



Menus for May 2025

MEMORIAL DAY MAY 26

Newport News Public Schools Middle School Menu

This institution is an equal opportunity provider. Menus are subject to change.

Available Daily

PBJ-Deli Subs/Wraps
Yogurt w/String Cheese w/Cheez-its
Baby Carrots-Garden Salad
Apple Slices-Cut up Fruit Juice (Tues. & Thurs.)

***Menu item may contain pork**

Thursday, May 1

Breakfast
 Zee Zee's Smore Bar
 Fruit-Juice-Milk

Lunch
 Roasted Chicken Leg, Stuffing
 Beef Hot Dog on Bun w/Chili & Cheese
 Pizza Crunchers

Choose Two:
 Mashed Potatoes w/Gravy
 Baked Beans

Choose One:
 Strawberry Cup, Fresh Fruit

Friday, May 2

Breakfast
 Cinnamon Roll
 Fruit-Juice-Milk

Lunch
 Spicy Chicken Tenders w/Roll
 Bacon Cheeseburger* w/Onion rings
 Garlic French Bread

Choose Two:
 French Fries
 Mixed Vegetables

Choose One:
 Orange Cup, Fresh Fruit

Brain Ticklers



If a man builds a house with all 4 sides facing south, and a bear walks by the house, what color is the bear?

(Hold the page upside down and read it in a mirror for the answer!)

What is the color of the bear's fur?

Monday, May 5

Breakfast
 Banana Bread
 Fruit-Juice-Milk

Lunch
 Corndog Nuggets
 Baked Potato w/Taco Meat & Cheese
 Cheese Stuffed Manicotti w/Garlic Stick

Choose Two:
 Potatoes Au gratin, Broccoli

Choose One:
 Applesauce Cup, Fresh Fruit

Tuesday, May 6

Breakfast
 Dunkin Stick
 Fruit-Juice-Milk

Lunch
 Stuffed Crust Pizza
 Chicken Nuggets w/Roll
 Chicken Fajitas w/Onions & Peppers

Choose Two:
 Corn, Spinach

Choose One:
 Pineapple Cup
 Whole Fresh Fruit

Wednesday, May 7

Breakfast
 Sausage & Gravy Pizza*
 Fruit-Juice-Milk

Lunch
 Walking Nachos
 Crispy Chicken Patty on Bun
 Macaroni & Cheese Bites

Choose Two:
 Taco Fiesta Beans
 Roasted Butternut Squash

Choose One:
 Mixed Fruit Cup
 Whole Fresh Fruit

Thursday, May 8

Breakfast
 Asst. Mini Pancakes
 Fruit-Juice-Milk

Lunch
 Buffalo Chicken Tot Bake w/Garlic Stick
 Cheese Stuffed Bread Sticks
 Spicy Chicken Tender w/Roll

Choose Two:
 Tomato Soup
 Green Beans

Choose One:
 Peach Cup, Fresh Fruit

Friday, May 9

Breakfast
 Benefit Bar
 Fruit-Juice-Milk

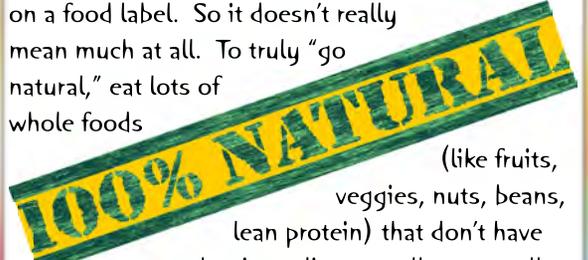
Lunch
 BBQ on Bun w/Cornbread Poppers
 Mozzarella Cheese Sticks
 Chicken & Waffles

Choose Two:
 Cole Slaw
 French fries

Choose One:
 Pear Cup, Fresh Fruit

GOING NATURAL?

