

# Newark Middle Schools 2018–2019 Menu

|                | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|----------------|--|--|---|---|---|
| <b>MENU #1</b> | Sloppy Joe <i>OR</i><br>Chicken Drumstick/Roll<br>Vegetable<br>Fruit<br>Milk               | Donatos Pizza <i>OR</i><br>Hot Dog<br>Vegetable<br>Fruit<br>Milk                       | Chicken Patty <i>OR</i><br>Pork BBQ Sandwich<br>Vegetable<br>Fruit<br>Milk                | Cheeseburger <i>OR</i><br>Mini Sub<br>Vegetable<br>Fruit<br>Milk                                  | Chicken Tenders <i>OR</i><br>Quesadilla<br>Vegetable<br>Fruit<br>Milk                       |
| <b>MENU #2</b> | Taco <i>OR</i><br>Cheeseburger<br>Vegetable<br>Fruit<br>Milk                               | Dominos Pizza <i>OR</i><br>Cheese Stuffed<br>Breadsticks<br>Vegetable<br>Fruit<br>Milk | Popcorn Chicken Bowl/<br>Roll <i>OR</i><br>Boxed Salad Meal<br>Vegetable<br>Fruit<br>Milk | Garlic Cheese Bread <i>OR</i><br>Chicken & Noodles<br>& Dinner Roll<br>Vegetable<br>Fruit<br>Milk | Quesadilla <i>OR</i><br>Corn Dogs<br>Vegetable<br>Fruit<br>Milk                             |
| <b>MENU #3</b> | Chicken Tenders <i>OR</i><br>Sloppy Joe<br>Vegetable<br>Fruit<br>Milk                      | Donatos Pizza <i>OR</i><br>Hot Dog<br>Vegetable<br>Fruit<br>Milk                       | Cheeseburger <i>OR</i><br>Pork BBQ Sandwich<br>Vegetable<br>Fruit<br>Milk                 | Chicken Patty <i>OR</i><br>Calzone<br>Vegetable<br>Fruit<br>Milk                                  | Meatball Sub <i>OR</i><br>Garlic Cheese Bread<br>Vegetable<br>Fruit<br>Milk                 |
| <b>MENU #4</b> | Cheese Stuffed<br>Breadsticks<br><i>OR</i> Pork BBQ Sandwich<br>Vegetable<br>Fruit<br>Milk | Dominos Pizza <i>OR</i><br>Corn Dogs<br>Vegetable<br>Fruit<br>Milk                     | Popcorn Chicken Bowl/<br>Roll <i>OR</i><br>Boxed Salad Meal<br>Vegetable<br>Fruit<br>Milk | Taco <i>OR</i><br>Quesadilla<br>Vegetable<br>Fruit<br>Milk  | Spicy Chicken Patty <i>OR</i><br>Pasta Marinara/<br>Meatballs<br>Vegetable<br>Fruit<br>Milk |

### Meal Prices

|               |        |
|---------------|--------|
| Breakfast     | FREE   |
| Lunch         | \$2.85 |
| Reduced Lunch | \$.40  |
| Extra Milk    | \$.50  |



### Online Payments

Keep track of your child's meal account balance online at: [www.myschoolbucks.com](http://www.myschoolbucks.com)

Sign up for:

- Email Alerts
- Monthly Statements
- Make Payments

### School Breakfast

Daily Breakfast Menu Includes:  
Cereal or Bread Item,  
Fruit, Juice & Milk

All schools serve a **FREE** breakfast.

Studies show that eating breakfast at school:

- Improves classroom performance and yields better test scores and grades
- Increases children's ability to focus and concentrate on school work
- Decreases disciplinary problems, tardiness and visits to the nurse
- Increases attendance rates

Students who eat breakfast are healthier, happier, better behaved and more productive throughout the school day. Students who eat breakfast meet the USDA requirements and are supplied 1/4 of the daily allowances children need.

School Breakfast Scorecard 2003, Thirteenth Annual Status Report on the School Breakfast Program Food Research and Action Center November 2003

### Free/Reduced Meals

Apply for Free/Reduced Meals On-Line at [www.myschoolapps.com](http://www.myschoolapps.com)

No Lost Forms • Quicker Response

Paper free/reduced meal forms are available in your school office on request. Free or reduced meal prices will not begin until you are approved for the program. You must be re-approved each school year or if you transfer in from another school district. You will receive a notice when approved, and it will list the name of each approved child. If you receive a notice for one child in your household, but not another, you must contact food service to verify that all children in your household are approved. If you apply and don't receive a notice within 5 days, contact the food service department at 740-670-7446.

You must pay for or pack your child's meal until you are approved. Any meal charges made prior to approval must be paid.

Call Food Service at 740-670-7446 if you have any questions regarding approval

Follow the menu with its calendar day. Each week is represented by a color and represents a 4-week cycle menu. ■ = Open Menu

This Institution is an equal opportunity provider.

All meals include Meat or Meat Alternative, Vegetable, Fruit, Bread Item, and Milk. USDA guidelines require all meals must contain a fruit or vegetable.

| AUGUST 2018          | SEPTEMBER 2018       | OCTOBER 2018         | NOVEMBER 2018        | DECEMBER 2018        | JANUARY 2019         | FEBRUARY 2019        | MARCH 2019           | APRIL 2019           | MAY 2019             |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| S M T W T F S        | S M T W T F S        | S M T W T F S        | S M T W T F S        | S M T W T F S        | S M T W T F S        | S M T W T F S        | S M T W T F S        | S M T W T F S        | S M T W T F S        |
| 1 2 3 4              | 1                    | 1 2 3 4 5 6          | 1 2 3                | 1                    | 1 2 3 4 5            | 1 2                  | 1 2                  | 1 2 3 4 5 6          | 1 2 3 4              |
| 5 6 7 8 9 10 11      | 2 3 4 5 6 7 8        | 7 8 9 10 11 12 13    | 4 5 6 7 8 9 10       | 2 3 4 5 6 7 8        | 6 7 8 9 10 11 12     | 3 4 5 6 7 8 9        | 3 4 5 6 7 8 9        | 7 8 9 10 11 12 13    | 5 6 7 8 9 10 11      |
| 12 13 14 15 16 17 18 | 9 10 11 12 13 14 15  | 14 15 16 17 18 19 20 | 11 12 13 14 15 16 17 | 9 10 11 12 13 14 15  | 13 14 15 16 17 18 19 | 10 11 12 13 14 15 16 | 10 11 12 13 14 15 16 | 14 15 16 17 18 19 20 | 12 13 14 15 16 17 18 |
| 19 20 21 22 23 24 25 | 16 17 18 19 20 21 22 | 21 22 23 24 25 26 27 | 18 19 20 21 22 23 24 | 16 17 18 19 20 21 22 | 20 21 22 23 24 25 26 | 17 18 19 20 21 22 23 | 17 18 19 20 21 22 23 | 21 22 23 24 25 26 27 | 19 20 21 22 23 24 25 |
| 26 27 28 29 30 31    | 23 24 25 26 27 28 29 | 28 29 30 31          | 25 26 27 28 29 30    | 23 24 25 26 27 28 29 | 27 28 29 30 31       | 24 25 26 27 28       | 24 25 26 27 28 29 30 | 28 29 30             | 26 27 28 29 30 31    |