

## Available Daily

### Sandwiches Available Everyday:

Peanut Butter & Jelly  
Turkey & Cheese  
Ham & Cheese  
(on Whole Wheat Bread)

### Entrée Salad of the Day:

Monday: Tuna Garden Salad  
Tuesday: Buffalo Chicken Salad  
Wednesday: Chef Salad  
Thursday: Chicken Caesar Salad  
Friday: Spinach Salad

### "Lunch Kit" of the Day:

Monday - Bagel Kit:  
Whole Wheat Bagel w/ Cream Cheese,  
Low Fat Yogurt, & a Cheese Stick  
Tuesday & Thursday - Pizza Kit:  
Whole Grain Flatbread, Turkey Pepperoni,  
Mozzarella Cheese & Pizza Sauce  
Wednesday - Buffalo Chicken Kit:  
Buffalo Chicken Dip, Baked Tostito Scoops  
& Veggie Sticks  
Friday - "Snackable" Kit:  
Whole Grain Crackers, Sliced Ham,  
Turkey, & American Cheese

## SCHOOL LUNCH HERO DAY

No need for  
a cape when  
you have  
an apron.

May 4, 2018



@NBNYSESchoolMeals

# May 2018

## Newburgh Enlarged City School District K-8 Menu

Breakfast and Lunch are available daily to ALL students for FREE!

USDA is an equal opportunity employer & provider



### "SIDE KICKS"

Let us compliment  
your home lunch  
with Veggie Sticks &  
Dip, Fruit, and a  
Milk.  
(must take all 3  
items)



Tuesday, May 1

#### Breakfast:

Whole Grain Cinnamon  
French Toast Sticks  
100% Juice/Fresh Fruit  
Milk

#### Lunch:

NEW! Chicken & Cheese  
Quesadilla  
Steamed Carrot Coins  
Black Bean & Corn Salad  
Fresh Fruit & Veggie Bar  
Choice of Milk

Wednesday, May 2

#### Breakfast:

Whole Grain Pumpkin  
Bread  
100% Juice/Fresh Fruit  
Milk

#### Lunch:

Homemade Pepperoni &  
Cheese French Bread  
Pizza  
Garlic Parmesan Zucchini  
Fresh Fruit & Veggie Bar  
Choice of Milk

Thursday, May 3

#### Breakfast:

Whole Grain Bagel w/  
Cream Cheese  
100% Juice/Fresh Fruit  
Milk

#### Lunch:

Cheeseburger on a  
Whole Wheat Bun  
Baked Oven Fries  
Homemade Cole Slaw  
Fresh Fruit & Veggie Bar  
Choice of Milk

Friday, May 4

#### Breakfast:

Whole Grain Blueberry  
Muffin  
Mozzarella Cheese Stick  
100% Juice/Fresh Fruit  
Milk

#### Lunch:

Homemade Cheese Pizza  
Broccoli Salad  
Cinnamon Pears  
Fresh Fruit & Veggie Bar  
Choice of Milk

Monday, May 7

#### Breakfast:

Cheerios Cereal Bowl or  
Cheerios Cereal Bar  
Mozzarella Cheese Stick  
100% Juice/Fresh Fruit  
Milk

#### Lunch:

All Beef Hot Dog on a  
Whole Wheat Roll  
Baked Sweet Potato  
Wedges  
Buttered Peas  
Fresh Fruit & Veggie Bar  
Choice of Milk

Tuesday, May 8

#### Breakfast:

Whole Grain Mini Maple  
Waffles  
100% Juice/Fresh Fruit  
Milk

#### Lunch:

Hot Ham & Cheese on a  
Pretzel Roll  
Oven Baked Fries  
Steamed Broccoli  
Fresh Fruit & Veggie Bar  
Choice of Milk

Wednesday, May 9

#### Breakfast:

Whole Grain Banana  
Bread  
100% Juice/Fresh Fruit  
Milk

#### Lunch:

Crunchy Chicken &  
Cheese Tacos  
Steamed Brown Rice  
Tomato & Corn Salad  
Fresh Fruit & Veggie Bar  
Choice of Milk

Thursday, May 10

**Superintendent's  
Conference Day**

**No School**

Friday, May 11

#### Breakfast:

Whole Grain Corn Mini  
Loaf  
Mozzarella Cheese Stick  
100% Juice/Fresh Fruit  
Milk

#### Lunch:

Homemade Cheese Pizza  
Carrot Raisin Salad  
Chilled Applesauce  
Fresh Fruit & Veggie Bar  
Choice of Milk

## Produce of the MONTH Broccoli

Broccoli is a member of the cabbage family. It's name is derived from the Italian word *broccolo*, meaning the flowering top of a cabbage

Broccoli is very high in Vitamin C. One cup of chopped broccoli is the Vitamin C equivalent of an orange.

