

# Breakfast & Lunch Menu

Newburgh Free Academy West Campus

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Featured Breakfast:</b> Cinnamon UBR 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>4</p> <p><b>Featured Breakfast:</b> WG Mini Waffles 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>5</p> <p><b>Featured Breakfast:</b> Fruit &amp; Yogurt Smoothie with a Cereal Bar 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>6</p> <p><b>Featured Breakfast:</b> Bacon, Egg &amp; Cheese on a WG Flatbread Round, Fresh Fruit, 100% Juice, Milk</p> <p><b>½ Day No Lunch Served</b></p>	<p>7</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 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>10</p> <p><b>Featured Breakfast:</b> Benefit Bar 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, Sriracha <b>Veggie Sides:</b> Steamed Carrot Coins Confetti Fries</p>	<p>11</p> <p><b>Featured Breakfast:</b> Mini Confetti Pancakes Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Chicken &amp; Potato Bar</b> <b>Choose 1 each:</b> Protein: Breaded Chicken Drumstick OR Sriracha Boneless Wings OR General Tso's Boneless Wings Grain: Mini Biscuit <b>Veggie Sides:</b> Corn on the Cob Steamed Broccoli Oven Baked Fries Baked Sweet Potato Fries Tossed Green Salad Watermelon Slices</p>	<p>12</p> <p><b>Featured Breakfast:</b> Fruit &amp; Yogurt Smoothie with a Cereal Bar 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>13</p> <p><b>Featured Breakfast:</b> Sausage, Egg &amp; Cheese Flatbread, 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 Breaded Mozzarella Sticks w/ Marinara Sauce and a Dinner 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>14</p> <p><b>Featured Breakfast:</b> "Manager's Choice" Homemade Muffin 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>



June 2019

## 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!

### Featured Breakfast:

"Manager's Choice"  
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

Regents Week

