## Lunch Menu

**Newburgh Free Academy Main & North Campuses**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td>6</td>
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</tbody>
</table>
| F: All Beef Hotdog w/ Assorted Toppings  
Baked Sweet Potato Fries  
Baked Beans  
Steamed Green Beans  | F: Chicken & Waffles  
Golden Corn  
Baked Sweet Potato Fries  
Baked Beans  
Steamed Green Beans  | F: Buffalo Chicken Panini  
Baked Sweet Potato Wedges  
Steamed Broccoli  
P: Chicken Parm Sub  
P: Stuffed Pizza Special  | F: Homemade Meatballs on a Club Roll  
Baked Fries  
Steamed Carrot Coins  | F: BBQ Chicken & Cheese Sliders  
Baked Fries  
Steamed Broccoli  
P: Pizza  |
| 9      | 10      | 11        | 12       | 13     |
| F: Sriracha Boneless Chicken Wings w/ a Dinner Roll  
Mashed Potatoes  
Steamed Carrot Coins  
P: Pizza  | F: Pulled Pork on a Club Roll  
Baked Fries  
Golden Corn  
P: Flatbread Pizza  | F: Italian Combo Panini  
Baked Sweet Potato Fries  
Steamed Carrot Coins  
P: Chicken Parm Sub  
P: Stuffed Pizza Special  | F: Grilled Cheese on Wheat Bread  
Baked Fries  
Homemade Lentil Soup  
Steamed Broccoli  | F: Twisted Cheese Filled Bread Sticks w/ Marinara  
Steamed Green Beans  
P: Pizza  |
| 16     | 17      | 18        | 19       | 20     |
| F: General Tso’s Chicken & Broccoli  
Steamed Brown Rice  
P: Pizza  | F: Chicken or Beef Gyro on a Whole Grain Pita w/ Assorted Toppings  
Baked Confetti Fries  
Cucumber Dill Salad  
P: Pizza  | F: Turkey, Bacon, Cheddar & Ranch Panini  
Baked Fries  
Steamed Carrot Coins  
P: Chicken Parm Sub  
P: Stuffed Pizza Special  | F: Beef or Black Bean Nachos with Assorted Toppings  
Steamed Brown Rice  
Golden Corn  
P: Stuffed Pizza Special  | F: Baked Mozzarella Sticks w/ Marinara Dipping Sauce  
Whole Wheat Dinner Roll  
Steamed Broccoli  
P: Pizza  |
| 23     | 24      | 25        | 26       | 27     |
| F: Chicken Mashed Potato Bowl  
Buttermilk Biscuit  
Golden Corn  
P: Pizza  | F: Roasted Chicken Drumsticks  
Whole Wheat Dinner Roll  
Homemade Mac & Cheese  
Steamed Broccoli  
P: Flatbread Pizza  | F: Mozzarella, Tomato, Basil Panini  
Baked Fries  
Steamed Green Beans  
P: Chicken Parm Sub  
P: Stuffed Pizza Special  | F: Beef Burger Bar  
Baked Fries  
Baked Beans  | F: Breaded Fish Tacos  
Baked Sweet Potato Wedges  
Homemade Coleslaw  
P: Pizza  |

### March 2020

<table>
<thead>
<tr>
<th>30</th>
<th>31</th>
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</table>
| F: All Beef Hotdog w/ Assorted Toppings  
Baked Sweet Potato Fries  
Baked Beans  
Steamed Green Beans  
P: Pizza  | F: Chicken & Waffles  
Golden Corn  
P: Flatbread 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