



## Lunch Menu

Newburgh Free Academy Main & North Campuses

	Monday	Tuesday	Wednesday	Thursday	Friday
January 2019		1	2	3	4
			F: General Tso's Chicken & Broccoli Steamed Brown Rice  P: Pizza	F: Oven Fried Chicken Drumstick Homemade Pasta Salad Corn on the Cob  P: Stuffed Pizza Special	F: Baked Mozzarella Sticks w/ Marinara Whole Wheat Dinner Roll Steamed Green Beans  P: Pizza
	7	8	9	10	11
	F: Sriracha Boneless Wings w/ a Dinner Roll Whipped Potatoes Steamed Broccoli  P: Pizza	F: Vegetarian Chili w/ Assorted Toppings Whole Grain Fritos Steamed Brown Rice Steamed Carrots  P: Flatbread Pizza	F: Italian Combo Panini Baked Fries Steamed Green Beans  P: Chicken Parm Sub	F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn  P: Stuffed Pizza Special	F: Chicken Parm Sliders on Garlic Rolls Baked Oven Fries Steamed Broccoli  P: Pizza
	14	15	16	17	18
	F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn  P: Pizza	F: Chicken or Beef Gyro on a Whole Grain Pita Baked Confetti Fries Cucumber Dill Salad  P: Flatbread Pizza	F: Turkey Bacon Cheddar Ranch Panini Baked Fries Steamed Carrot Coins  P: Chicken Parm Sub	F: Beef Burger Bar Baked Fries Black Bean & Corn Salad  P: Stuffed Pizza Special	F: Twisted Cheese Filled Bread Sticks w/ Marinara Steamed Green Beans  P: Pizza
21	22	23	24	25	
MLK Jr. Day  No School	<b>Regents Week</b>				
28	29	30	31		
F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Baked Beans  P: Pizza	F: Roasted Chicken Leg Baked Macaroni & Cheese Steamed Broccoli  P: Flatbread Pizza	F: Buffalo Chicken & Cheese Panini Baked Fries Steamed Carrot Coins  P: Chicken Parm Sub	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