

Field Trip Menus 2019/2020

Preparation Sites Grades K-12



Option #1	CMS or Recipe Number	Serving Size	
		K-8	9-12
Turkey Ham Sandwich on Knot Roll	R0709	1 per recipe	1 per recipe
Petite Baby Carrots	3006	2, 2.5 oz. pkg.	2, 2.5 oz. pkgs.
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR	3902/3903/3969 3093/3204	1 piece	1 piece
Applesauce Cup	1167	1, 4.5 oz.	1, 4.5 oz.
Fruit Juice (Grades 9-12 only) (<i>Apple, Orange, Wild Berry</i>)	7060/7064/7062	NONE	1, 4 fl. oz.
Milk (1%, Fat Free, Fat Free/Lactose-Free, Fat Free Chocolate)	7100/7123/7020/7014	1 cup	1 cup

Option #2	CMS or Recipe Number	Serving Size	
		K-8	9-12
Yogurt, Strawberry Wholesome Granola	R1654	1 per recipe	1 per recipe
Petite Baby Carrots	3006	2, 2.5 oz. pkgs.	2, 2.5 oz. pkgs.
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR	3902/3903/3969 3093/3204	1 piece	1 piece
Applesauce Cup	1167	1, 4.5 oz.	1, 4.5 oz.
Fruit Juice (Grades 9-12 only) (<i>Apple, Orange, Wild Berry</i>)	7060/7064/7062	NONE	1, 4 fl. oz.
Milk (1%, Fat Free, Fat Free/Lactose-Free, Fat Free Chocolate)	7100/7123/7020/7014	1 cup	1 cup

Option #3	CMS or Recipe Number	Serving Size	
		K-8	9-12
Italian Cheese Pack	R5499 (2601)	1 pack	1 pack
Petite Baby Carrots	3006	1, 2.5 oz. pkg.	1, 2.5 oz. pkg.
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR	3902/3903/3969 3093/3204	1 piece	1 piece
Applesauce Cup	1167	1, 4.5 oz.	1, 4.5 oz.
Fruit Juice (Grades 9-12 only) (<i>Apple, Orange, Wild Berry</i>)	7060/7064/7062	NONE	1, 4 fl. oz.
Milk (1%, Fat Free, Fat Free/Lactose-Free, Fat Free Chocolate)	7100/7123/7020/7014	1 cup	1 cup

NOTE: Chocolate milk is **NOT ALLOWED** for Kindergarten Students.

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Preparation Sites Grades K-12

Option #4	CMS or Recipe Number	Serving Size	
		K-8	9-12
Turkey Stick	2625	1, 1.2 oz.	1, 1.2 oz.
Cheese Plank OR	2525	1, 1 oz. pkg.	1, 1 oz. pkg.
String Cheese	2707	1, 1 oz. pkg.	1, 1 oz. pkg.
Crunchy Tortilla Chips	1363	1, 2 oz. bag	1, 2 oz. bag
Tangy Salsa Cup	1317	1, 3 oz. cup	1, 3 oz. cup
Petite Baby Carrots	3006	1, 2.5 oz. pkg.	1, 2.5 oz. pkg.
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR	3902/3903/3969 3093/3204	1 piece	1 piece
Applesauce Cup	1167	1, 4.5 oz.	1, 4.5 oz.
Fruit Juice (Grades 9-12 only) (<i>Apple, Orange, Wild Berry</i>)	7060/7064/7062	NONE	1, 4 fl. oz.
Milk (1%, Fat Free, Fat Free/Lactose-Free, Fat Free Chocolate)	7100/7123/7020/7014	1 cup	1 cup

Option #5	CMS or Recipe Number	Serving Size	
		K-8	9-12
Cheese Plank OR	2525	2, 1 oz. pkgs.	2, 1 oz. pkgs.
String Cheese	2707	2, 1 oz. pkgs.	2, 1 oz. pkgs.
Crunchy Tortilla Chips	1363	1, 2 oz. bag	1, 2 oz. bag
Tangy Salsa Cup	1352	1, 3 oz. cup	1, 3 oz. cup
Petite Baby Carrots	3006	1, 2.5 oz. pkg.	1, 2.5 oz. pkg.
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR	3902/3903/3969 3093/3204	1 piece	1 piece
Applesauce Cup	1167	1, 4.5 oz.	1, 4.5 oz.
Fruit Juice (Grades 9-12 only) (<i>Apple, Orange, Wild Berry</i>)	7060/7064/7062	NONE	1, 4 fl. oz.
Milk (1%, Fat Free, Fat Free/Lactose-Free, Fat Free Chocolate)	7100/7123/7020/7014	1 cup	1 cup

NOTE: Chocolate milk is **NOT ALLOWED** for Kindergarten Students.