There's no legal definition of the word "natural" on a food label. So it doesn't really mean much at all. To truly "go natural," eat lots of whole foods



(like fruits, veggies, nuts, beans, lean protein) that don't have any other ingredients at all -- naturally.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Monday, May 12

Breakfast
 Breakfast Break
 Fruit-Juice-Milk

Lunch
 Stuffed Crust Pizza
 Fiesta Hot Pocket
 Spaghetti w/Meat Sauce w/Croissant

Choose Two:
 Broccoli
 Sweet Potatoes

Choose One:
 Orange Cup, Fresh Fruit

Tuesday, May 13

Breakfast
 Sausage Biscuit*
 Fruit-Juice-Milk

Lunch
 Popcorn Chicken Bowl, Roll
 Pizza Calzone*
 Corndog Nuggets

Choose Two:
 Mashed Potatoes w/Gravy
 Corn

Choose One:
 Strawberry Cup
 Whole Fresh Fruit

Wednesday, May 14

Breakfast
 Waffle Envy
 Fruit-Juice-Milk

Lunch
 Bacon Cheeseburger* w/Onion Rings
 Pizza Crunchers
 Chicken Parmesan w/Garlic Stick

Choose Two:
 Tater Tots, Baked Beans

Choose One:
 Applesauce, Fresh Fruit

Thursday, May 15

Breakfast
 Zee Zee's Smore Bar
 Fruit-Juice-Milk

Lunch
 Beef/Cheese Taco
 Spicy Chicken Patty on Bun
 Breakfast for Lunch* w/Cinnamon Texas Toast

Choose Two:
 Hash Browns
 Collard Greens

Choose One:
 Spiced Apples, Fresh Fruit

Friday, May 16

Breakfast
 Cinnamon Roll
 Fruit-Juice-Milk

Lunch
 Buffalo Chicken Dip, Tostitos
 Chicken Wings w/Cornbread Muffin
 Individual Pizza Pie

Choose Two:
 Steamed Cabbage
 French Fries

Choose One:
 Pineapple Cup, Fresh Fruit

Monday, May 19

Breakfast
Banana Bread
Fruit-Juice-Milk

Lunch
Chicken & Gravy w/Stuffing
Buffalo Chicken Pizza
Spaghetti w/Meatballs
w/Garlic Stick

Choose Two:
Sweet Potato Waffle Fries
Green Beans

Choose One:
Dole Fruit Cup, Fresh Fruit

Tuesday, May 20

Breakfast
Dunkin Stick
Fruit-Juice-Milk

Lunch
Teriyaki Chicken Bowl
w/Fried Rice & Roll
Stromboli*

Spicy Chicken Patty on Bun

Choose Two:
Corn
Broccoli

Choose One:
Peach Cup, Whole Fresh Fruit

Wednesday, May 21

Breakfast
Sausage & Gravy Pizza*
Fruit-Juice-Milk

Lunch
Nachos w/Roll
Pizza Pinwheels
Manager's Special

Choose Two:
Refried Beans
Roasted Carrot Sticks

Choose One:
Pear Cup
Whole Fresh Fruit

Thursday, May 22

Breakfast
Asst. Mini Pancakes
Fruit-Juice-Milk

Lunch
Roasted Chicken Leg, Muffin
Beef Hot Dog on Bun
w/Chili & Cheese
Pizza Crunchers

Choose Two:
Mashed Potatoes w/Gravy
Baked Beans

Choose One:
Strawberry Cup, Fresh Fruit

Friday, May 23

Breakfast
Benefit Bar
Fruit-Juice-Milk

Lunch
Spicy Chicken Tenders, Roll
Bacon Cheeseburger*
w/Onion Rings
Garlic French Bread

Choose Two:
French Fries
Mixed Vegetables

Choose One:
Orange Cup, Fresh Fruit

Monday, May 26



MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 27

Breakfast
Sausage Biscuit*
Fruit-Juice-Milk

Lunch
Stuff Crust Pizza
Chicken Nuggets w/Roll
Chicken Fajita
w/Onion & Peppers

Choose Two:
Corn, Spinach

Choose One:
Pineapple Cup
Whole Fresh fruit

Wednesday, May 28

Breakfast
Waffle Envy
Fruit-Juice-Milk

Lunch
Walking Nachos
Crispy Chicken Patty on Bun
Macaroni & Cheese Bites

Choose Two:
Taco Fiesta Beans
Roasted Butternut Squash

Choose One:
Mixed Fruit Cup
Whole Fresh Fruit

Thursday, May 29

Breakfast
Zee Zee's Smore Bar
Fruit-Juice-Milk

Lunch
Buffalo Chicken Tot Bake
w/Garlic Stick
Cheese stuffed Bread Sticks
Spicy Chicken Tenders, Roll

