

**Lincoln County
School District
Newport Middle
Lunch Menu**



**MARCH
2022**

FAST TAKES

Daily Deli Specials

- Monday:** Ham & Cheese Sub & Chef Salad
 - Tuesday:** Chicken Caesar Wrap & Crispy Chicken Salad
 - Wednesday:** Turkey & Cheese Sub & SW Taco Salad
 - Thursday:** Spicy Italian Sub & Buffalo Chicken Salad
 - Friday:** Tuna Salad Sandwich (local tuna) & Garden Salad
- (All Salads Served with WG Roll, except Taco Salads)

**Daily Pizza Choices
Every day: Pepperoni & Cheese**



- Specialty Options:**
- Monday: Vegetarian**
 - Tuesday: Supreme Pizza**
 - Wednesday: No Pizza Early Release**
 - Thursday: Taco Pizza**
 - Friday: Hawaiian Pizza**



GRILL

Everyday Choices
ger, Hamburger, Veggie Burger,
Chicken Burger & Spicy Chicken Burger

All Hot Sandwiched Served w/Oven Baked French Fries or Tater Tots

SIDES OFFERED DAILY WITH LUNCH CHOICES

Locally Grown Seasonal Fresh Fruit and Vegetables, plus Apples, Oranges, Garden Salad Greens & Low Fat or Fat Free Milk

Daily Specials

Lunch Includes: Selection of Canned and Fresh Fruit, Fresh Vegetables, Whole Grain Rich Breads, Lean Protein, Low-Fat & Fat-Free Milk.

Students must choose 3 of 5 components, one being ½ cup fruit or vegetable

All Students Eat Breakfast & Lunch at No Charge

FAVORITES

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|---|--|--|--|--|
| | <p>1 Grilled Cheese (v) w/Mo's Clam Chowder</p> | <p>2 BBQ Pulled Pork Sandwich w/Tater Tots</p> | <p>3 Chicken Mashed Potato Bowl w/Roll</p> | <p>4 Spaghetti w/Plant Based Sauce (v) & Caesar Side Salad</p> |
| <p>7 No School Professional Development</p> | <p>8 Taco Meat & Cheese Nachos</p> | <p>9 BBQ Chicken Sandwich w/Doritos Nacho Cheese Chips</p> | <p>10 Baked Penne Pasta (v) w/Garlic Rip Stick & Caesar Side Salad</p> | <p>11 Fish Po' Boy w/Mexican Slaw</p> |
| <p>14 Cheesy Breadsticks w/Marinara</p> | <p>15 Baked Chicken Filet w/Cheesy Tater Tots & Roll</p> | <p>16 Pretzel w/Cheese Sauce</p> | <p>17 General Tso Chicken over Rice</p> | <p>18 Sloppy Joes w/Fries</p> |
| <p>21 No School Spring Break</p> | <p>22 </p> | <p>23 No School Spring Break</p> | <p>24 </p> | <p>25 No School Spring Break</p> |
| <p>28 Bean & Cheese Enchilada</p> | <p>29 Oven Baked Chicken Alfredo w/Garlic Rip Stick</p> | <p>30 Pork Pozole w/Tortilla Chips</p> | <p>31 Turkey Gravy over Mashed Potatoes w/Roll</p> | |



This institution is an equal opportunity provider
Menu Subject to Change

