

# Breakfast & Lunch Menu

Newburgh Free Academy West Campus

January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy New Year!</p> <p>Welcome 2018!</p>	1	2	3	4	5
		<p><b>Featured Breakfast:</b> Cinnamon UBr, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Deli Bar</b> <b>Choose 1 each:</b> Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot &amp; Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss <b>Add as many as you like:</b> Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil &amp; Vinegar <b>Veggie Sides:</b> Fresh Cole Slaw Oven Baked Fries</p>	<p><b>Featured Breakfast:</b> WG Banana Bread, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Asian Flavor Station</b> <b>Choose 1 each:</b> Grain: Asian Noodles, Veggie Fried Rice, Steamed Brown Rice Protein: Chicken Strips, Popcorn Shrimp, Beef Strips Sauce: Teriyaki, Sweet &amp; Sour, Spicy Szechwan <b>Add as many as you like:</b> Veggies: Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Green Onions, Baby Corn, Edamame</p>	<p><b>Featured Breakfast:</b> Bacon, Egg &amp; Cheese on a WG Flatbread Round, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Internship Day Grab &amp; Go</b> <b>Choose 1:</b> Turkey Club Wrap OR Peanut Butter &amp; Jelly served with Carrot Sticks, Fresh Fruit &amp; Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices &amp; Veggie Sticks OR Italian Combo Panini (If Remaining on site) <b>Veggie Sides:</b> Steamed Carrots Oven Baked Fries</p>	<p><b>Featured Breakfast:</b> WG Blueberry Muffin w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Pizza Bar</b> <b>Choose 1:</b> Cheese Pizza Pepperoni Pizza Hawaiian Shrimp Pizza <b>Fresh Salad Tossed to Order:</b> <b>Add as many as you like:</b> Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans</p>
	8	9	10	11	12
	<p><b>Featured Breakfast:</b> Benefit Bar, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Salsa Station</b> <b>Choose 1 each:</b> Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese <b>Add as many as you like:</b> Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos Toppings: Salsa, Corn Salsa, Sour Cream</p>	<p><b>Featured Breakfast:</b> Mini Maple Pancakes, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Mediterranean Station</b> <b>Choose 1 each:</b> Grain: Pita, Flatbread Strips, Steamed Brown Rice Protein: Chicken Strips, Beef Gyro Meat, Falafels <b>Add as many as you like:</b> Veggies: Romaine Salad Mix, Carrots, Cucumber Tomato Salad, Red Pepper Strips, Onions, Olives, Jalapenos, Chickpeas, Tzatziki <b>Veggie Sides:</b> Cucumber Dill Salad Baked Oven Fries</p>	<p><b>Featured Breakfast:</b> WG Blueberry Muffin Flat, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Deli Bar</b> <b>Choose 1 each:</b> Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot &amp; Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss <b>Add as many as you like:</b> Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil &amp; Vinegar <b>Veggie Sides:</b> Fresh Cole Slaw Oven Baked Fries</p>	<p><b>Featured Breakfast:</b> Sausage, Egg &amp; Cheese on a WG Flatbread Round, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Internship Day Grab &amp; Go</b> <b>Choose 1:</b> Ham &amp; Cheese Wrap OR Peanut Butter &amp; Jelly served with Carrot Sticks, Fresh Fruit &amp; Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices &amp; Veggie Sticks OR Turkey Bacon Cheddar Ranch Panini (If Remaining on site) <b>Veggie Sides:</b> Steamed Carrots Oven Baked Fries</p>	<p><b>Featured Breakfast:</b> WG Banana Muffin w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Pizza Bar</b> <b>Choose 1:</b> Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza <b>Fresh Salad Tossed to Order:</b> <b>Add as many as you like:</b> Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans</p>



# January 2018

<p>Martin Luther King Jr. Day</p> <p>No School</p>	<p>15</p>	<p>16</p> <p><b>Featured Breakfast:</b> Chocolate Chip UBr, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Beef Burger Bar</b> <b>Choose 1 each:</b> Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss <b>Add as many as you like:</b> Shredded Lettuce, Tomatoes, Sautéed Mushrooms &amp; Onions, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Ketchup, Siracha <b>Veggie Sides:</b> Cucumber Tomato Salad Sweet Potato Fries</p>	<p>17</p> <p><b>Featured Breakfast:</b> Homemade Cocoa Cherry Muffin, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Italian Bar</b> <b>Choose 1:</b> Twisted Cheese Filled Breadsticks w/ Marinara Sauce OR Chicken Parm on a Roll OR Meatballs on a Roll <b>Fresh Salad Tossed to Order:</b> <b>Add as many as you like:</b> Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans <b>Veggie Sides:</b> Steamed Broccoli Oven Baked Fries</p>	<p>18</p> <p><b>Featured Breakfast:</b> Egg &amp; Cheese Flatbread, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Internship Day Grab &amp; Go</b> <b>Choose 1:</b> Turkey Club Wrap OR Peanut Butter &amp; Jelly served with Carrot Sticks, Fresh Fruit &amp; Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices &amp; Veggie Sticks OR Mozzarella Tomato Basil Panini (If Remaining on site) <b>Veggie Sides:</b> Steamed Carrots Baked Sweet Potato Fries</p>	<p>19</p> <p><b>Featured Breakfast:</b> WG Corn Loaf w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Pizza Bar</b> <b>Choose 1:</b> Cheese Pizza Pepperoni Pizza Chicken Bacon Ranch Pizza <b>Fresh Salad Tossed to Order:</b> <b>Add as many as you like:</b> Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans</p>
	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p> <p><b>Featured Breakfast:</b> WG Apple Cinnamon Muffin w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Pizza Bar</b> <b>Choose 1:</b> Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza <b>Fresh Salad Tossed to Order:</b> <b>Add as many as you like:</b> Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans</p>

**Regents Exams**



	<p style="text-align: right;">29</p> <p><b>Featured Breakfast:</b> Benefit Bar, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Potato Bar</b> <b>Choose 1 each:</b> 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 <b>Fresh Salad Tossed to Order:</b> <b>Add as many as you like:</b> Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Broccoli, Red Pepper Strips</p>	<p style="text-align: right;">30</p> <p><b>Featured Breakfast:</b> Fruit &amp; Yogurt Parfait, Fresh Fruit, 100% Juice, Milk</p> <p style="text-align: center;">½ Day</p> <p style="text-align: center;">No Lunch Served</p>	<p style="text-align: right;">31</p> <p><b>Featured Breakfast:</b> WG Banana Bread, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Deli Bar</b> <b>Choose 1 each:</b> Grain: Tortilla Wrap or Club Roll Meat: Golden Breaed Chicken, Hot &amp; Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss <b>Add as many as you like:</b> Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil &amp; Vinegar <b>Veggie Sides:</b> Fresh Cole Slaw Oven Baked Fries</p>		
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