



# NEWBURY **BLACK KNIGHT** Café

Newbury Local Schools • K-12

## What's for LUNCH!

**GRADES K-5 – Milk, Protein, Grain, Veggie and Fruit ... ONLY \$2.75**

**MAKE IT A COMBO! ... IT'S YOUR BEST DEAL!**

**GRADES 6-12 – Choose an Entrée and visit the Self-Serve Fruit & Veggie Side Bar + your favorite flavor of fat-free Milk**  
**Only \$3.00** (ADULT COMBO, MILK NOT INCLUDED ... \$3.50)

Lunch Combo includes up to **2 Fruits** and **2 Veggies** (or Specialty Salad with 2 Fruits). At least one Fruit or Veggie must be included. For specific items offered each day, please visit our interactive online menu at [www.newburyschools.org](http://www.newburyschools.org).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IN A BOWL</b>	<b>MEXICAN</b>	<b>PASTA BAR</b>	<b>ON A BUN</b>	<b>FLASHBACK</b>
A rotation of all your favorite lunches served in a bowl including these themes with a variety of chicken and beef toppings offered: <ul style="list-style-type: none"> <li>• Mashed Potato</li> <li>• Asian</li> <li>• Mac and Cheese</li> </ul>	A rotation of your favorite Mexican dishes with all the toppings including: <ul style="list-style-type: none"> <li>• Burrito Bowl</li> <li>• Soft Tacos or Nachos (choose from Taco Meat or Chicken Fajita Meat)</li> <li>• Mexican Pizza</li> <li>• Quesadillas</li> </ul>	Make your selection from our "Pasta Bar" featuring: <ul style="list-style-type: none"> <li>• Pasta with Meatballs or Meat Sauce</li> <li>• Chicken Alfredo</li> <li>• Garlic Bread</li> </ul>	A rotation of our signature sandwiches all served on a bun including: <ul style="list-style-type: none"> <li>• Hot Subs</li> <li>• Meatball Subs</li> <li>• Honey Sriracha Chicken Subs</li> <li>• Italian Sausage Sandwich</li> <li>• Philly Cheese Steak</li> </ul>	Take your pick from a rotation of the traditional favorites such as: <ul style="list-style-type: none"> <li>• Bosco Sticks</li> <li>• Grilled Cheese Sandwiches</li> <li>• Mac and Cheese</li> <li>• Turkey and Gravy over Mashed Potatoes</li> </ul>

### DAILY OFFERINGS...

- Big Daddy's Pizza
- Chicken Sandwiches (Regular and Spicy)
- Variety of Wraps (Turkey, Ham, Spicy Chicken, Chicken or Veggie)

#### FRUIT SIDES...

- Apples, Oranges, Bananas
- Fresh Fruit in season (Melons, Strawberries, Grapes, Pineapple)
- Variety of Canned Fruit (Peaches, Pears, Applesauce, Pineapple, Mandarin Oranges)
- Chilled Juice

#### VEGGIE SIDES...

- Hot Veggie rotated daily
- Mini Carrots
- Celery Sticks
- Cucumber Slices
- Side Salad

#### SPECIALTY SALADS...

- Spring Mix Salad with lots of Fresh Veggies, sprinkling of Cheese and one of the following: Turkey, Grilled Chicken, Spicy Chicken, Breaded Chicken, Taco Meat

*Want More Nutritional Info?*

Nutritional information on all food offered is available at [www.newburyschools.org](http://www.newburyschools.org) on the "Nutrition Services Department" page. Per the USDA's Smart Snack Guidelines, not all a la carte items are available to all students. Visit the "Nutrition Services" web page for more information. Money may be applied to a student's account with credit or debit card, online through the Infinite Campus Parent Portal on the District's website.



**Newbury Local Schools**

*This institution is an equal opportunity provider.*

*Nutrition Services*

**2018-2019 School Year**

All prices subject to change 8/18