



Lunch Menu

Newburgh Free Academy Main & North Campuses

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 F: Oven Fried Chicken Drumstick Homemade Pasta Salad Corn on the Cob P: Stuffed Pizza Special	2 F: BBQ Chicken Sliders on Whole Wheat Rolls Baked Sweet Potato Wedges Garbanzo Bean Salad P: Pizza
5 F: Sriracha Boneless Wings w/ a Dinner Roll Whipped Potatoes Steamed Broccoli P: Pizza	6 F: Vegetarian Chili w/ Assorted Toppings Whole Grain Fritos Steamed Brown Rice Steamed Carrots P: Flatbread Pizza	7 F: Buffalo Chicken & Cheese Panini Baked Fries Steamed Green Beans P: Chicken Parm Sub	8 F: Beef Burger Bar Baked Sweet Potato Fries Black Bean & Corn Salad P: Stuffed Pizza Special	9 F: Baked Mozzarella Sticks w/ Marinara Whole Wheat Dinner Roll Steamed Broccoli P: Pizza
12 Veteran's Day No School	13 F: Chicken or Beef Gyro on a Whole Grain Pita Baked Confetti Fries Cucumber Dill Salad P: Pizza	14 F: Mozzarella Tomato Basil Panini Baked Fries Steamed Carrots P: Chicken Parm Sub	15 F: Roasted Turkey Cubes with Gravy Homemade Stuffing Mashed Potatoes Steamed Green Beans Apple Crisp P: Stuffed Pizza Special	16 F: Chicken Parm Sliders on Garlic Rolls Steamed Broccoli P: Pizza
19 F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn P: Pizza	20 F: Roasted Chicken Leg Baked Macaroni & Cheese Steamed Broccoli P: Flatbread Pizza	21 F: Turkey Bacon Cheddar Ranch Panini Baked Confetti Fries Steamed Carrots P: Chicken Parm Sub	22 Happy Thanksgiving!	23 No School
26 F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Baked Beans P: Pizza	27 F: Twisted Cheese Filled Bread Sticks w/ Marinara Steamed Green Beans P: Flatbread Pizza	28 ½ Day No Lunch Served	29 F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn P: Stuffed Pizza Special	30 F: BBQ Chicken Sliders on Whole Wheat Rolls Baked Sweet Potato Wedges Garbanzo Bean Salad 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