Breakfast & Lunch Menu Newburgh Free Academy West Campus Monday Tuesday Wednesday Thursday Friday 2 3 Featured Breakfast: Featured Breakfast: Featured Breakfast: Featured Breakfast: Chocolate Chip UBR, Fresh Fruit, Homemade Cranberry Peach Muffin, Bacon, Eaa & Cheese on a WG WG Blueberry Muffin w/ Cheese Stick. 100% Juice, Milk Fresh Fruit, 100% Juice, Milk Flatbread Round, Fresh Fruit, 100% Fresh Fruit, 100% Juice, Milk Juice, Milk Lunch: Italian Bar Lunch: Salsa Station Lunch: Pizza Bar Choose 1: Lunch: Internship Day Choose 1 each: Choose 1: Twisted Cheese Filled Breadsticks w/ Grain: Tortilla Wrap, Crunchy Taco Grab & Go Cheese Pizza Marinara Sauce Shells Steamed Brown Rice Choose 1: Pepperoni Pizza OR Protein: Chicken Strips, Beef Taco Turkey Club Wrap OR Peanut Butter Buffalo Chicken Pizza Chicken Parm on a Roll Meat, Shredded Pork, Seasoned & Jelly served with Carrot Sticks. Fresh Fresh Salad Tossed to Order: Black Beans, Cheddar Cheese OR Fruit & Milk Add as many as you like: Add as many as you like: Meatballs on a Roll OR Romaine Salad Mix, Cucumbers, Veggies: Romaine Salad Mix, Fresh Salad Tossed to Order: Protein Box: Hard Boiled Eag, Cheese Tomatoes, Cabbage, Carrots, Snow Tomatoes, Red Pepper Strips, Add as many as you like: Stick, Peanut Butter, Whole Grain Peas, Broccoli, Red Pepper Strips, Steamed Corn, Sautéed Onions, Pita, Apple Slices & Veggie Sticks Romaine Salad Mix. Cucumbers. Garbanzo Beans 00 Jalapenos OR Tomatoes, Cabbage, Carrots, Snow Toppings: Salsa, Corn Salsa, Sour Peas, Broccoli, Red Pepper Strips, Mozzarella Tomato Basil Panini Cream Garbanzo Beans (If Remaining on site) Vegaie Sides: Veggie Sides: Steamed Broccoli Steamed Green Beans Oven Baked Fries Oven Baked Fries 7 8 9 10 11 Featured Breakfast: Featured Breakfast: Featured Breakfast: Featured Breakfast: Featured Breakfast: Benefit Bar, Fresh Fruit, 100% Juice, Homemade Blueberry Muffin, Fresh WG Banana Muffin w/ Cheese Stick. Mini Maple Pancakes, Fresh Fruit, Sausage, Egg & Cheese on a WG Flatbread Round, Fresh Fruit, 100% Milk 100% Juice, Milk Fruit, 100% Juice, Milk Fresh Fruit, 100% Juice, Milk Juice, Milk Lunch: Asian Flavor Station Lunch: Deli Bar Lunch: Mediterranean Station Lunch: Internship Day Choose 1 each: Choose 1 each: Lunch: Pizza Bar Choose 1 each: Grab & Go Grain: Asian Noodles, Veggie Fried Grain: Tortilla Wrap or Club Roll Grain: Pita, Flatbread Strips, Steamed Choose 1: Choose 1: Rice, Steamed Brown Rice Meat: Golden Breaded Chicken, Hot Brown Rice Cheese Pizza Ham & Cheese Wrap OR Peanut Protein: Chicken Strips, Popcorn & Spicy Chicken, Turkey, Ham Protein: Chicken Strips, Beef Gyro Pepperoni Pizza Butter & Jelly served with Carrot Shrimp, Beef Strips Cheese: Mozzarella, Cheddar, Meat, Falafels Hawaiian Shrimp Pizza Sticks, Fresh Fruit & Milk Sauce: Teriyaki, Sweet & Sour, Spicy American, Provolone, Swiss Add as many as you like: Fresh Salad Tossed to Order: OR Szechwan Add as many as you like: Veggies: Romaine Salad Mix, Carrots, Add as many as you like: Protein Box: Hard Boiled Egg, Cheese Add as many as you like: Shredded Lettuce, Cucumbers, Cucumber Tomato Salad, Red Stick, Peanut Butter, Whole Grain Romaine Salad Mix, Cucumbers, Veggies: Cabbage, Carrots, Snow Pepper Strips, Onions, Olives, Tomatoes, Onions, Olives, Jalapenos Pita, Apple Slices & Veggie Sticks Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Jalapenos, Chickpeas, Tzatziki Sauces: Mayo, Mustard, Ranch, Peas, Broccoli, Red Pepper Strips, OR Green Onions, Baby Corn, Edamame Honey Mustard, Oil & Vinegar Veggie Sides: Garbanzo Beans Italian Combo Panini Cucumber Dill Salad Veggie Sides: (If Remaining on site) Baked Confetti Fries Garbanzo Bean Salad Vegaie Sides: Baked Tater Tots Golden Corn Oven Baked Fries

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	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:
	Chocolate Chip UBR , Fresh Fruit, 100% Juice, Milk	Chocolate Filled Croissant, Fresh Fruit, 100% Juice, Milk	WG Banana Bread, Fresh Fruit, 100% Juice, Milk	Egg & Cheese Flatbread, Fresh Fruit, 100% Juice, Milk	WG Corn Loaf w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk
		Lunch: Deli Bar	Lunch: Italian Bar	Lunch: Internship Day	
	Lunch: Potato Bar	Choose 1 each:	Choose 1:	Grab & Go	Lunch: Pizza Bar
	Choose 1 each: Potato: Mashed or Baked	Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot	Baked Mozzarella Sticks w/ Marinara Sauce & a Dinner Roll	Choose 1:	Choose 1:
