



Newman International Academy Lunch Menu

April 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No Classes	2 Popcorn Chicken whole grain bread slice oven baked diced potatoes seasoned carrot coins seasonal red grapes choice of milk	3 Charbroiled Cheeseburger whole grain bun, burger 'salad' oven baked potato wedges fresh-cut veggie sticks w/franch chilled applesauce choice of milk	4 Cheese Pizza Square - on whole grain crust Italian pasta salad fresh salad greens w/franch chilled mixed fruit choice of milk	5 real Queso Nachos - over whole corn tortilla chips housemade refried beans fresh sliced cucumber w/franch fresh local Texas fruit choice of milk
8 Eclipse Day	9 Toasted Cheese Sandwich - three cheeses-whole wheat bread seasoned later tots fresh baby carrots w/franch seasonal fresh fruit choice of milk	10 Breaded Chicken Nuggets whole grain soft roll garlic mashed potatoes steamed green peas chilled mixed fruit choice of milk	10 Lone Star BBQ Chicken fresh baked whole combread bbq white beans corn n' cabbage slaw salad fresh local Texas melon choice of milk	12 Pepperoni Pizza Square on whole grain crust fresh Roma salad w/Italian and garbanzo beans chilled diced apples choice of milk
15 Ranchero Chicken Enchilada shredded chicken flour tortilla salsa Southwest diced potatoes confetti corn & black bean saute seasonal red grapes choice of milk	16 Charbroiled Hamburger whole grain bun, burger 'salad' oven baked potato wedges fresh baby carrots w/franch seasonal fresh fruit choice of milk	17 Smoked Shredded Chicken w/Texas BBQ sauce, ranch roll real mashed potatoes steamed green peas fresh local Texas fruit choice of milk	18 Spaghetti & Meat Sauce whole grain garlic breadstick fresh zucchini & corn Italiano fresh salad greens w/franch chilled mixed fruit choice of milk	19 real Queso Nachos - over whole corn tortilla chips house-made refried beans fresh nacho side 'salad', taco sauce chilled sliced pears choice of milk
10 Chili Cheese Dog whole grain coney bun cowboy up pinto beans fresh-cut veggie sticks w/franch fruit n' Jello* choice of milk	23 Breaded Chicken Sandwich whole grain burger bun, pickles crinkle-cut oven potatoes battered green peas seasonal fresh fruit choice of milk	24 Toasted Cheese Sandwich - three cheeses whole wheat bread bbq 'charro' pinto beans fresh baby carrots w/franch chilled sliced peaches choice of milk	25 Chicken Parmesan Pasta whole grain 'rustic' roll California veggie medley fresh salad greens w/franch chilled mixed fruit choice of milk	26 Cheese Pizza Round - on whole grain soft pita crust side Caesar salad w/croutons fresh grape tomatoes or wedges seasonal fresh fruit choice of milk
10 Soft Beef Tacos on flour tortillas with cheese taco side 'salad' seasoned black beans fresh local Texas fruit choice of milk	30 State Fair Corn Dog (w/ honey battered, chicken) oven baked later tots seasoned green beans fresh local Texas fruit choice of milk			

Serving those true tastes, recipes, and traditions of Texas as often as possible....

~ NonMeat



Fruit & Produce is seasonally local sourced

* Sauces, beans, salads, pastas, fresh baked bakery, and the like are all scratch-cooked in-house with our healthy recipes *

a peanut & pork free menu

This Month:



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