






April 2018 - Newman International Academy

2	3	4	5	6
No School	Breakfast * warm whole grain flatbread with turkeyham & cheese * fresh banana - fruit juice - milk * LUNCH *	Breakfast * toasted oats & raisins cereal bowl * fresh baked apple n' oats muffin * fresh-cut cantaloupe - fruit juice - milk * LUNCH *	Breakfast * wg pancake "pig in a blanket" with a turkey sausage link - syrup * pineapple chunks - fruit juice - milk * LUNCH *	 Breakfast * fresh baked upsidedown apple n' cinnamon wg "sticky bun" * chilled pears - fruit juice - milk * LUNCH *
	~ Chicken Pomodoro Penne fresh baked "garlic knot" Tuscan white beans fresh-cut garden salad greenz' strawberry applesauce ff ranch dressing 1% or fat free milk	~ Stir-Fry Veggie Rice w/vegetable eggroll carrot & broccoli toss fresh-cut cucumber wedge chilled pineapple chunks ff ranch dressing 1% or fat free milk	~ Savory Gravy Beef Steak roasted red potatoes fresh baked whole wheat roll hint of mint green peas fresh seasonal apple ** 1% or fat free milk	~ Nacho Chips & Cheese el arroz amarillo con vegetals rancho pinto beans cucumber pico de gallo fresh grape bunch house-made salsa 1% or fat free milk
 9	10	11	12	 13
Breakfast * fresh baked whole grain biscuit with warm turkey sausage patty * fresh-cut orange - fruit juice - milk * LUNCH *	Breakfast * wg cereal "flakes" medley * fresh baked peach yogurt muffin * mandarin oranges - fruit juice - milk * LUNCH *	Breakfast * breakfast taquito & taco sauce 1/2 egg-tater-cheese - 1/2 chorizo-tater-chees * fresh-cut fruit cup - fruit juice - milk * LUNCH *	Breakfast * wg cereal "squares" bowl * fresh baked WG triberry "flatcake" * fresh banana - fruit juice - milk * LUNCH *	Breakfast * French toast sticks - syrup * turkey sausage link * diced peaches - fruit juice - milk * LUNCH *
~ Steak Ramen Noodle Bowl herb sweet potato "home fries" California vegetable medley baked spiced apples noodle bowl sauce ketchup 1% or fat free milk	STARR TESTING ~ Box Lunches fresh fruit-yogurt-cheese box	STARR TESTING ~ Box Lunches deli sandwich & sides	~ Chili "MAC Daddy" Pasta fresh-cut veggie strips "salad" bbq white beans pears & gelatin ~ Box Lunches-High School ** 1% or fat free milk	~ Brisket & Jack Quesadilla Tex-Mex 'style brown rice seasoned black beans fresh taco salad greenz' fresh-cut seasonal melon slice taco sauce, ff ranch dressing 1% or fat free milk
 16	17	18	19	 20
Breakfast * wg cereal "CinnaToast" bowl * whole wheat oat bread & jelly * seasonal apple - fruit juice - milk * LUNCH *	Breakfast * warm breakfast bagel 'Za with turkey bacon, egg & cheese * fresh banana - fruit juice - milk * LUNCH *	Breakfast * wg cereal "fruity Os" bowl * fresh baked carrot spice muffin * diced apricots - fruit juice - milk * LUNCH *	Breakfast * wg pancake "slider'wich" with a turkey sausage patty - syrup * fresh-cut cantaloupe - fruit juice - milk * LUNCH *	Breakfast * fresh baked warm cinnamon peach wg "sticky bun" * pineapple chunks - fruit juice - milk * LUNCH *
~ Honey-Battered Corn Dog oven baked diced potatoes fresh-cut seasonal raw veggies chilled pineapple chunks ketchuo, mustard ff ranch dressing 1% or fat free milk	~ Beef & Cheese Taco Salad with fresh-cut salad greens whole corn' tortilla chips charro pinto beans charro pinto beans fresh-cut mixed fruit house-made salsa, ff ranch dressing 1% or fat free milk	~ "Chili Pie" Tater Bowl fresh baked whole wheat roll corn on the cob Southern greens saute fresh seasonal fruit selection ketchup or taco sauce 1% or fat free milk	~ Marinara Meatball Sub on fresh baked whole wheat roll green bean & carrot medley fresh-cut garden salad greenz' chilled fruit mix in juice ff ranch dressing 1% or fat free milk	~ Fajita Chicken Wrap Texican roast potatoes house-made refried pinto beans taco salad greenz' + peppers + olives fresh-cut orange halves taco sauce, ff ranch dressing 1% or fat free milk
 23	24	25	26	 27
Breakfast * toasted oats & raisins cereal bowl * fresh baked wg triberry "flatcake" * chilled pears - fruit juice - milk * LUNCH *	Breakfast * breakfast taquito & taco sauce 1/2 egg-tater-cheese - 1/2 chorizo-tater-chees * fresh-cut orange - fruit juice - milk * LUNCH *	Breakfast * wg cereal "flakes" medley * fresh baked blueberry oat muffin * fresh-cut fruit cup - fruit juice - milk * LUNCH *	Breakfast * French toast sticks - syrup * turkey sausage patty * applesauce - fruit juice - milk * LUNCH *	Breakfast * fresh baked whole grain biscuit with warm breaded chicken breast * fresh banana - fruit juice - milk * LUNCH *
~ Charbroiled Beef Burger whole wheat bun & L/T/P "salad" crinkle cut sweet potato "fries" fresh-cut seasonal raw veggies fresh seasonal apple ketchup, ff ranch dressing 1% or fat free milk	~ Cheesy 'Dish Pizza parmesan cauliflower/broccoli fresh-cut garden salad greenz' chilled fruit mix in juice ff ranch dressing ** 1% or fat free milk	~ "Oven-Fried" Chicken over whole grain waffle, syrup NOLA-style red beans bit of garlic cut green beans chilled peach slices ** 1% or fat free milk	~ Chef's Cobb Salad turkey, ham, cheese & vegetables over fresh-cut salad greenz' fresh baked whole wheat roll fresh grape bunch ff ranch dressing x2 1% or fat free milk	~ Shredded Chicken Tostada Tex-Mex-style brown rice frijoles con elote (corn) fresh taco salad greenz' fresh-cut pineapple wedge house-made salsa, ff ranch dressing 1% or fat free milk
 30				
Breakfast * fruit & yogurt cup * 100% whole wheat bread & jelly * fresh-cut orange - fruit juice - milk * LUNCH *				
~ Beef Tips n' Buttered Noodles fresh baked whole wheat roll confetti corn saute fresh-cut garden salad greenz' chilled pear slices ff ranch dressing 1% or fat free milk				

