

Breakfast & Lunch Menu

Newburgh Free Academy West Campus

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Featured Breakfast: Chocolate Chip UBR, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Italian Bar Choose 1: Twisted Cheese Filled Breadsticks w/ Marinara Sauce OR Chicken Parm on a Roll OR Meatballs on a Roll</p> <p>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> <p>Veggie Sides: Steamed Broccoli Oven Baked Fries</p>	<p>Featured Breakfast: Homemade Cranberry Peach Muffin, 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: Bacon, Egg & Cheese on a WG Flatbread Round, 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 Mozzarella Tomato Basil Panini (If Remaining on site)</p> <p>Veggie Sides: Steamed Green Beans Oven Baked Fries</p>	<p>Featured Breakfast: WG Blueberry Muffin w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza</p> <p>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>
<p>Featured Breakfast: Benefit Bar, 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: Mini Maple Pancakes, 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, Falafels Add as many as you like: Veggies: Romaine Salad Mix, Carrots, Cucumber Tomato Salad, Red Pepper Strips, Onions, Olives, Jalapenos, Chickpeas, Tzatziki</p> <p>Veggie Sides: Cucumber Dill Salad Baked Confetti Fries</p>	<p>Featured Breakfast: Homemade Blueberry Muffin, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breadcrded 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</p> <p>Veggie Sides: Garbanzo Bean Salad Baked Tater Tots</p>	<p>Featured Breakfast: Sausage, Egg & Cheese on a WG Flatbread Round, 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 Italian Combo Panini (If Remaining on site)</p> <p>Veggie Sides: Golden Corn Oven Baked Fries</p>	<p>Featured Breakfast: WG Banana Muffin w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza Hawaiian Shrimp Pizza</p> <p>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>



	<p style="text-align: right;">14</p> <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 style="text-align: right;">15</p> <p>Featured Breakfast: Chocolate Filled Croissant, 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: Steamed Green Beans Oven Baked Fries</p>	<p style="text-align: right;">16</p> <p>Featured Breakfast: WG Banana Bread, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Italian Bar Choose 1: Baked Mozzarella Sticks w/ Marinara Sauce & a Dinner Roll OR Chicken Parm on a Roll OR Meatballs on a Roll 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 Broccoli Oven Baked Fries</p>	<p style="text-align: right;">17</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 Mozzarella Tomato Basil Panini (If Remaining on site) Veggie Sides: Steamed Green Beans Oven Baked Fries</p>	<p style="text-align: right;">18</p> <p>Featured Breakfast: WG Corn Loaf w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza Chicken Bacon Ranch 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>
	<p style="text-align: right;">21</p> <p>Featured Breakfast: Benefit Bar, 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, Siracha Veggie Sides: Vegetarian Beans Baked Sweet Potato Fries</p>	<p style="text-align: right;">22</p> <p>Featured Breakfast: Mini Maple Waffles, 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: Steamed Broccoli Oven Baked Fries</p>	<p style="text-align: right;">23</p> <p>Featured Breakfast: WG Zucchini 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 style="text-align: right;">24</p> <p>Featured Breakfast: Chicken on a Biscuit, 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 Italian Combo Panini (If Remaining on site) Veggie Sides: Steamed Carrots Baked Sweet Potato Fries</p>	<p style="text-align: right;">25</p> <p>Featured Breakfast: WG Apple Cinnamon Muffin w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk</p> <p>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</p>



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Featured Breakfast:

Cinnamon UBR, 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

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Featured Breakfast:

Homemade Chocolate Chip Muffin, Fresh Fruit, 100% Juice, Milk

Lunch: NEW! Summer Picnic Bar

Choose 1:

Breaded Chicken Drumstick
OR

Roasted Chicken Drumstick w/ a Dinner Roll
OR

All Beef Hotdog

Veggie Sides:

Vegetarian Beans
Baked Sweet Potato Fries
Fresh Cole Slaw

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Featured Breakfast:

Bacon, Egg & Cheese on a WG Flatbread Round, 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

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