

Breakfast & Lunch Menu

Newburgh Free Academy West Campus

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Featured Breakfast: Cinnamon UBR Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides: Garbanzo Bean Salad Oven Baked Fries</p>	<p>Featured Breakfast: Mini Confetti Pancakes Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Mediterranean Station Choose 1 each: Grain: Pita, Flatbread Strips, Steamed Brown Rice Protein: Chicken Strips, Beef Gyro Meat, Chickpeas Add as many as you like: Veggies: Romaine Salad Mix, Carrots, Cucumber Tomato Salad, Red Pepper Strips, Onions, Olives, Jalapenos, Chickpeas, Tzatziki Veggie Sides: Cucumber Dill Salad Baked Confetti Fries</p>	<p>Featured Breakfast: Fruit & Yogurt Parfait Fresh Fruit, 100% Juice, Milk</p> <p>½ Day No Lunch Served</p>	<p>Featured Breakfast: Sausage, Egg & Cheese Flatbread, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Turkey, Bacon, Cheddar & Ranch Panini (If Remaining on site) Veggie Sides: Steamed Green Beans Baked Sweet Potato Fries</p>	<p>Featured Breakfast: Homemade FruitFetti Muffin Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza Chicken Parm Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans</p>
<p>Featured Breakfast: Benefit Bar Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese Add as many as you like: Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos Toppings: Salsa, Corn Salsa, Sour Cream</p>	<p>Featured Breakfast: Mini Maple Waffles Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Italian Bar Choose 1: Twisted Cheese Filled Breadsticks w/ Marinara Sauce and a Dinner Roll OR Chicken Parm on a Roll OR Meatballs on a Roll Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans Veggie Sides: Steamed Broccoli Oven Baked Fries</p>	<p>Featured Breakfast: Banana Bread Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides: Garbanzo Bean Salad Oven Baked Fries</p>	<p>Featured Breakfast: Egg & Cheese Flatbread, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Internship Day Grab & Go Choose 1: Turkey Club Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Mozzarella Tomato Basil Panini (If Remaining on site) Veggie Sides: Steamed Green Beans Baked Sweet Potato Fries</p>	<p>Featured Breakfast: Homemade Chocolate Chip Muffin Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans</p>



Featured Breakfast:
Cinnamon UBR
Fresh Fruit, 100% Juice, Milk

Lunch: Potato Bar
Choose 1 each:
Potato: Mashed or Baked
Grain: Flatbread Strips
Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese, Mozzarella Cheese
Toppings: Steamed Broccoli, Gravy
Fresh Salad Tossed to Order:
Add as many as you like:
Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Broccoli, Red Pepper Strips

Featured Breakfast:
All White Meat Chicken Filet on a Biscuit
Fresh Fruit, 100% Juice, Milk

Lunch: Asian Flavor Station
Choose 1 each:
Grain: Asian Noodles, Veggie Fried Rice, Steamed Brown Rice
Protein: Chicken Strips, Popcorn Shrimp, Beef Strips
Sauce: Teriyaki, Sweet & Sour, Spicy Szechwan
Add as many as you like:
Veggies: Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Green Onions, Baby Corn, Edamame

Featured Breakfast:
Fruit & Yogurt Smoothie with a Cereal Bar
Fresh Fruit, 100% Juice, Milk

Lunch: Beef Burger Bar
Choose 1 each:
Grain: Whole Wheat bun or Pretzel Roll
Cheese: Mozzarella, Cheddar, American, Provolone, Swiss
Add as many as you like:
Shredded Lettuce, Tomatoes, Sautéed Mushrooms & Onions, Jalapenos
Sauces: Mayo, Mustard, Ranch, Honey Mustard, Ketchup, Sriracha
Veggie Sides:
Vegetarian Beans
Oven Baked Confetti Fries

Featured Breakfast:
Bacon, Egg & Cheese on a WG Flatbread
Fresh Fruit, 100% Juice, Milk

Lunch: Internship Day Grab & Go
Choose 1:
Turkey & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk
OR
Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks
OR
Buffalo Chicken Panini
(If Remaining on site)
Veggie Sides:
Steamed Corn
Baked Sweet Potato Fries

Featured Breakfast:
Homemade Blueberry Muffin
Fresh Fruit, 100% Juice, Milk

Lunch: Pizza Bar
Choose 1:
Cheese Pizza
Pepperoni Pizza
Buffalo Chicken Pizza
Fresh Salad Tossed to Order:
Add as many as you like:
Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans

NFA West "Pop Up" Action Station Menu!

Design your own meal using the choices and flavors listed each day! Remember you can always create a salad using the veggies and proteins of the day!
NEW! Add your own combination of spices, seasonings, and condiments to compliment your meal from the Flavor Station in the cafeteria.

Also Offered Daily: Selection of Fresh and Canned Fruit
Choice of Milk: 1%, Nonfat Chocolate, or Nonfat Strawberry

Additional Breakfast Options Available Daily: Assorted Cereals and Cereal Bars, Mozzarella Cheese Sticks, and Low fat Yogurt

Breakfast and Lunch is available to all students at No Cost!



