

Week Sept 5th thru 9th

Lincoln County
School District
Newport Middle
School



September
2022



Daily Offerings

Monday: Beef Burrito Bowl with Side Stewed Black Beans
Tuesday: Teriyaki Chicken Noodle Bowl with Side Spicy Asian Veggie Blend
Wednesday: Popcorn Chicken Bowl with Side Mashed Potatoes
Thursday: Meatball Marinara Bowl with Side Broccoli & Red Pepper
Friday: Lemon Pepper Chicken Bowl with Side of Roasted Chickpeas



Monday: Smoothie Bowls
 Very Berry
 Tuesday: Noodle Bowls
 *The Garden
 Wednesday: Wraps & Flatbread
 * Turkey Cheddar Ranch Wrap
 Thursday: Super Salads
 *Garden Salad (v)
 Friday: Smoothie Bowls
 *Very Berry

**Plant-Based, Vegetarian,
Natural & More
All the Ingredients You Love!!
(Garden Bar)**

A Variety of Fresh & Canned
Fruits Daily- Plus Items Below

M-Garden Salad, Broccoli Lime
Salad, Corn Elotes

T-Caesar Salad, Ginger Carrot
Salad, Steamed Edamane

W-Super Salad, Chilled Broccoli,
Citrus Glazed Carrots

TH- Caesar Salad, Basil Corn
Salad, Italian Seasoned
Chickpeas

F-Spinach Salad, Chilled Peas,
Moroccan Carrots



Monday, Wednesday & Friday
Cheeseburgers, Hamburgers & Veggie Burgers
Tuesdays & Thursday
Chicken Burger, Spicy Chicken Burger

(All burgers served with oven baked fries or tater tots
& Burger Toppings).



Daily Pizza Choices

Everyday: Pepperoni & Cheese (v)
Monday: Veggie Pizza (v)
Tuesday: Meat Lovers Pizza
Wednesday: Cheesy Breadstick w/Marinara (v)
Thursday: Chicken Bruschetta Pizza
Friday: Hawaiian Pizza

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			
<p>Check Out the New THE FLAVOR STATION Sauces & Spices Available to Spice Up Your Meal</p>			1	2
5 No School Labor Day	6 BBQ Pulled Pork Sandwich w/Potato Wedges	7 Meat & Cheese Nachos	8 Chicken Nuggets Basket w/Seasoned Curly Fries & Roasted Broccoli	9 Home Style Macaroni & Cheese (v)
12 BBQ Meatball Sub w/Chips	13 Mini Raviolis w/WG Roll (v)	14 Bean & Cheese Nachos (v)	15 Fish & Chips Basket w/Seasoned Curly Fries & Roasted Broccoli	16 Hot Dog w/Oven Baked Tots
19 Grilled Cheese Sandwich w/Tomato Soup (v)	20 Oven Baked Corn Dog w/Tater Tots	21 Meat & Cheese Nachos	22 Herb Roasted Drumstick Basket w/Seasoned Curly Fries & Roasted Broccoli	23 Scratch Made Sloppy Joes w/Baked Beans
26 Bean & Cheese Burrito (v) w/Salsa & Sour Cream	27 Chicken Alfredo	28 Bean & Cheese Nachos (v)	29 Chicken Nuggets Basket w/Seasoned Curly Fries & Roasted Broccoli	30 Spaghetti w/Meat Sauce & Caesar Side Salad

This Institution is an equal opportunity provider