Field Trip Menus 2019/2020

Newman Nutrition Sites Grades K-12



Option #1	CMS or Recipe Number	Serving Size	
		K-8	9-12
Yogurt, Strawberry Wholesome Granola	R1654	1 per recipe	1 per recipe
Petite Baby Carrots	3006	2, 2.5 oz. pkgs.	2, 2.5 oz. pkgs.
Fresh Fruit (<i>Apple, Orange, Banana</i>)	3902/3903/3969 3093/3204	1 piece	1 piece
OR Applesauce Cup	1167	1, 4.5 oz.	1, 4.5 oz.
Fruit Juice (Grades 9-12 only) (<i>Apple, Orange, Wild Berry</i>)	7060/7064/7062	NONE	1, 4 fl. oz.
Milk (1%, Fat Free, Fat Free/Lactose-Free, Fat Free Chocolate)	7100/7123/7020/7014	1 cup	1 cup

Option #2	CMS or Recipe Number	Serving Size	
		K-8	9-12
Italian Cheese Pack	R5499 (2601)	1 pack	1 pack
Petite Baby Carrots	3006	1, 2.5 oz. pkg.	1, 2.5 oz. pkg.
Fresh Fruit (<i>Apple, Orange, Banana</i>)	3902/3903/3969 3093/3204	1 piece	1 piece
OR Applesauce Cup	1167	1, 4.5 oz.	1, 4.5 oz.
Fruit Juice (Grades 9-12 only) (<i>Apple, Orange, Wild Berry</i>)	7060/7064/7062	NONE	1, 4 fl. oz.
Milk (1%, Fat Free, Fat Free/Lactose-Free, Fat Free Chocolate)	7100/7123/7020/7014	1 cup	1 cup

NOTE: Chocolate milk is **NOT ALLOWED** for Kindergarten Students.

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Newman Nutrition Sites Grades K-12



Option #3	CMS or Recipe Number	Serving Size	
		K-8	9-12
Turkey Stick	2625	1, 1.2 oz.	1, 1.2 oz.
Cheese Plank OR	2525	1, 1 oz. pkg.	1, 1 oz. pkg.
String Cheese	2707	1, 1 oz. pkg.	1, 1 oz. pkg.
Crunchy Tortilla Chips	1363	1, 2 oz. bag	1, 2 oz. bag
Tangy Salsa Cup	1317	1, 3 oz. cup	1, 3 oz. cup
Petite Baby Carrots	3006	1, 2.5 oz. pkg.	1, 2.5 oz. pkg.
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR	3902/3903/3969 3093/3204	1 piece	1 piece
Applesauce Cup	1167	1, 4.5 oz.	1, 4.5 oz.
Fruit Juice (Grades 9-12 only) (<i>Apple, Orange, Wild Berry</i>)	7060/7064/7062	NONE	1, 4 fl. oz.
Milk (1%, Fat Free, Fat Free/Lactose-Free, Fat Free Chocolate)	7100/7123/7020/7014	1 cup	1 cup

Option #4	CMS or Recipe Number	Serving Size	
		K-8	9-12
Cheese Plank OR	2525	2, 1 oz. pkgs.	2, 1 oz. pkgs.
String Cheese	2707	2, 1 oz. pkgs.	2, 1 oz. pkgs.
Crunchy Tortilla Chips	1363	1, 2 oz. bag	1, 2 oz. bag
Tangy Salsa Cup	1317	1, 3 oz. cup	1, 3 oz. cup
Petite Baby Carrots	3006	1, 2.5 oz. pkg.	1, 2.5 oz. pkg.
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR	3902/3903/3969 3093/3204	1 piece	1 piece
Applesauce Cup	1167	1, 4.5 oz.	1, 4.5 oz.
Fruit Juice (Grades 9-12 only) (<i>Apple, Orange, Wild Berry</i>)	7060/7064/7062	NONE	1, 4 fl. oz.
Milk (1%, Fat Free, Fat Free/Lactose-Free, Fat Free Chocolate)	7100/7123/7020/7014	1 cup	1 cup

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Field Trip Menus 2019/2020



Prep Early Education Sites

Option #1	CMS or Recipe Number	Serving Size
Turkey Ham Sandwich on Knot Roll OR	R0709	1 per recipe
Deli Cheese Sandwich	R1113	1 per recipe
Fresh Garden Salad	R4371	1 serving
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR	3902/3903/3969 3093/3204	1 piece
Applesauce Cup	1167	1, 4.5 oz.
Milk (1% -3/4 cup) (<i>Fat Free, Fat Free/Lactose-Free-1 cup</i>)	7100/7123/7020	3/4 cup OR 1 cup