Choose Two:
Tomato Soup
Green Beans

Choose One:
Peach Cup, Fresh Fruit

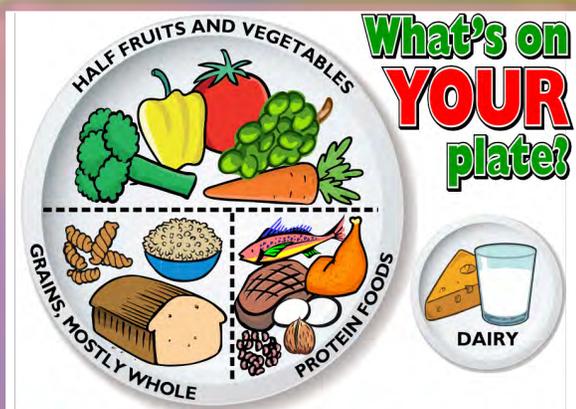
Friday, May 30

Breakfast
Cinnamon Roll
Fruit-Juice-Milk

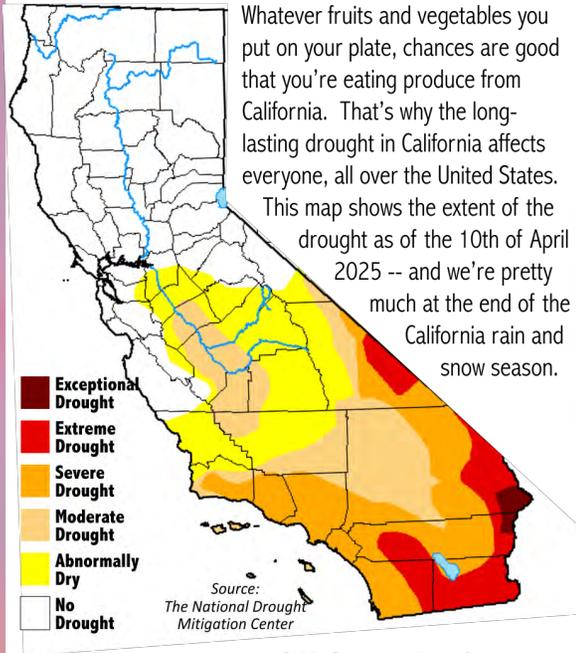
Lunch
BBQ on Bun*
w/Cornbread Poppers
Mozzarella Cheese sticks
Chicken & Waffles

Choose Two:
Cole Slaw
French Fries

Choose One:
Pear Cup, Fresh Fruit



When California is dry, we're all in a drought



Whatever fruits and vegetables you put on your plate, chances are good that you're eating produce from California. That's why the long-lasting drought in California affects everyone, all over the United States. This map shows the extent of the drought as of the 10th of April 2025 -- and we're pretty much at the end of the California rain and snow season.

Percentages of U.S. production that comes from California:

- | | |
|-----------------------|-------------------------|
| Walnuts 99% | Garlic 95% |
| Almonds 99% | Strawberries 92% |
| Artichokes 99% | Grapes 91% |
| Pistachios 98% | Tomatoes 90% |
| Kiwis 97% | Cauliflower 89% |
| Plums 97% | Lettuce 74% |
| Broccoli 95% | Spinach 71% |
| Celery 95% | Carrots 69% |

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

VEGETABLE

Corn

Among the fantastic fresh summer foods we all anticipate, fresh corn on the cob is certainly a favorite. Technically, corn is a grain, but most often we use it like a vegetable. In most parts of the U.S., fresh sweet corn season is in full swing from July through September.

OF THE MONTH



Word of the Month

con·fi·dence

n. 1. Trust or faith in a person or thing 2. self-assurance; a strong and justified belief in one's self and one's abilities, without arrogance

Salad of the Day

Monday - Chef's Salad w/Garlic Stick
Tuesday - Country Chicken Salad, Crackers
Wed - BLT Salad w/Garlic Stick*
Thursday - Country Chicken Salad/Crackers
Friday - Hawaiian Chicken Salad w/Lemon Bread