

Breakfast

ESC REG IX
 (1/4 RDA) : Grade K-12
 021 - Newcastle I.S.D.
 Grade 7-12 Breakfast
 Pattern of 3 (1 milk, 1 group a, 1 group b)

Monday

Sept 22

- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Orange Juice
- Apple Juice
- Cocoa Puffs
- Cereal Bowl
- Cinnamon Toast
- Crunch Cereal Bowl
- Jumbo Waffles
- Table Syrup Packet

Tuesday

23

- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Orange Juice
- Apple Juice
- Smucker's Uncrustable
- Peanut Butter/Grape
- Scrambled Egg
- Buttermilk Biscuit
- Country Pepper Gravy

Wednesday

24

- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Orange Juice
- Apple Juice
- Cocoa Puffs
- Cereal Bowl
- Cinnamon Toast
- Crunch Cereal Bowl
- Pancake and Sausage on a Stick
- Table Syrup Packet

Thursday

25

- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Orange Juice
- Apple Juice
- Smucker's Uncrustable
- Peanut Butter/Grape
- Scrambled Egg
- Jennie-O Sausage Patt

Friday

26

- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Orange Juice
- Apple Juice
- Cocoa Puffs
- Cereal Bowl
- Cinnamon Toast
- Crunch Cereal Bowl
- Goody Ring Donut

ESC REG IX

(1/3 RDA) : Grade 7-12
 021 - Newcastle I.S.D.
 High School Lunch Pattern of 4 (1 Entree, 2 Sidedishes, 1 Milk)

Monday

Nov 21

- Corn Dog
- Corn on the Cob
- Baked Cooler Ranch
- Doritos Chips
- Strawberry Fruit Roll Up
- Smucker's Uncrustable
- Peanut Butter/Grape
- Celery Sticks with Peanut Butter
- Apple, Fresh
- Orange, Fresh
- Sugar Cookie RF
- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Ketchup packet
- Mustard packet
- Country Crock

Tuesday

Nov 22

- Tyson Charbroiled Beef Pattie
- Hamburger Bun
- American Cheese Slice
- Crunchy Reduced Fat Cheetos Chips
- Seasoned Pinto Beans
- Pickle Slices
- Smucker's Uncrustable
- Peanut Butter/Grape
- Salad Setup
- Apple, Fresh
- Orange, Fresh
- Decorated Pears
- Chocolate Chip Cookie RF
- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Ketchup packet
- Mustard packet
- Buttermilk Ranch
- Dressing packet

Wednesday

Nov 23

- Jennie-O Turkey Breast Steak
- Turkey Gravy
- Seasoned Green Bean
- Mashed Potatoes
- Bakery Roll
- Smucker's Uncrustable
- Peanut Butter/Grape
- Fresh Carrot Sticks with Ranch Packet
- Apple, Fresh
- Orange, Fresh
- Peaches in Light Syrup
- Apple Crisp
- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Country Crock

Thursday

Nov 24

- Tyson HS Breaded Chicken Nuggets
- French Fries
- Max Stix Mozzarella
- Stuffed Breadstick
- Smucker's Uncrustable
- Peanut Butter/Grape
- Lettuce and Tomato Salad Bowl
- Apple, Fresh
- Orange, Fresh
- Applesauce Jell-OH
- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Country Pepper Gravy
- Ketchup packet
- Barbecue Sauce, PC
- Buttermilk Ranch
- Dressing packet

Friday

Nov 25

- Turkey and Cheese
- Mini Sub Sandwich
- Funyuns Onion
- Flavored Snack
- Chicken Noodle Soup
- Saltine Crackers
- Smucker's Uncrustable
- Peanut Butter/Grape
- Apple, Fresh
- Orange, Fresh
- Carnival Cookie RF
- Orange Sherbet
- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Pickle Slices
- Mustard packet
- Buttermilk Ranch
- Dressing packet

LUNCH