	Grain: Flatbread Strips	& Spicy Chicken, Turkey, Ham	OR	Turkey Club Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh	Cheese Pizza
	Protein: Chicken Strips, Beef Taco	Cheese: Mozzarella, Cheddar,	Chicken Parm on a Roll	Fruit & Milk	Pepperoni Pizza Chicken Bacon Ranch Pizza
	Meat, Shredded Pork, Seasoned	American, Provolone, Swiss	OR	OR	Fresh Salad Tossed to Order:
	Black Beans, Cheddar Cheese, Mozzarella Cheese	Add as many as you like:	Meatballs on a Roll	Protein Box: Hard Boiled Egg, Cheese	Add as many as you like:
	Toppings: Steamed Broccoli, Gravy	Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos	Fresh Salad Tossed to Order:	Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks	Romaine Salad Mix, Cucumbers,
	Fresh Salad Tossed to Order:	Sauces: Mayo, Mustard, Ranch,	Add as many as you like:	OR	Tomatoes, Cabbage, Carrots, Snow
	Add as many as you like:	Honey Mustard, Oil & Vinegar	Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow	Mozzarella Tomato Basil Panini	Peas, Broccoli, Red Pepper Strips, Garbanzo Beans
	Romaine Salad Mix, Cucumbers,	Veggie Sides:	Peas, Broccoli, Red Pepper Strips,	(If Remaining on site)	
	Tomatoes, Cabbage, Carrots, Broccoli, Red Pepper Strips	Steamed Green Beans	Garbanzo Beans	Veggie Sides:	
\sim	BIOCCOII, Ked i eppel silips	Oven Baked Fries	Veggie Sides:	Steamed Green Beans	
\mathbf{c}			Steamed Broccoli Oven Baked Fries	Oven Baked Fries	
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	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:
	Benefit Bar, Fresh Fruit, 100% Juice, Milk	Mini Maple Waffles, Fresh Fruit, 100% Juice, Milk	WG Zucchini Bread, Fresh Fruit, 100% Juice, Milk	Chicken on a Biscuit, Fresh Fruit, 100% Juice, Milk	WG Apple Cinnamon Muffin w/ Cheese
		JUICE, MIIK			Stick, Fresh Fruit, 100% Juice, Milk
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av		Lunch: Deli Bar	Lunch: Salsa Station	Lunch: Internship Day	Stick, Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar
Ma	Lunch: Beef Burger Bar	Lunch: Deli Bar Choose 1 each:	Lunch: Salsa Station Choose 1 each:	Lunch: Internship Day Grab & Go	
Ma	Choose 1 each:	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco	Lunch: Internship Day Grab & Go Choose 1:	Lunch: Pizza Bar Choose 1: Cheese Pizza
Ma	Choose 1 each: Grain: Whole Wheat bun or Pretzel	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza
Ma	Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned	Lunch: Internship Day Grab & Go Choose 1:	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza
Ma	Choose 1 each: Grain: Whole Wheat bun or Pretzel	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order:
Wa	Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar,	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like:	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese Add as many as you like:	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like:
Ma	Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Tomatoes,	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers,	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow
Wa	Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Tomatoes, Sautéed Mushrooms &Onions,	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like:	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese Add as many as you like: Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions,	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
Ma	Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Tomatoes,	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese Add as many as you like: Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow
Ma	Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Tomatoes, Sautéed Mushrooms &Onions, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Ketchup, Siracha	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides:	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese Add as many as you like: Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions,	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Italian Combo Panini (If Remaining on site)	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
