<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Featured Breakfast:</strong></td>
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<tr>
<td>Cinnamon UBR</td>
<td>Mini Confetti Pancakes</td>
<td>Fruit &amp; Yogurt Parfait</td>
<td>Sausage, Egg &amp; Cheese Flatbread, Fresh Fruit, 100% Juice, Milk</td>
<td>Homemade Fruit Fetti Muffin</td>
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<tr>
<td>Fresh Fruit, 100% Juice, Milk</td>
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<tr>
<td><strong>Lunch: Deli Bar</strong></td>
<td><strong>Lunch: Asian Flavor Station</strong></td>
<td><strong>Lunch: Italian Bar</strong></td>
<td><strong>Lunch: Internship Day</strong></td>
<td><strong>Lunch: Pizza Bar</strong></td>
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<td>Choose 1 each:</td>
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<td>Choose 1 each:</td>
<td>Grab &amp; Go</td>
<td>Choose 1:</td>
</tr>
<tr>
<td>Grain: Tortilla Wrap or Club Roll</td>
<td>Grain: Asian Noodles, Veggie Fried Rice, Steamed Brown Rice</td>
<td>Twisted Cheese Filled Breadsticks w/ Marinara Sauce and a Dinner Roll</td>
<td>Ham &amp; Cheese Wrap OR Peanut Butter &amp; Jelly served with Carrot Sticks, Fresh Fruit &amp; Milk</td>
<td>Cheese Pizza</td>
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<tr>
<td>Meat: Golden Breaded Chicken, Hot &amp; Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss</td>
<td>Protein: Chicken Strips or Popcorn Shrimp, Sauce: Teriyaki, Sweet &amp; Sour, Spicy Szechwan</td>
<td>Chicken Parm on a Roll OR Meatballs on a Roll</td>
<td>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)</td>
<td>Pepperoni Pizza</td>
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<td>Add as many as you like:</td>
<td>Add as many as you like:</td>
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<td>Add as many as you like:</td>
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<tr>
<td>Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos</td>
<td>Veggies: Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Green Onions, Baby Corn, Edamame</td>
<td>Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans</td>
<td>Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans</td>
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<td><strong>Veggie Sides:</strong></td>
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<tr>
<td>Steamed Green Beans</td>
<td>Garbanzo Bean Salad</td>
<td>Steamed Broccoli</td>
<td>Steamed Carrot Coins</td>
<td>Steamed Broccoli</td>
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<tr>
<td>Oven Baked Fries</td>
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<td>Oven Baked Fries</td>
<td>Baked Sweet Potato Fries</td>
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<tr>
<td><strong>Lunch: Salsa Station</strong></td>
<td><strong>Lunch: Beef Burger Bar</strong></td>
<td><strong>Lunch: Deli Bar</strong></td>
<td><strong>Lunch: Internship Day</strong></td>
<td><strong>Lunch: Pizza Bar</strong></td>
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<td>Choose 1 each:</td>
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<td>Choose 1 each:</td>
<td>Grab &amp; Go</td>
<td>Choose 1:</td>
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<tr>
<td>Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice</td>
<td>Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss</td>
<td>Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot &amp; Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss</td>
<td>Turkey Club Wrap OR Peanut Butter &amp; Jelly served with Carrot Sticks, Fresh Fruit &amp; Milk</td>
<td>Cheese Pizza</td>
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<tr>
<td>Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese</td>
<td>Add as many as you like: Shredded Lettuce, Tomatoes, Sautéed Mushrooms &amp; Onions, Jalapenos</td>
<td>Add as many as you like: Shredded Lettuce, Tomatoes, Sautéed Mushrooms &amp; Onions, Jalapenos</td>
<td>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)</td>
<td>Pepperoni Pizza</td>
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<tr>
<td>Add as many as you like:</td>
<td>Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos</td>
<td>Sauces: Mayo, Mustard, Ranch, Honey Mustard, Ketchup, Siracha</td>
<td>Add as many as you like:</td>
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<td><strong>Featuring:</strong></td>
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<td><strong>Garbanzo Bean Salad</strong></td>
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<tr>
<td><strong>Grilled Cheese</strong></td>
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<td><strong>Fresh Fruit, 100% Juice, Milk</strong></td>
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<tr>
<td><strong>Lunch Menu</strong></td>
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<tr>
<td><strong>Breakfast &amp; Lunch Menu</strong></td>
<td><strong>Newburgh Free Academy West Campus</strong></td>
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March 2020

**Featured Breakfast:**
- Chocolate Chip UBR
- Fresh Fruit, 100% Juice, Milk

**Lunch:**
- NEW! Chicken & Waffle Bar
  - Choose 1 each:
    - Protein: Breaded Chicken Drumstick, OR Chicken Tenders
    - Grains: Belgian Waffle

**Veggie Sides:**
- Corn on the Cob
- Steamed Broccoli
- Oven Baked Fries
- Baked Sweet Potato Fries
- Tossed Green Salad

**Featured Breakfast:**
- Mini Chocolate Chip Pancakes
- Fresh Fruit, 100% Juice, Milk

**Lunch:**
- Mediterranean Station
  - Choose 1 each:
    - Protein: Breaded Chicken Drumsticks
    - Grains: Belgium Waffle

**Veggie Sides:**
- Cucumber Dill Salad
- Baked Confetti Fries

**Featured Breakfast:**
- Blueberry Bread
- Fresh Fruit, 100% Juice, Milk

**Lunch:**
- Salsa Station
  - Choose 1 each:
    - Protein: Chicken Strips, Beef Taco Meat, Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese

**Add as many as you like:**
- Veggies: Romaine Salad Mix, Carrots, Cucumber Tomato Salad, Red Pepper Strips, Onions, Olives, Jalapenos, Chickpeas, Tzatziki
- Add as many as you like:
  - Salsa: Salsa, Tomatoes, Onions, Olives, Jalapenos
  - Toppings: Salsa, Salsa, Fresh Salad Tossed to Order:
  - Add as many as you like:
    - Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos
    - Toppings: Salsa, Salsa, Sour Cream

**Featured Breakfast:**
- Bacon, 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
    - 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
          - Baked Sweet Potato Fries

**Featured Breakfast:**
- Homemade S’more’s 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:**
- Benefit Bar
- Fresh Fruit, 100% Juice, Milk

**Lunch:**
- Potato Bar
  - Choose 1 each:
    - Potato: Mashed or Baked
    - Grains: Flatbread Strips
    - Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese, Garbanzo Cheese

**Veggie Sides:**
- 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

**Featured Breakfast:**
- All White Meat Chicken Filet on a Biscuit
- Fresh Fruit, 100% Juice, Milk

**Lunch:**
- Deli Bar
  - Choose 1 each:
    - Grains: Tortilla Wrap or Club Roll
    - Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham

**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

**Featured Breakfast:**
- Fruit & Yogurt Smoothie with a Cereal Bar
- Fresh Fruit, 100% Juice, Milk

**Lunch:**
- Italian Bar
  - Choose 1:
    - Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll
    - OR
    - Chicken Parm on a Roll
    - OR
    - Meatballs on a Roll

**Add as many as you like:
- 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 Green Beans
- Oven Baked Fries

**Featured Breakfast:**
- Homemade Blueberry 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:
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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!