# **Breakfast & Lunch Menu**

Newburgh Free Academy West Campus

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
II Y 2020	Featured Breakfast: Cinnamon UBR Fresh Fruit, 100% Juice, Milk  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:  Featured Breakfast: Mini Confetti Pancakes Fresh Fruit, 100% Juice, Milk  Lunch: Asian Flavor Station Choose 1 each: Grain: Asian Noodles, Veggie Fried Rice, Steamed Brown Rice Protein: Chicken Strips or Popcorn Shrimp, Sauce: Teriyaki, Sweet & Sour, Spicy Szechwan	Featured Breakfast: Fruit & Yogurt Parfait Fresh Fruit, 100% Juice, Milk  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	Featured Breakfast: Sausage, Egg & Cheese Flatbread, Fresh Fruit, 100% Juice, Milk  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	Featured Breakfast: Homemade FruitFetti Muffin Fresh Fruit, 100% Juice, Milk  Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza Chicken Parm Pizza Fresh Salad Tossed to Order: Add as many as you like:	
	Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar  Veggie Sides: Steamed Green Beans Garbanzo Bean Salad Oven Baked Fries	Add as many as you like: Veggies: Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Green Onions, Baby Corn, Edamame	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	Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Buffalo Chicken Panini (If Remaining on site) Veggie Sides: Steamed Carrot Coins Baked Sweet Potato Fries	Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans
)	10	11	12	13	14
5	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:
	Ranafit Rar	Mini Manle Waffles	Ranana Bread	Faa & Chaesa Flathroad Fresh Fruit	Homemade Chacalate Chin Muffin

Benefit Bar Fresh Fruit, 100% Juice, Milk

### 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

Mini Maple Waffles 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 Fries

Banana Bread Fresh Fruit, 100% Juice, Milk

### 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:

Steamed Carrot Coins Baked Sweet Potato Fries Egg & Cheese Flatbread, Fresh Fruit, 100% Juice, Milk

### 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

Italian Combo Panini (If Remaining on site)

#### Veggie Sides:

Steamed Broccoli **Baked Fries** 

Homemade Chocolate Chip Muffin Fresh Fruit, 100% Juice, Milk

### 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



Featured Breakfast: Featured Breakfast: Featured Breakfast: Featured Breakfast: Mini Chocolate Chip Pancakes Blueberry Bread Bacon, Egg & Cheese Flatbread, Homemade S'more's Muffin President's Day Fresh Fruit, 100% Juice, Milk No School Lunch: Pizza Bar Lunch: Mediterranean Station ½ Day Lunch: Salsa Station Choose 1: Choose 1 each: No Lunch Served Choose 1 each: Cheese Pizza Grain: Pita, Flatbread Strips, Steamed Grain: Tortilla Wrap, Crunchy Taco Brown Rice Pepperoni Pizza Shells Steamed Brown Rice Protein: Chicken Strips, Beef Gyro Buffalo Chicken Pizza Protein: Chicken Strips, Beef Taco Meat, Chickpeas Fresh Salad Tossed to Order: Meat, Shredded Pork, Seasoned Add as many as you like: Add as many as you like: Black Beans, Cheddar Cheese Veggies: Romaine Salad Mix, Carrots, Romaine Salad Mix, Cucumbers, Add as many as you like: Cucumber Tomato Salad, Red Tomatoes, Cabbage, Carrots, Snow Pepper Strips, Onions, Olives, Veggies: Romaine Salad Mix, Peas, Broccoli, Red Pepper Strips, Jalapenos, Chickpeas, Tzatziki Tomatoes, Red Pepper Strips, Garbanzo Beans Steamed Corn, Sautéed Onions, Veggie Sides: Jalapenos Cucumber Dill Salad Toppings: Salsa, Corn Salsa, Sour Baked Confetti Fries bruary Cream 24 25 26 27 28 Featured Breakfast: Featured Breakfast: Featured Breakfast: Featured Breakfast: Featured Breakfast: Cinnamon UBR All White Meat Chicken Filet on a Fruit & Yogurt Smoothie Sausage, Egg & Cheese Flatbread Homemade Blueberry Muffin **W** Bisquit Fresh Fruit, 100% Juice, Milk with a Cereal Bar Fresh Fruit, 100% Juice, Milk Fresh Fruit, 100% Juice, Milk Fresh Fruit, 100% Juice, Milk ш Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Lunch: Pizza Bar Lunch: Potato Bar Lunch: Deli Bar Lunch: Italian Bar Grab & Go Choose 1 each: Choose 1: Choose 1 each: Choose 1: Potato: Mashed or Baked Choose 1: Cheese Pizza Grain: Tortilla Wrap or Club Roll Mozzarella Sticks w/ Marinara Sauce Grain: Flatbread Strips Turkey & Cheese Wrap OR Peanut Pepperoni Pizza Meat: Golden Breaded Chicken, Hot and a Dinner Roll Butter & Jelly served with Carrot Sticks. BBQ Chicken Pizza Protein: Chicken Strips, Beef Taco & Spicy Chicken, Turkey, Ham OR Fresh Fruit & Milk Meat. Shredded Pork, Seasoned Fresh Salad Tossed to Order: Black Beans, Cheddar Cheese. Cheese: Mozzarella, Cheddar, Chicken Parm on a Roll Add as many as you like: Mozzarella Cheese American, Provolone, Swiss OR Protein Box: Hard Boiled Egg, Cheese Romaine Salad Mix, Cucumbers, Add as many as you like: Toppings: Steamed Broccoli, Gravy Stick, Peanut Butter, Whole Grain Pita, Meatballs on a Roll Tomatoes, Cabbage, Carrots, Snow Shredded Lettuce, Cucumbers, Apple Slices & Veggie Sticks Fresh Salad Tossed to Order: Peas, Broccoli, Red Pepper Strips, Fresh Salad Tossed to Order: Tomatoes, Onions, Olives, Jalapenos Garbanzo Beans Add as many as you like: Add as many as you like: Sauces: Mayo, Mustard, Ranch, Mozzarella, Tomato, Basil Panini Romaine Salad Mix, Cucumbers, Romaine Salad Mix, Cucumbers, Honey Mustard, Oil & Vinegar Tomatoes, Cabbage, Carrots, (If Remaining on site) Tomatoes, Cabbaae, Carrots, Snow Veggie Sides: Broccoli, Red Pepper Strips Peas, Broccoli, Red Pepper Strips, Veggie Sides: Garbanzo Bean Salad Garbanzo Beans Steamed Corn Oven Baked Fries Veggie Sides: **Baked Fries** Steamed Green Beans Oven Baked Fries

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## 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!