

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



FAST TAKES

Daily Deli Specials

- Monday:** Ham & Cheese Sub & Chef Salad
- Tuesday:** American Sub & Crispy Chicken Salad
- Wednesday:** Jalapeno Lime Chicken Wrap & 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:** Meat Lovers Pizza
 - Wednesday:** No Pizza Early Release
 - Thursday:** Chicken Bruschetta Pizza
 - Friday:** Hawaiian Pizza

GRILL

Everyday Choices

- Cheeseburger, 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
FAVORITES

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

2 BBQ Meatball Sub w/WG Chips	3 Oven Baked Chicken Alfredo w/Garlic Rip Stick	4 Sweet & Sour Chicken over Rice	5 Cheesy Breadsticks w/Marinara	6 Alaskan Fish & Chips w/Garlic Knots
9 Tater Tot Casserole w/Rip Stick	10 Twisted Hot Dog w/Oven Baked Fries	11 Chicken Mashed Potato Bowl w/Roll	12 Spaghetti with Plant Based Tomato Sauce (v)	13 Grilled Cheese w/Mo's Clam Chowder
16 Lasagna Roll Ups w/Garlic Rip Sticks	17 Baked Chicken Filet w/Cheesy Tater Tots & Roll	18 BBQ Chicken Sandwich w/Doritos Nacho Cheese Chips	19 Baked Penne Pasta (v) w/Green Beans	20 No School
23 Cheesy Breadsticks w/Marinara	24 Pork Banh Mi Street Tacos	25 General Tso Chicken over Rice	26 BBQ Meatball Sub w/WG Chips	27 Fish Po' Boy w/Mexican Slaw
30 	31 Oven Baked Chicken Alfredo w/Garlic Rip Stick		<i>if it doesnt challenge you it doesnt change you</i>	



This institution is an equal opportunity provider
Menu Subject to Change

