

**Lincoln County
School District
Newport Middle
School**



DECEMBER
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 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.			
	Students must choose 3 of 5 components, one being ½ cup fruit or vegetable			
	All Students Eat Breakfast & Lunch at No Charge			
			1 Turkey Gravy over Mashed Potatoes w/WG Roll	2 Alaskan Fish Sticks w/Fries & WG Roll
5 Bean & Cheese Enchilada with Salsa & Sour Cream	6 Taco Burger w/Tater Tots	7 Carnitas & Cheese Nachos	8 Grilled Cheese w/Tomato Soup	9 Bean & Cheese Burrito w/Salsa & Sour Cream
12 Cheesy Lasagna Rollups w/WG Roll	13 Teriyaki Chicken over Rice	14 Bean & Cheese Burrito w/Salsa (v)	15 Hearty Chicken & Dumplings	16 Fish Po'Boy w/Mexican Slaw
19 	20 No School Winter Break	21 	22 No School Winter Break	23
26 No School Winter Break	27 	28 No School Winter Break	29 	30 No School Winter Break