



# Lunch Menu

Newburgh Free Academy Main & North Campuses

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Additional Options Available:</b> 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		1 F: Turkey Bacon Cheddar Ranch Panini Baked Confetti Fries Steamed Green Peas  P: Chicken Parm Sub	2 F: Grilled Cheese Homemade Lentil Soup Baked Oven Fries Fresh Cole Slaw  P: Stuffed Pizza Special	3 F: Homemade Meatballs on a Whole Wheat Club Roll Steamed Green Beans  P: Pizza
6 F: General Tso's Chicken & Broccoli Steamed Brown Rice Steamed Broccoli  P: Pizza	7 ½ Day  No Lunch Served	8 F: Mozzarella Tomato Basil Panini Baked Oven Fries Steamed Carrots  P: Chicken Parm Sub	9 F: Hot & Spicy Chicken Patty on a Whole Wheat Bun Baked Tater Tots Garbanzo Bean Salad  P: Stuffed Pizza Special	10 Veteran's Day  No School
13 F: Baked Mozzarella Sticks w/ Marinara Whole Wheat Dinner Roll Steamed Green Beans  P: Pizza	14 F: Roasted Turkey with Gravy Homemade Stuffing Mashed Potatoes Steamed Green Beans Apple Crisp  P: Flatbread Pizza	15 F: Italian Combo Panini Baked Oven Fries Steamed Green Beans  P: Chicken Parm Sub	16 F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn  P: Stuffed Pizza Special	17 F: Roasted Chicken Leg Baked Macaroni & Cheese Steamed Broccoli  P: Pizza
20 F: Beef Burger Bar Baked Sweet Potato Fries Fresh Cole Slaw  P: Pizza	21 F: Chicken or Beef Gyro on a Whole Grain Pita Baked Fries Cucumber Dill Salad  P: Flatbread Pizza	<div style="border: 2px solid black; background-color: yellow; padding: 5px; display: inline-block;"> <b>Thanksgiving Break</b> </div>		
27 F: Twisted Cheese Filled Breadsticks with Marinara Sauce Steamed Broccoli  P: Pizza	28 F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn  P: Flatbread Pizza	29 F: Three Cheese Panini Baked Oven Fries Steamed Green Beans  P: Chicken Parm Sub	30 F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Steamed Carrots  P: Stuffed Pizza Special	