

# Newark Middle Schools 2018–2019 Menu

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