



Lunch Menu

Newburgh Free Academy Main & North Campuses

	Monday	Tuesday	Wednesday	Thursday	Friday
May 2019			1 F: Buffalo Chicken Panini Baked Fries Steamed Carrot Coins P: Chicken Parm Sub	2 F: Roasted Chicken Drumstick Whole Wheat Dinner Roll Homemade Macaroni & Cheese Steamed Broccoli P: Stuffed Pizza Special	3 F: Baked Mozzarella Sticks w/ Marinara Dipping Sauce Whole Wheat Dinner Roll Steamed Green Beans P: Pizza
	6 F: General Tso's Chicken & Broccoli Steamed Brown Rice P: Pizza	7 F: Appetizer Platter! Sriracha Boneless Wings, Mini Cheese Breadsticks, & Mini Corndogs w/ Assorted Dipping Sauces Steamed Broccoli P: Flatbread Pizza	8 F: Italian Combo Panini Baked Confetti Fries Steamed Green Beans P: Chicken Parm Sub	9 F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn P: Stuffed Pizza Special	10 F: Hot Ham & Cheese on a Pretzel Roll Baked Sweet Potato Wedges Homemade Coleslaw P: Pizza
	13 F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn P: Pizza	14 F: BBQ Chicken Sliders on Whole Grain Rolls Baked Oven Fries Roasted Carrots P: Flatbread Pizza	15 F: Mozzarella Tomato Basil Panini Baked Fries Steamed Green Beans P: Chicken Parm Sub	16 F: Oven Fried Chicken Drumstick Homemade Pasta Salad Corn on the Cob P: Stuffed Pizza Special	17 F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Baked Beans P: Pizza
	20 F: Chicken Parm Sliders on Garlic Rolls Baked Sweet Potato Wedges Steamed Broccoli P: Pizza	21 No School for Students	22 F: Turkey Bacon Cheddar Ranch Panini Baked Confetti Fries Steamed Carrot Coins P: Chicken Parm Sub	23 F: Beef Burger Bar Baked Fries Black Bean & Corn Salad P: Stuffed Pizza Special	24 Memorial Day Weekend
	27 Memorial Day	28 F: Chicken or Beef Gyro on a Whole Grain Pita Baked Fries Cucumber Dill Salad P: Pizza	29 F: Buffalo Chicken Panini Baked Sweet Potato Fries Steamed Carrot Coins P: Chicken Parm Sub	30 F: Homemade Beef Meatballs on a Whole Wheat Roll Baked Fries Steamed Green Beans P: Stuffed Pizza Special	31 F: Twisted Cheese Filled Bread Sticks w/ Marinara Steamed Green Beans 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