Ma	Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Tomatoes, Sautéed Mushrooms &Onions, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Ketchup, Siracha Veggie Sides:	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides: Steamed Broccoli	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese Add as many as you like: Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos Toppings: Salsa, Corn Salsa, Sour	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Italian Combo Panini (If Remaining on site) Veggie Sides:	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
Ma	Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Tomatoes, Sautéed Mushrooms & Onions, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Ketchup, Siracha Veggie Sides: Vegetarian Beans	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides:	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese Add as many as you like: Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos Toppings: Salsa, Corn Salsa, Sour	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Italian Combo Panini (If Remaining on site) Veggie Sides: Steamed Carrots	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
Wa	Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Tomatoes, Sautéed Mushrooms &Onions, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Ketchup, Siracha Veggie Sides:	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides: Steamed Broccoli	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese Add as many as you like: Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos Toppings: Salsa, Corn Salsa, Sour	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Italian Combo Panini (If Remaining on site) Veggie Sides:	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
Wa	Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Tomatoes, Sautéed Mushrooms & Onions, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Ketchup, Siracha Veggie Sides: Vegetarian Beans	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides: Steamed Broccoli	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese Add as many as you like: Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos Toppings: Salsa, Corn Salsa, Sour	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Italian Combo Panini (If Remaining on site) Veggie Sides: Steamed Carrots	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
Ma	Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Tomatoes, Sautéed Mushrooms & Onions, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Ketchup, Siracha Veggie Sides: Vegetarian Beans	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides: Steamed Broccoli	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese Add as many as you like: Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos Toppings: Salsa, Corn Salsa, Sour	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Italian Combo Panini (If Remaining on site) Veggie Sides: Steamed Carrots	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
Wa	Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Tomatoes, Sautéed Mushrooms & Onions, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Ketchup, Siracha Veggie Sides: Vegetarian Beans	Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides: Steamed Broccoli	Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese Add as many as you like: Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos Toppings: Salsa, Corn Salsa, Sour	Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Italian Combo Panini (If Remaining on site) Veggie Sides: Steamed Carrots	Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,

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	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:
	Cinnamon UBR, Fresh Fruit, 100% Juice, Milk	Homemade Chocolate Chip Muffin, Fresh Fruit, 100% Juice, Milk	Bacon, Egg & Cheese on a WG Flatbread Round, Fresh Fruit, 100% Juice, Milk
	Lunch: Asian Flavor Station Choose 1 each:	Lunch: NEW! Summer Picnic Bar	Lunch: Internship Day
	Grain: Asian Noodles, Veggie Fried		Grab & Go
	Rice, Steamed Brown Rice	Choose 1:	Choose 1:
	Protein: Chicken Strips, Popcorn Shrimp, Beef Strips Sauce: Teriyaki, Sweet & Sour, Spicy Szechwan Add as many as you like: Veggies: Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Green Onions, Baby Corn, Edamame	Breaded Chicken Drumstick OR Roasted Chicken Drumstick w/ a Dinner Roll OR All Beef Hotdog Veggie Sides: Vegetarian Beans Baked Sweet Potato Fries Fresh Cole Slaw	Turkey Club Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Mozzarella Tomato Basil Panini (If Remaining on site) Veggie Sides:
			Steamed Green Beans Oven Baked Fries

