



Lunch Menu

Newburgh Free Academy Main & North Campuses

September 2018	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
				F: Oven Fried Chicken Drumstick Homemade Pasta Salad Corn on the Cob Watermelon Slices P: Stuffed Pizza Special	F: Baked Mozzarella Sticks w/ Marinara Whole Wheat Dinner Roll Steamed Green Beans P: Pizza
	10	11	12	13	14
	No School	No School	F: Sriracha Boneless Wings w/ a Dinner Roll Whipped Potatoes Steamed Broccoli P: Pizza	F: Beef Burger Bar Baked Sweet Potato Fries Fresh Cole Slaw P: Stuffed Pizza Special	F: Chicken Parm Sliders on Garlic Rolls Steamed Broccoli Garbanzo Bean Salad P: Pizza
17	F: Hot & Spicy Chicken Patty on a Whole Wheat Bun Baked Oven Fries Steamed Carrots P: Pizza	18	19	20	21
		F: Chicken or Beef Gyro on a Whole Grain Pita Baked Confetti Fries Cucumber Dill Salad P: Flatbread Pizza	No School	F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn P: Stuffed Pizza Special	F: Hot Ham & Cheese on a Pretzel Roll Baked Sweet Potato Wedges Fresh Cole Slaw P: Pizza
24	F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn P: Pizza	25	26	27	28
		F: Roasted Chicken Leg Baked Macaroni & Cheese Steamed Broccoli P: Flatbread Pizza	F: Turkey Bacon Cheddar Ranch Panini Baked Confetti Fries Steamed Carrots P: Chicken Parm Sub	F: Walking Chicken Enchilada Nachos Golden Corn P: Stuffed Pizza Special	F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Baked 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

NEW! Flavor Station – Add your own combination of spices, seasonings, and condiments to compliment your meal