

NEWBURGH GOLDBACKS

NFA MAIN AND NORTH CAMPUS NOVEMBER LUNCH MENU

Additional Options Available Daily:

Deli Bar Featuring Boars Head Deli Meat-Choice of Wraps and Breads with choice of Protein and Toppings

Salad Bar- Choice Protein and Toppings

Fresh Fruit Bar with Choice of Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Lunch: Boneless Wings Oven Baked French Fries Steamed Green Beans Whole Wheat Dinner Roll Choice of Fruit Choice of Milk	½ DAY TIER 1 SCHOOLS	5 Lunch: Tomato Basil Mozzarella Panini Oven Baked Fries Steamed Carrots Choice of Fruit Choice of Milk	6 Lunch: Beef or Black Bean Nachos Steamed Brown Rice Whole Kernel Corn Choice of Fruit Choice of Milk	7 Lunch: Pizza Crunchers Steamed Broccoli Choice of Fruit Choice of Milk
10 Lunch: Popcorn Chicken Mashed Potato Bowl Fresh Biscuit Steamed Corn Choice of Fruit Choice of Milk	11 	12 Lunch: Chicken Parm on WW Roll Oven Baked French Fries Steamed Carrots Choice of Fruit Choice of Milk	13 Lunch: Chicken Wing Bar Garlic Bread Mashed Potatoes Steamed Broccoli Florets Choice of Fruit Choice of Milk	14 Lunch: Pizza Bar Steamed Broccoli Choice of Fruit Choice of Milk
17 Lunch: Chicken Tenders Belgian Waffle Oven Baked Sweet Potato Fries Steamed Green Beans Choice of Fruit Choice of Milk	18 Lunch: Cheeseburger on WW Bun Oven Baked French Fries Baked Vegetarian Beans Corn on the Cob Choice of Fruit Choice of Milk	19 Lunch: Meatball Parm on French Bread Oven Baked French Fries Steamed Broccoli Choice of Fruit Choice of Milk	20 Thanksgiving Lunch: Turkey Cubes with Gravy Mashed Potatoes Homemade Stuffing Cranberry Sauce Apple Crisp Choice of Fruit Choice of Milk	21 Lunch: Mozzarella Sticks Marinara Sauce Whole Wheat Dinner Roll Steamed Broccoli Choice of Fruit Choice of Milk
24 Lunch: General Tso Chicken Brown Rice Steamed Broccoli Choice of Fruit Choice of Milk	25 Lunch: Grilled Cheese Sandwich on WW Steamed Broccoli Steamed Carrots Choice of Fruit Choice of Milk	26 SUPERINTENDENT'S CONFERENCE DAY NO SCHOOL FOR STUDENTS	27 THANKSGIVING RECESS	28 THANKSGIVING RECESS
				Ingredient information for menu items is available. Contact the Food Services Department for details.

A student who brings their lunch to school can choose a milk, a fruit / veggie, and one other item to participate in this Free Meal Program!

Newburgh is a Community Eligibility Provision District. That means meals are provided to ALL Students at NO Cost! Menu items are subject to change based on availability. The USDA is an equal opportunity employer and provider.