



Lunch Menu

Newburgh Free Academy Main & North Campuses

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 F: BBQ Chicken Sliders on Whole Grain Rolls Baked Oven Fries Steamed Broccoli P: Pizza
4 F: General Tso's Chicken & Broccoli Steamed Brown Rice P: Pizza	5 F: Homemade Beef Chili in a Bread Bowl w/ Assorted Toppings Steamed Carrots P: Flatbread Pizza	6 F: Mozzarella Tomato Basil Panini Baked Fries Steamed Green Beans P: Chicken Parm Sub	7 F: Oven Fried Chicken Drumstick Homemade Pasta Salad Corn on the Cob 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: NEW! Appetizer Platter! Sriracha Boneless Wings, Mini Cheese Breadsticks, & Mini Corndogs w/ Assorted Dipping Sauces Steamed Broccoli P: Flatbread Pizza	13 ½ Day No Lunch Served	14 F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn P: Stuffed Pizza Special	15 F: Chicken Parm Sliders on Garlic Rolls Baked Oven Fries Steamed Broccoli P: Pizza
18 President's Day No School	19 F: Chicken or Beef Gyro on a Whole Grain Pita Baked Confetti Fries Cucumber Dill Salad P: Pizza	20 F: Turkey Bacon Cheddar Ranch Panini Baked Fries Steamed Carrot Coins P: Chicken Parm Sub	21 F: Beef Burger Bar Baked Fries Black Bean & Corn Salad P: Stuffed Pizza Special	22 F: Twisted Cheese Filled Bread Sticks w/ Marinara Steamed Green Beans P: Pizza
25 F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Baked Beans P: Pizza	26 F: Roasted Chicken Leg Baked Macaroni & Cheese Steamed Broccoli P: Flatbread Pizza	27 F: Buffalo Chicken & Cheese Panini Baked Fries Steamed Carrot Coins P: Chicken Parm Sub	28 F: Roasted Turkey Cubes w/ Gravy Whole Grain Dinner Roll Steamed Brown Rice Steamed Green Beans P: Stuffed Pizza Special	

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