

Breakfast & Lunch Menu

Newburgh Free Academy West Campus

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Happy New Year!	2 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: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides: Garbanzo Bean Salad Oven Baked Fries	3 Featured Breakfast: Sausage Pancake on a Stick, 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 Mozzarella Tomato Basil Panini (If Remaining on site) Veggie Sides: Steamed Green Beans Oven Baked Fries	4 Featured Breakfast: Homemade Banana 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
7 Featured Breakfast: Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Chicken & Potato Bar Choose 1 each: Protein: Breaded Chicken Drumstick OR Sriracha Boneless Wings OR General Tso's Boneless Wings Grain:, Mini Biscuit Fruit & Veggie Sides: Corn on the Cob Oven Baked Fries Baked Sweet Potato Fries Tossed Green Salad	8 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, 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	9 Featured Breakfast: WG Banana Bread 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	10 Featured Breakfast: Bacon, Egg & Cheese on a WG Flatbread Round, 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 Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Italian Combo Panini (If Remaining on site) Veggie Sides: Steamed Corn Baked Sweet Potato Fries	11 Featured Breakfast: Homemade Chocolate Chip 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: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans



January 2019

	14	15	16	17	18
	<p>Featured Breakfast: Chocolate Chip UBR, Fresh Fruit, 100% Juice, Milk</p> <p>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</p>	<p>Featured Breakfast: WG Mini Waffles 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: WG Banana Bread Fresh Fruit, 100% Juice, Milk</p> <p>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 Featured Breakfast: WG Banana Bread Fresh Fruit, 100% Juice, Milk</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 Turkey Bacon Cheddar Ranch Panini (If Remaining on site) Veggie Sides: Steamed Carrot Coins Oven Baked Fries</p>	<p>Featured Breakfast: Homemade Blueberry Muffin Fruit, 100% Juice, Milk</p> <p>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</p>
	21	22	23	24	25
	<p>MLK Jr. Day</p> <p>No School</p>				
Regents Exams					



	28	29	30	31	
	<p>Featured Breakfast: Benefit Bar 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: All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk</p> <p>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</p>	<p>Featured Breakfast: WG Cinnamon Swirl Bread 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: 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 Buffalo Chicken Panini (If Remaining on site) Veggie Sides: Steamed Green Beans Oven Baked Fries</p>	

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!

