



## Lunch Menu

Newburgh Free Academy Main & North Campuses

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>F: General Tso's Chicken &amp; Broccoli Steamed Brown Rice</p> <p>P: Pizza</p>	<p>3</p> <p>F: Chicken or Beef Gyro on a Whole Grain Pita w/ Assorted Toppings Baked Confetti Fries Cucumber Dill Salad</p> <p>P: Flatbread Pizza</p>	<p>4</p> <p>½ Day No Lunch Served</p>	<p>5</p> <p>F: Homemade Beef Meatballs on a Club Roll Baked Fries Steamed Green Beans</p> <p>P: Stuffed Pizza Special</p>	<p>6</p> <p>F: Baked Mozzarella Sticks w/ Marinara Dipping Sauce Whole Wheat Dinner Roll Steamed Broccoli</p> <p>P: Pizza</p>
<p>9</p> <p>F: Siracha Boneless Wings Whole Wheat Dinner Roll Mashed Potatoes Steamed Carrot Coins</p> <p>P: Pizza</p>	<p>10</p> <p>F: Roasted Chicken Drumsticks Whole Wheat Dinner Roll Homemade Mac &amp; Cheese Steamed Broccoli</p> <p>P: Flatbread Pizza</p>	<p>11</p> <p>F: Mozzarella, Tomato, Basil Panini Baked Fries Steamed Green Beans</p> <p>P: Chicken Parm Sub</p>	<p>12</p> <p>F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn</p> <p>P: Stuffed Pizza Special</p>	<p>13</p> <p>F: Breaded Fish Tacos Baked Sweet Potato Wedges Homemade Coleslaw</p> <p>P: Pizza</p>
<p>16</p> <p>F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn</p> <p>P: Pizza</p>	<p>17</p> <p>F: Grilled Cheese on Wheat Bread Homemade Lentil Soup Steamed Broccoli</p> <p>P: Flatbread Pizza</p>	<p>18</p> <p>F: Buffalo Chicken Panini Baked Confetti Fries Steamed Carrot Coins</p> <p>P: Chicken Parm Sub</p>	<p>19</p> <p>F: Beef Burger Bar Baked Fries Black Bean &amp; Corn Salad</p> <p>P: Stuffed Pizza Special</p>	<p>20</p> <p>F: Chicken Parm Sliders on Garlic Rolls Baked Sweet Potato Wedges Steamed Broccoli</p> <p>P: Pizza</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>

**Winter Break – Happy Holidays!**

### 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