

Newton & Utica Elementary

August ~ October 2021

Also offered daily:
Cheese sandwich on whole wheat/whole grain bread or PB&J upon request.

100% juice and water will be available for purchase during all lunches.

BREAKFAST MENU

Assorted Breakfast Items
100% Juice
Chilled Milk
Breakfast is free for all students daily.

Parents are encouraged to complete the **Free and Reduced application online** at <https://payschoolscentral.com/> or you may call the Food Service Department at 740-892-2006.

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 supplies 1/4 of the daily allowances children need.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Corn Dogs Cheddar Munchers Carrots Sliced Apples Cookie Milk	Brunch for Lunch	Specialty Pizza Peas Carrots Fruit Cup Milk	Chicken Drumstick Corn Frozen Fruit Cup W/G Dinner Roll Milk	Soft Pretzel/Cheese Tossed Romaine Salad Celery Peaches Milk
Chicken Nuggets Baked Beans Carrots W/G Muffin Apple Milk	Breaded Fish Shapes Tator Tots Goldfish Crackers Pears Milk	Specialty Pizza Green Beans Fruit Cup Milk	Deli Sub Cucumbers Frozen Fruit Cup Baked Chips Milk	Quesadilla Tossed Romaine Salad Celery Applesauce Milk
Chicken Strips Peas Carrots Sliced Apples W/G Muffin Milk	Hamburger on Bun Seasoned Potatoes Pickles Peaches Milk	Specialty Pizza Corn Fruit Cup Cookie Milk	Haystacks Shredded Lettuce Cheese Broccoli/Dip Frozen Fruit Cup Tortilla Chips Milk	Sack Lunch PB&J Uncrustable Cheese Stick Carrots/Dip Baked Chips Applesauce Milk
Hot Dog on W/G Bun Baked Beans Carrots/Dip Apple Milk	Chicken Patty on W/G Bun Smiley Potatoes Dragon Punch Pears Milk	Specialty Pizza Green Beans Cookie Fruit Cup Milk	"COOK'S CHOICE" 😊	Breaded Cheese Sticks Marinara Sauce Tossed Romaine Salad Celery Frozen Fruit Cup Milk

Menu Subject to Change

"This institution is an equal opportunity provider and employer."

AUG. 2021

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

Sept. 2021

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

Oct. 2021

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

LEGEND

Week 1	
Week 2	
Week 3	
Week 4	
No School	