



Lunch Menu

Newburgh Free Academy Main & North Campuses

	Monday	Tuesday	Wednesday	Thursday	Friday
September 2019	2	3	4 F: Buffalo Chicken Panini Baked Fries Steamed Carrot Coins P: Chicken Parm Sub	5 F: Oven Fried Chicken Drumstick Homemade Pasta Salad Corn on the Cob P: Stuffed Pizza Special	6 F: Baked Mozzarella Sticks w/ Marinara Dipping Sauce Whole Wheat Dinner Roll Steamed Green Beans P: Pizza
	9 F: General Tso's Chicken & Broccoli Steamed Brown Rice P: Pizza	10 F: NEW! Chicken Wing Bar! Choice of BBQ, Teriyaki, or Buffalo Hot Wings Whole Wheat Garlic Bread Mashed Potatoes Steamed Green Beans P: Flatbread Pizza	11 F: Italian Combo Panini Baked Confetti Fries Steamed Carrot Coins P: Chicken Parm Sub	12 F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn P: Stuffed Pizza Special	13 F: Breaded Fish Tacos Baked Sweet Potato Wedges Homemade Coleslaw P: Pizza
	16 F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Baked Beans Steamed Green Beans P: Pizza	17 F: Siracha Boneless Wings Whole Wheat Dinner Roll Mashed Potatoes Steamed Carrot Coins P: Flatbread Pizza	18 F: Mozzarella Tomato Basil Panini Baked Fries Steamed Green Beans P: Chicken Parm Sub	19 F: Beef Burger Bar Baked Fries Black Bean & Corn Salad P: Stuffed Pizza Special	20 F: Chicken Parm Sliders on Garlic Rolls Baked Sweet Potato Wedges Steamed Broccoli P: Pizza
	23 F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn P: Pizza	24 F: Roasted Chicken Drumstick Whole Wheat Dinner Roll Homemade Mac & Cheese Steamed Broccoli P: Flatbread Pizza	25 F: Turkey Bacon Cheddar Ranch Panini Baked Confetti Fries Steamed Carrot Coins P: Chicken Parm Sub	26 F: Homemade Beef Meatballs on a Whole Wheat Roll Baked Fries Steamed Green Beans P: Stuffed Pizza Special	27 F: Twisted Cheese Filled Bread Sticks w/ Marinara Steamed Broccoli 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