California is responsible for 90 percent of the broccoli grown in the United States

## Sweet Broccoli Slaw

### Ingredients

- 4 Cups Broccoli Slaw
- 1 Apple, chopped
- 1/2 cup pineapple tidbits (reserve the juice!!)
- 1/4 cup pecans
- 1/4 cup dried cranberries

### Dressing Ingredients

- 1/3 cup light mayo
- 1/4 cup pineapple juice
- Dash of salt
- 2 tsp poppy seeds

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### Directions

Combine the dressing ingredients, and whisk till it's not lumpy. combine the broccoli slaw, apple, and pineapple. Pour dressing over salad. Top with pecans and cranberries. Chill before serving!

Recipe courtesy of [superhealthykids.com](http://superhealthykids.com)

Monday, May 14

### Breakfast:

Make Your Own Parfait!  
Low Fat Yogurt  
Nut Free Granola  
100% Juice/Fresh Fruit  
Milk

### Lunch:

Chicken Mashed Potato Bowl  
Whole Grain Mini Biscuit  
Steamed Carrot Coins  
Fresh Fruit & Veggie Bar  
Choice of Milk

Tuesday, May 15

### Breakfast:

Whole Grain Mini Maple Pancakes  
100% Juice/Fresh Fruit  
Milk

1/2 Day

No Lunch Served

Wednesday, May 16

### Breakfast:

Whole Grain Blueberry Bread  
100% Juice/Fresh Fruit  
Milk

### Lunch:

NEW!! BBQ Chicken & Cheddar Nachos  
Steamed Brown Rice  
Golden Corn  
Fresh Fruit & Veggie Bar  
Choice of Milk

Thursday, May 17

### Breakfast:

Turkey Bacon, Egg & Cheese on a Croissant  
100% Juice/Fresh Fruit  
Milk

### Lunch:

Homemade Meatballs on a Whole Grain Roll  
Steamed Broccoli  
Fresh Fruit & Veggie Bar  
Choice of Milk

Friday, May 18

### Breakfast:

Whole Grain Apple Cinnamon Muffin  
Mozzarella Cheese Stick  
100% Juice/Fresh Fruit  
Milk

### Lunch:

Homemade Cheese Pizza  
Garbanzo Bean Salad  
Homemade Pear Crisp  
Fresh Fruit & Veggie Bar  
Choice of Milk

Monday, May 21

### Breakfast:

Mini Benefit Bar  
Low Fat Yogurt  
100% Juice/Fresh Fruit  
Milk

### Lunch:

NEW! Breaded Chicken Drumstick  
Whole Grain Mini Biscuit  
Whipped Sweet Potatoes  
Steamed Green Beans  
Fresh Fruit & Veggie Bar  
Choice of Milk

Tuesday, May 22

### Breakfast:

Turkey Bacon, Egg, & Cheese Bosco Stick  
100% Juice/Fresh Fruit  
Milk

### Lunch:

Golden Baked Fish Nuggets  
Whole Wheat Dinner Roll  
Baked Confetti Fries  
Steamed Carrot Coins  
Fresh Fruit & Veggie Bar  
Choice of Milk

Wednesday, May 23

### Breakfast:

Whole Grain Zucchini Bread  
100% Juice/Fresh Fruit  
Milk

### Lunch:

Twisted Cheese Filled Breadsticks w/ Marinara Sauce  
Caesar Salad  
Steamed Broccoli  
Fresh Fruit & Veggie Bar  
Choice of Milk

Thursday, May 24

### Breakfast:

Sausage & Pancake on a Stick  
100% Juice/Fresh Fruit  
Milk

### Lunch:

Beef or Black Bean Nachos with Assorted Toppings  
Steamed Brown Rice  
Golden Corn  
Fresh Fruit & Veggie Bar  
Choice of Milk

Friday, May 25

### Breakfast:

Whole Grain Sweet Potato Muffin  
Mozzarella Cheese Stick  
100% Juice/Fresh Fruit  
Milk

### Lunch:

Homemade Cheese Pizza  
Cucumber Dill Salad  
Chilled Applesauce  
Fresh Fruit & Veggie Bar  
Choice of Milk

Monday, May 28



Tuesday, May 29

### Breakfast:

Cinnamon UBR  
100% Juice/Fresh Fruit  
Milk

### Lunch:

Teriyaki Chicken & Broccoli  
Veggie Egg Roll  
Steamed Brown Rice  
Fresh Fruit & Veggie Bar  
Choice of Milk

Wednesday, May 30

### Breakfast:

Whole Grain Pumpkin Bread  
100% Juice/Fresh Fruit  
Milk

### Lunch:

Homemade Pepperoni & Cheese French Bread Pizza  
Garlic Parmesan Zucchini  
Fresh Fruit & Veggie Bar  
Choice of Milk

Thursday, May 31

### Breakfast:

Chicken on a Biscuit  
100% Juice/Fresh Fruit  
Milk

### Lunch:

Soft Beef Taco w/ Assorted Toppings  
"Refried" Beans  
Golden Corn  
Fresh Fruit & Veggie Bar  
Choice of Milk

## We are Hiring!!

Part time Food Service positions are available for next school year!  
Call for more information.

563-3424