

# Breakfast & Lunch Menu

Newburgh Free Academy West Campus

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<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> Garbanzo Bean Salad Oven Baked Fries</p>	<p><b>Featured Breakfast:</b> Mini Confetti Pancakes 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 or Popcorn Shrimp, 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> Fruit &amp; Yogurt Parfait Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Italian Bar</b> <b>Choose 1:</b> Twisted Cheese Filled Breadsticks w/ Marinara Sauce and a Dinner Roll 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 Carrots Oven Baked Fries</p>	<p><b>Featured Breakfast:</b> Sausage, Egg &amp; Cheese Flatbread, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Internship Day</b> <b>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 Italian Combo Panini (If Remaining on site) <b>Veggie Sides:</b> Steamed Broccoli Baked Sweet Potato Fries</p>	<p><b>Featured Breakfast:</b> Homemade FruitFetti Muffin Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Pizza Bar</b> <b>Choose 1:</b> Cheese Pizza Pepperoni Pizza Chicken Parm 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><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 Waffles 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, Chickpeas <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 Confetti Fries</p>	<p><b>Featured Breakfast:</b> 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 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> Garbanzo Bean Salad Oven Baked Fries</p>	<p><b>Featured Breakfast:</b> Egg &amp; Cheese Flatbread, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Internship Day</b> <b>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 Turkey, Bacon, Cheddar &amp; Ranch Panini (If Remaining on site) <b>Veggie Sides:</b> Steamed Corn Baked Sweet Potato Fries</p>	<p><b>Featured Breakfast:</b> Homemade Chocolate Chip Muffin 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>



# January 2020

	<div>20</div> <div>Martin Luther King Jr. Day</div> <div>No School</div>	<div>21</div>	<div>22</div>	<div>23</div>	<div>24</div>
	<div>Regents Week</div>				
	<div>27</div> <div> <b>Featured Breakfast:</b>            Cinnamon UBR            Fresh Fruit, 100% Juice, Milk         </div> <div> <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         </div>	<div>28</div> <div> <b>Featured Breakfast:</b>            All White Meat Chicken Filet on a Biscuit            Fresh Fruit, 100% Juice, Milk         </div> <div> <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>            Garbanzo Bean Salad            Oven Baked Fries         </div>	<div>29</div> <div> <b>Featured Breakfast:</b>            Fruit &amp; Yogurt Smoothie with a Cereal Bar            Fresh Fruit, 100% Juice, Milk         </div> <div> <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, Sriracha  <b>Veggie Sides:</b>            Vegetarian Beans            Oven Baked Confetti Fries         </div>	<div>30</div> <div> <b>Featured Breakfast:</b>            Bacon, Egg &amp; Cheese on a WG Flatbread            Fresh Fruit, 100% Juice, Milk         </div> <div> <b>Lunch: Internship Day Grab &amp; Go</b>  <b>Choose 1:</b>            Turkey &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            Buffalo Chicken Panini (If Remaining on site)  <b>Veggie Sides:</b>            Steamed Corn            Baked Sweet Potato Fries         </div>	<div>31</div> <div> <b>Featured Breakfast:</b>            Homemade Blueberry Muffin            Fresh Fruit, 100% Juice, Milk         </div> <div> <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         </div>

### **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!**