



Newaygo Public Schools Calories & Carbs MAY 2023



1 Chicken Nuggets 52c/3g per nugget Oven Fries 110c/17g Pears 70c/18g	2 Hamburger W/G Bun 300c/31g Baked Beans 110c/22g Peaches 70c/18g	3 Pizza 280c/35g Taco Stick 350c/32g Carrots 30c/7g Apples 70c/19g	4 Corn Dog 240c/30g Broccoli 35c/5g Mixed Fruit 80c/19g	5 Walking Taco 350c/29g Pizza 280c/35g California Blend 25c/5g Applesauce 50c/13g
8 Macaroni & Cheese 280c/31g W/G Roll 100c/18g Broccoli 35c/5g Pineapple	9 Grilled Cheese 300c/21g Sweet Potato Fries 140c/24g Tropical Fruit 60c/15g	10 Hot Breakfast Hashbrown 270c/31g Oranges 90c/21g	11 Chicken Tenders 86c/5g each Tortilla 190c/32g Garbanzo Beans 80c/13g Pears 70c/18g	12 Calzones 280c/32g Normandy Blend 20c/5g Peaches 70c/18g
15 Bosco Sticks 150c/17g each Sauce 50c/10g Broccoli 35c/5g Apples 70c/19g	16 Mini Corn Dogs 45c/5g each French Fries 110c/17g Mixed Fruit 80c/19g	17 Stuffed Crust Pizza 310c/35g Carrots 30c/7g Applesauce 50c/13g	18 Walking Taco 270c/21g Refried Beans 90c/16g Pineapple 60c/18g	19 Chicken Pot Pie 350c/35g Mixed Vegetables 70c/12g Tropical Fruit 60c/15g
22 Crispitos Romaine Salad 15c/3g Mandarin Oranges 50c/13g	23 Riblet W/G Bun 360c/43g Sweet Potato Fries 140c/24g Pears 70c/18g	24 Popcorn Chicken 21c/1g each Curly Fries 110c/17g Peaches 70c/18g	25 Hot Dog W/G Bun 290c/23g Baked Beans 110c/22g Apples 70c/19g	26 Half Day
29 No School Memorial Day 	30 Quesadillas 320c/32g Refried Beans 90c/16g Mixed Fruit 80c/19g	31 Chicken Patty W/G Bun 400c/44g Broccoli 35c/5g Applesauce 50c/13g		

Variety of Milk Offered Daily

*Menu subject to change due to conditions beyond our control

Food Service Director Mary Anne Charette

Food Service Office (231) 652-9286

mcharette@newaygo.net*** Additional Entrees Offered Daily**USDA is an equal opportunity provider and employer**Others Items:**

Turkey Sandwich 250c/32g

PB & J 300c/34g

Italian Combo 250c/29g

Cold Cut Combo 270c/30g

Ham Sandwich 260c/31g