A Newton polytope of a function $f$ is the convex hull of the exponential vectors of $f$. We show that Newton polytopes of Schur polynomials have the Integer Decomposition Property and which Schur polynomials give rise to reflexive polytopes. Viewing Symmetric Grothendieck polynomials as a sum of Schur polynomials, we further show that Newton polytopes of Symmetric Grothendieck polynomials have the Integer Decomposition Property. (Received August 14, 2019)