

Lunch Menu

Newburgh Free Academy Main & North Campuses

	Monday	Tuesday	Wednesday	Thursday	Friday
September 2017			6 F: Turkey Bacon Cheddar Ranch Panini Baked Confetti Fries Steamed Carrots P: Chicken Parm Sub	7 F: Boneless Chicken Wings w/a Whole Wheat Dinner Roll Whipped Sweet Potatoes Steamed Broccoli P: Stuffed Pizza Special	8 F: Baked Mozzarella Sticks w/ Marinara Whole Wheat Dinner Roll Steamed Green Beans P: Pizza
	11 F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn P: Pizza	12 F: Hot & Spicy Chicken Patty on a Whole Wheat Bun Baked Oven Fries Fresh Cole Slaw P: Flatbread Pizza	13 F: Mozzarella Tomato Basil Panini Baked Oven Fries Steamed Green Beans P: Chicken Parm Sub	14 F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Steamed Carrots P: Stuffed Pizza Special	15 F: Chicken Parm Sliders on Garlic Rolls Steamed Broccoli Garbanzo Bean Salad P: Pizza
	18 F: Beef Burger Bar Baked Sweet Potato Fries Fresh Cole Slaw P: Pizza	19 F: Chicken or Beef Gyro on a Whole Grain Pita Baked Fries Cucumber Dill Salad P: Flatbread Pizza	20 F: Italian Combo Panini Baked Oven Fries Steamed Carrots P: Chicken Parm Sub	21 No School	22 No School
	25 F: Twisted Cheese Filled Breadsticks with Marinara Sauce Steamed Broccoli P: Pizza	26 F: Hot Ham & Cheese on a Pretzel Roll Baked Confetti Fries Steamed Carrots P: Flatbread Pizza	27 F: Three Cheese Panini Baked Potato Puffs Steamed Carrots P: Chicken Parm Sub	28 F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn P: Stuffed Pizza Special	29 F: Roasted Chicken Leg Baked Macaroni & Cheese Steamed Broccoli P: Pizza

Additional Options Available:

Deli Bar (Daily) – Choice of Wraps and Breads with Choice of Protein and Toppings

Salsa Bar (Mon, Wed, Fri) – Choice of Burrito, Rice Bowl, Tacos, or Salad with Choice of Protein and Toppings

Asian Flavor Bar (Tues & Thurs) – Choice of Noodle Bowl, Rice Bowl, or Salad with Choice of Protein and Toppings

Fresh Fruit & Vegetable Bar

Choice of Milk: 1%, Nonfat Chocolate, or Nonfat Strawberry

NEW! Flavor Station – Add your own combination of spices, seasonings, and condiments to compliment your meal