



## Lunch Menu

Newburgh Free Academy Main & North Campuses

October 2019

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		2 F: Buffalo Chicken Panini Baked Fries Steamed Carrot Coins  P: Chicken Parm Sub	3 F: Oven Fried Chicken Drumstick Homemade Pasta Salad Corn on the Cob  P: Stuffed Pizza Special	4 F: Baked Mozzarella Sticks w/ Marinara Dipping Sauce Whole Wheat Dinner Roll Steamed Green Beans  P: Pizza
7 F: General Tso's Chicken & Broccoli Steamed Brown Rice  P: Pizza	8 F: Chicken Wing Bar! Choice of BBQ, Teriyaki, or Buffalo Hot Wings Whole Wheat Garlic Bread Mashed Potatoes Steamed Green Beans  P: Flatbread Pizza	9 No School	10 F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn  P: Stuffed Pizza Special	11 F: Breaded Fish Tacos Baked Sweet Potato Wedges Homemade Coleslaw  P: Pizza
14 Columbus Day No School	15 F: Siracha Boneless Wings Whole Wheat Dinner Roll Mashed Potatoes Steamed Carrot Coins  P: Flatbread Pizza	16 F: Italian Combo Panini Baked Confetti Fries Steamed Carrot Coins  P: Chicken Parm Sub	17 F: Beef Burger Bar Baked Fries Black Bean & Corn Salad  P: Stuffed Pizza Special	18 F: Chicken Parm Sliders on Garlic Rolls Baked Sweet Potato Wedges Steamed Broccoli  P: Pizza
21 F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn  P: Pizza	22 F: Roasted Chicken Drumstick Whole Wheat Dinner Roll Homemade Mac & Cheese Steamed Broccoli  P: Flatbread Pizza	23 F: Turkey Bacon Cheddar Ranch Panini Baked Confetti Fries Steamed Carrot Coins  P: Chicken Parm Sub	24 F: Homemade Beef Meatballs on a Whole Wheat Roll Baked Fries Steamed Green Beans  P: Stuffed Pizza Special	25 F: Twisted Cheese Filled Bread Sticks w/ Marinara Steamed Broccoli  P: Pizza
28 F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Baked Beans Steamed Green Beans  P: Pizza	29 F: Pulled Pork on a Club Roll Baked Fries Steamed Carrot Coins  P: Flatbread Pizza	30 F: Mozzarella, Tomato, Basil Panini Baked Confetti Fries Steamed Broccoli  P: Chicken Parm Sub	31 ½ Day No Lunch Served	