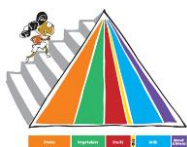


SIMPLY GOOD



Newport Elementary Menu March 2012

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Pulled Pork Sliders On Whole Grain Slider Rolls Vegetarian Baked Beans Pineapple Tidbits	2 Cheese Pizza Cucumber Coins with Lite Ranch Dip Diced Pears
Weekly Alternate: 2. Garden Salad w/ Grilled Chicken, WG Roll 3. Ham & Cheese Wrap : Fruit & Veggie Bar; Tossed Garden Salad, Baby Carrots, Petite Banana				
5 Cheese Quesadilla Seasoned Green Beans Fresh Orange Smiles	6 Chicken Chow Mein Fluffy Brown Rice Pineapple Tidbits Fortune Cookie	7 Junior Meatball Grinder <i>Locally*</i> Grown Seasoned Broccoli	8 Pork Roast with Gravy Mashed Butternut Squash Whole Grain Dinner Roll	9 Cheese Pizza Crisp Baby Carrots With Lite Ranch Dip Fresh Apple
Weekly Alternate: 2. WG Corn Chip, Cheddar & Veggie Salsa Fun Lunch 3. Garden Salad w/ Cheese, WG Roll: Fruit & Veggie Bar: Pasta & Bean Salad, Diced Pears, Apricot Cups				
12 Brunch for Lunch! Whole Grain French Toast Sticks Turkey Sausage Chilled Diced Pears	13 Open Face Hot Chicken Sandwich on Whole Grain Bread Oven Baked Potato Wedges Apricot Cup	14 Hamburger or Cheeseburger on a Whole Grain Bun Vegetarian Baked Beans	15 Sloppy Joe (Beef & Bean) Whole Grain Bun Roasted Sweet Potatoes	16 Cheese Pizza Spinach & Strawberry Salad Orange Smiles
Weekly Alternates: 2. Crush Cup Yogurt Fun Lunch 3. Turkey Sub w/ Shredded Lettuce/Fruit & Veggie Bar: Carrot & Pineapple Salad w/ Dried Cherries, Fresh Apple, Peach Cup				
19 Vegetable Frittata (Italian Style Omelet with Vegetables) Warm Garlic Breadstick Chilled Peaches	20 Beef a Roni (Macaroni with Meatsauce) Seasoned Green Beans	21 Fish Sandwich Whole Grain Bun Roasted Carrot Fries Fresh Pear	22 Kickin' Barbecued Chicken Seasoned Collard Greens Homemade Corn Bread Cinnamon Applesauce	23 Cheese Pizza Baby Carrots with Lite Ranch Dip Pineapple Tidbits
Weekly Alternate: 2. Veggie & Hummus Fun Lunch 3. Ham & Cheese on WG Bagel Fruit & Veggie Bar: Spinach & Strawberry Salad, Cucumber Coins, Orange Wedges				
26 Baked Fish with Breadcrumb Topping Seasoned Carrot Coins Whole Grain Italian Bread	27 Chicken Fajita Sautéed Chicken Featuring <i>Locally*</i> Grown Peppers And Sautéed Onions Whole Grain Tortilla Diced Peaches	28 Chicken Parmesan Sandwich Steamed Broccoli Tangerine	29 Shepard's Pie (Seasoned Beef, Corn & Mashed Potato) Whole Grain Dinner Roll	30 Cheese Pizza Romaine Salad With Lite Dressing Banana
Weekly Alternate: 2. Bagel & Cheese Fun Lunch 3. Caesar Salad with Breaded Chicken / Fruit & Veggie Bar: Garbanzo Bean Salad, Apple Slices, Chilled Pineapple				



Menu Subject to Change all grain items are made with whole grains
All meals are served with milk (1% low fat white, fat free white or fat free flavored)
 (Lactaid Milk Alternative always available)

Applications for free and reduced meals are available at your school
 Any questions please call **Cindy King at 401-847-1170**

Student Meal: \$1.75 • Reduced Meal: 40¢ • Milk: 50¢ • Adult: \$2.85
 Breakfast: 85¢

**Locally Grown?*

Chartwells of the Northeast is pleased to have partnered with farmers from New England to Flash Freeze produce at the height of the season. We offer you locally grown vegetables throughout the school year.

