREE Breakfast Meal-Enrolled Students

Free/Reduced Lunch Applications-may fill out for FEE waivers or P-EBT

High School/WEST-100% Juice offered Daily with Lunch

*WG Item

#Menu may change without notice

Lunch (K-12)

**All Students Free
1 Free Lunch Daily**

Adult Lunch-\$3.95

(required price increase)

Breakfast (K-12)

**All Students Free
1 Free Breakfast**

Adult Breakfast-\$1.75

Daily Alternate Main Entree -(k-4)

Monday-Sunbutter/String Cheese

Tues-Turkey/Cheese *Sandwich

Weds-Ham/Cheese *Sandwich

Thursday-Turkey/Cheese *Wrap

Friday-Ham/Cheese *Sandwich



"This institution is an equal opportunity provider and employer"

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

FS Supervisor