

Lincoln County
School District
Newport Middle
School



DECEMBER
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. | | | |
|---|--|---|---|---|
| | 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 |
|  | No School Winter Break |  | No School Winter Break |  |
| No School Winter Break |  | No School Winter Break |  | No School Winter Break |

This Institution is an equal opportunity provider
Menu Subject to Change

