

Week Sept 12<sup>th</sup> thru 16th

Lincoln County  
School District  
Newport Middle  
School



September  
2022



**Daily Offerings**

**Monday:** Pinto Bean & Veggie Bowl with Side Chili Roasted Sweet Potatoes  
**Tuesday:** Sweet & Sour Chicken Noodle Bowl with Side Steamed Broccoli  
**Wednesday:** Crispy Chicken Bowl with Side Low Country Green Beans  
**Thursday:** Tuscan Vegetable Bowl with Side Butternut Squash  
**Friday:** Greek Falafel Bowl with Side of Summer Squash

Monday: Smoothie Bowls  
\*Sunshine  
 Tuesday: Noodle Bowls  
\*Toyoko Teriyaki  
 Wednesday: Wraps & Flatbread  
\* The Mediterranean  
 Thursday: Super Salads  
\*Chef Salad  
 Friday: Smoothie Bowls  
\*Sunshine



**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 Edamame

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.			
	<b>Students must choose 3 of 5 components, one being ½ cup fruit or vegetable</b>			
	<b>All Students Eat Breakfast &amp; Lunch at No Charge</b>			
<p>Check Out the New THE FLAVOR STATION Sauces &amp; 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

