



Lunch Menu

Newburgh Free Academy Main & North Campuses

	Monday	Tuesday	Wednesday	Thursday	Friday
March 2019					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: 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: Grilled Cheese on Whole Grain Bread Homemade Lentil Soup Baked Oven Fries Steamed Broccoli P: Pizza
	18 F: Chicken Parm Sliders on Garlic Rolls Baked Oven Fries Steamed Broccoli P: Pizza	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: Homemade Beef Meatballs Whole Grain Pasta Marinara Steamed Green Beans P: Stuffed Pizza Special	29 F: Baked Mozzarella Sticks w/ Marinara Whole Wheat Dinner Roll Steamed Carrot Coins P: Pizza

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