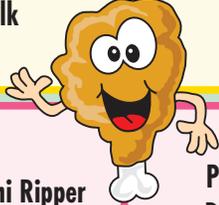
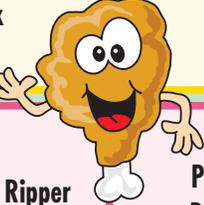
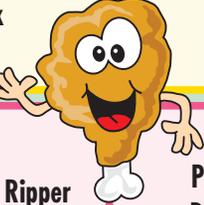
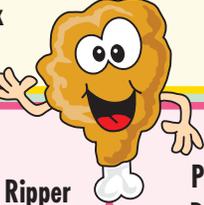


Newark Middle School 2023-2024 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Pizza 🍕 Chicken Tenders Vegetable Fruit Milk 	Hot Dog Vegetable Fruit Milk 	Macaroni & Cheese Vegetable Fruit Milk 	Chicken Patty Vegetable Fruit Milk 	Pizza 🍕 Chicken Tenders Vegetable Fruit Milk 
MENU #2	Pizza 🍕 Drumstick Vegetable Fruit Milk 	Hamburger Vegetable Fruit Milk 	Popcorn Chicken Vegetable Fruit Milk 	Pepperoni Ripper Vegetable Fruit Milk 	Pizza 🍕 Drumstick Vegetable Fruit Milk 
MENU #3	Pizza 🍕 Rotini Pasta Vegetable Fruit Milk 	Hot Dog Vegetable Fruit Milk 	Chicken & Noodles Vegetable Fruit Milk 	Chicken Patty Vegetable Fruit Milk 	Pizza 🍕 Rotini Pasta Vegetable Fruit Milk 
MENU #4	Pizza 🍕 Corn Dog Vegetable Fruit Milk 	Hamburger Vegetable Fruit Milk 	Popcorn Chicken Vegetable Fruit Milk 	Garlic Cheese Bread Vegetable Fruit Milk 	Pizza 🍕 Corn Dog Vegetable Fruit Milk 

 Monday pizza served at: Carson, Hillview, John Clem, Cherry Valley & Liberty only.
 Friday pizza served at: Legend, Ben Franklin, McGuffey, Heritage & Wilson only.

Meal Prices

Breakfast	FREE
Lunch	\$3.00
Reduced Lunch	No Cost
Extra Milk	\$.50



Online Payments

Keep track of your child's meal account balance online at: www.myschoolbucks.com

Sign up for:

- Email Alerts
- Monthly Statements
- Make Payments (Now Free for Parents)

School Breakfast

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, Thirtieth 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
 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. **BLACK** is Cook's Choice

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

This Institution is an equal opportunity provider.

AUGUST 2023	SEPTEMBER 2023	OCTOBER 2023	NOVEMBER 2023	DECEMBER 2023	JANUARY 2024	FEBRUARY 2024	MARCH 2024	APRIL 2024	MAY 2024
S M T W T F S 1 2 3 4 5	S M T W T F S 1 2	S M T W T F S 1 2 3 4 5 6 7	S M T W T F S 1 2 3 4	S M T W T F S 1 2	S M T W T F S 1 2 3 4 5 6	S M T W T F S 1 2 3	S M T W T F S 1 2	S M T W T F S 1 2 3 4 5 6	S M T W T F S 1 2 3 4
6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13	4 5 6 7 8 9 10	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11
13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20	11 12 13 14 15 16 17	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18
20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27	18 19 20 21 22 23 24	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25
27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30	31 25 26 27 28 29 30	28 29 30 31	25 26 27 28 29	31 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31