



## Lunch Menu

Newburgh Free Academy Main & North Campuses

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Baked Beans Steamed Green Beans</p> <p>P: Pizza</p>	<p>7</p> <p>F: Pulled Pork on a Club Roll Baked Fries Golden Corn</p> <p>P: Flatbread Pizza</p>	<p>8</p> <p>F: Italian Combo Panini Baked Sweet Potato Fries Steamed Carrot Coins</p> <p>P: Chicken Parm Sub</p>	<p>9</p> <p>F: Grilled Cheese on Wheat Bread Baked Fries Homemade Lentil Soup Steamed Broccoli</p> <p>P: Stuffed Pizza Special</p>	<p>10</p> <p>F: Twisted Cheese Filled Bread Sticks w/ Marinara Steamed Green Beans</p> <p>P: Pizza</p>
<p>13</p> <p>F: General Tso's Chicken &amp; Broccoli Steamed Brown Rice</p> <p>P: Pizza</p>	<p>14</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>15</p> <p>F: Turkey, Bacon, Cheddar &amp; Ranch Panini Baked Fries Steamed Carrot Coins</p> <p>P: Chicken Parm Sub</p>	<p>16</p> <p>F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn</p> <p>P: Stuffed Pizza Special</p>	<p>17</p> <p>F: Baked Mozzarella Sticks w/ Marinara Dipping Sauce Whole Wheat Dinner Roll Steamed Broccoli</p> <p>P: Pizza</p>
<p>20</p> <p>Martin Luther King Jr. Day</p> <p>No School</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p><b>Regents Week</b></p>				
<p>27</p> <p>F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn</p> <p>P: Pizza</p>	<p>28</p> <p>F: Roasted Chicken Drumsticks Whole Wheat Dinner Roll Homemade Mac &amp; Cheese Steamed Broccoli</p> <p>P: Flatbread Pizza</p>	<p>29</p> <p>F: Mozzarella, Tomato, Basil Panini Baked Fries Steamed Green Beans</p> <p>P: Chicken Parm Sub</p>	<p>30</p> <p>F: Beef Burger Bar Baked Fries Baked Beans</p> <p>P: Stuffed Pizza Special</p>	<p>31</p> <p>F: Breaded Fish Tacos Baked Sweet Potato Wedges Homemade Coleslaw</p> <p>P: Pizza</p>

### 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