

Lincoln County
School District
Newport Middle
School



January
2023

Daily Specialty Bowls & The Garden Bar Specials



**Week of 1-2-23 &
Week of 1-16-23**

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

**Week of 1-9-23 &
Week 1-23-23**

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



**Week of 1-2-23 &
Week of 1-16-23**

Monday: Smoothie Bowls
*Sunshine

Tuesday: Noodle Bowls
*Toyoko Teriyaki

Wednesday: Wraps & Flatbread
*The Mediterranean

Thursday: Super Salads
*Chef Salad

Friday: Smoothie Bowls
*Sunshine

**Week of 1-9-23 &
Week 1-23-23**

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

W-Super Salad, Chilled Broccoli,
Citrus Glazed Carrots

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

F-Spinach Salad, Chilled Peas,
Moroccan Carrots

*FRESH & CANNED FRUITS
AND VEGETABLES OFFERED
EVERY DAY ON THE
GARDEN BAR*

This Institution is an equal opportunity provider
Menu Subject to Change

