

Lunch Menu

Newburgh Free Academy Main & North Campuses

	Monday	Tuesday	Wednesday	Thursday	Friday
October 2017	2	3	4	5	6
	F: General Tso's Chicken & Broccoli Steamed Brown Rice Steamed Broccoli P: Pizza	F: BBQ Chicken Sliders Baked Oven Fries Fresh Cole Slaw P: Flatbread Pizza	F: Turkey Bacon Cheddar Ranch Panini Baked Confetti Fries Steamed Green Peas P: Chicken Parm Sub	F: Buffalo Chicken Nachos w/ Assorted Toppings Black Bean Salad Steamed Carrots P: Stuffed Pizza Special	F: Homemade Meatballs on a Whole Wheat Club Roll Steamed Green Beans P: Pizza
	9	10	11	12	13
	Columbus Day No School	F: Hot & Spicy Chicken Patty on a Whole Wheat Bun Baked Tater Tots Garbanzo Bean Salad P: Flatbread Pizza	F: Mozzarella Tomato Basil Panini Baked Oven Fries Steamed Carrots P: Chicken Parm Sub	F: Boneless Chicken Wings w/a Whole Wheat Dinner Roll Whipped Sweet Potatoes Steamed Broccoli P: Stuffed Pizza Special	F: Baked Mozzarella Sticks w/ Marinara Whole Wheat Dinner Roll Steamed Green Beans P: Pizza
	16	17	18	19	20
	F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn P: Pizza	½ Day No Lunch Served	F: Italian Combo Panini Baked Oven Fries Steamed Green Beans P: Chicken Parm Sub	F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Steamed Carrots P: Stuffed Pizza Special	F: Chicken Parm Sliders on Garlic Rolls Steamed Broccoli Garbanzo Bean Salad P: Pizza
23	24	25	26	27	
F: Beef Burger Bar Baked Sweet Potato Fries Fresh Cole Slaw P: Pizza	F: Chicken or Beef Gyro on a Whole Grain Pita Baked Fries Cucumber Dill Salad P: Flatbread Pizza	F: Three Cheese Panini Baked Potato Puffs Steamed Carrots P: Chicken Parm Sub	F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn P: Stuffed Pizza Special	F: Roasted Chicken Leg Baked Macaroni & Cheese Steamed Broccoli P: Pizza	
30	31	<p style="text-align: center; margin: 0;">Additional Options Available:</p> <p style="margin: 0;">Deli Bar (Daily) – Choice of Wraps and Breads with Choice of Protein and Toppings</p> <p style="margin: 0;">Salsa Bar (Mon, Wed, Fri) – Choice of Burrito, Rice Bowl, Tacos, or Salad with Choice of Protein and Toppings</p> <p style="margin: 0;">Asian Flavor Bar (Tues & Thurs) – Choice of Noodle Bowl, Rice Bowl, or Salad with Choice of Protein and Toppings</p> <p style="margin: 0;">Fresh Fruit & Vegetable Bar</p> <p style="margin: 0;">Choice of Milk: 1%, Nonfat Chocolate, or Nonfat Strawberry</p> <p style="margin: 0;">NEW! Flavor Station – Add your own combination of spices, seasonings, and condiments to compliment your meal</p>			
F: Twisted Cheese Filled Breadsticks with Marinara Sauce Steamed Broccoli P: Pizza	½ Day No Lunch Served				