Option #2	CMS or Recipe Number	Serving Size
Yogurt, Strawberry	7107	1, 8 oz.
Gold Fish Pretzel Crackers OR	1131	1 pkg.
Rainbow Gold Fish Crackers	1326	1 pkg.
Fresh Garden Salad	R4371	1 serving
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR	3902/3903/3969 3093/3204	1 piece
Applesauce Cup	1167	1, 4.5 oz.
Milk (1% -3/4 cup) (<i>Fat Free, Fat Free/Lactose-Free-1 cup</i>)	7100/7123/7020	3/4 cup OR 1 cup

Option #3	CMS or Recipe Number	Serving Size
Italian Cheese Pack	R5499 (2601)	1 pack
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR	3902/3903/3969 3093/3204	1 piece
Applesauce Cup	1167	1, 4.5 oz.
Milk (1% -3/4 cup) (<i>Fat Free, Fat Free/Lactose-Free-1 cup</i>)	7100/7123/7020	3/4 cup OR 1 cup

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Field Trip Menus 2019/2020



Newman Early Education Sites

Option #1	CMS or Recipe Number	Serving Size
Deli Cheese Sandwich Fresh Garden Salad	R5498N	1 per recipe
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR Applesauce Cup	3902/3903/3969 3093/3204	1 piece
	1167	1, 4.5 oz.
Milk (1% -3/4 cup) (<i>Fat Free, Fat Free/Lactose-Free-1 cup</i>)	7100/7123/7020	3/4 cup OR 1 cup

Option #2	CMS or Recipe Number	Serving Size
Turkey Ham Sandwich on Knot Roll	R0770N	1 per recipe
Fresh Garden Salad	R4402N	1 serving
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR Applesauce Cup	3902/3903/3969 3093/3204	1 piece
	1167	1, 4.5 oz.
Milk (1% -3/4 cup) (<i>Fat Free, Fat Free/Lactose-Free-1 cup</i>)	7100/7123/7020	3/4 cup OR 1 cup

Option #3	CMS or Recipe Number	Serving Size
Yogurt, Strawberry	7107	1, 8 oz.
Gold Fish Pretzel Crackers OR Rainbow Gold Fish Crackers	1131	1 pkg.
	1326	1 pkg.
Fresh Garden Salad	R4402N	1 serving
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR Applesauce Cup	3902/3903/3969 3093/3204	1 piece
	1167	1, 4.5 oz.
Milk (1% -3/4 cup) (<i>Fat Free, Fat Free/Lactose-Free-1 cup</i>)	7100/7123/7020	3/4 cup OR 1 cup

Option #4	CMS or Recipe Number	Serving Size
Italian Cheese Pack	R5499 (2601)	1 pack
Fresh Fruit (<i>Apple, Orange, Banana</i>) OR Applesauce Cup	3902/3903/3969 3093/3204	1 piece
	1167	1, 4.5 oz.
Milk (1% -3/4 cup) (<i>Fat Free, Fat Free/Lactose-Free-1 cup</i>)	7100/7123/7020	3/4 cup OR 1 cup

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Revised: 8/12/19

Field Trip Menus 2019/2020



Mechanical Soft Grades K-12

Option #1	CMS or Recipe Number	Serving Size
Deli Cheese Sandwich	R1113	1 per recipe
Cooked Baby Carrots	R4373	1 serving (1 cup)
Fresh Banana	3204	1 piece
OR Applesauce Cup	1167	1, 4.5 oz.
Fruit Juice (<i>Apple, Orange, Wild Berry</i>)	7060/7064/7062	1, 4 fl. oz.
Milk (<i>1%, Fat Free, Fat Free/Lactose-Free, Fat Free Chocolate</i>)	7100/7123/7020/7014	1 cup

Option #2	CMS or Recipe Number	Serving Size
Yogurt, Strawberry	7107	1, 8 oz.
Artisan Roll	6068	1, 2 oz.
Cooked Baby Carrots	R4373	1 serving (1 cup)
Fresh Banana	3204	1 piece
OR Applesauce Cup	1167	1, 4.5 oz.
Fruit Juice (<i>Apple, Orange, Wild Berry</i>)	7060/7064/7062	1, 4 fl. oz.
Milk (<i>1%, Fat Free, Fat Free/Lactose-Free, Fat Free Chocolate</i>)	7100/7123/7020/7014	1 cup

Option #3	CMS or Recipe Number	Serving Size
Italian Cheese Pack	R5499 (2601)	1 pack
Cooked Baby Carrots	R4373	1 serving (1 cup)
Fresh Banana	3204	1 piece
OR Applesauce Cup	1167	1, 4.5 oz.
Fruit Juice (<i>Apple, Orange, Wild Berry</i>)	7060/7064/7062	1, 4 fl. oz.
Milk (<i>1%, Fat Free, Fat Free/Lactose-Free, Fat Free Chocolate</i>)	7100/7123/7020/7014	1 cup

NOTE: Chocolate milk is **NOT ALLOWED** for Kindergarten Students.