

# Breakfast & Lunch Menu

Newburgh Free Academy West Campus

May 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
			<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><b>Featured Breakfast:</b> Bacon, Egg &amp; Cheese on a WG Flatbread Round, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Internship Day</b> <b>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</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 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>
	6	7	8	9	10
	<p><b>Featured Breakfast:</b> Chocolate Chip UBR, 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</p>	<p><b>Featured Breakfast:</b> Mini Confetti Pancakes Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Nacho Bar</b> <b>Choose 1 each:</b> Grain: Corn Tortilla Chips or Steamed Brown Rice Protein: Chicken Taco Meat, Beef Taco Meat, 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> 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><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 Basil Panini (If Remaining on site) <b>Veggie Sides:</b> Steamed Green Beans Oven Baked 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 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 style="text-align: right;">13</p> <p><b>Featured Breakfast:</b> Benefit Bar Fresh Fruit, 100% Juice, Milk</p> <p><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</p>	<p style="text-align: right;">14</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 style="text-align: right;">15</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 Breaoded 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 style="text-align: right;">16</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 Mozzarella Tomato Basil Panini (If Remaining on site) <b>Veggie Sides:</b> Steamed Carrot Coins Oven Baked Fries</p>	<p style="text-align: right;">17</p> <p><b>Featured Breakfast:</b> Homemade Blueberry 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>
	<p style="text-align: right;">20</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 style="text-align: right;">21</p> <p style="text-align: center;">No School for Students Today</p>	<p style="text-align: right;">22</p> <p><b>Featured Breakfast:</b> Fruit &amp; Yogurt Smoothie with a Cereal 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> Vegetarian Beans Oven Baked Fries</p>	<p style="text-align: right;">23</p> <p><b>Featured Breakfast:</b> Bacon, Egg &amp; Cheese on a WG Flatbread Round, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Internship Day</b> <b>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 Turkey Panini (If Remaining on site) <b>Veggie Sides:</b> Steamed Corn Baked Sweet Potato Fries</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">Memorial Day Weekend</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!**

	<h2 style="margin: 0;">NFA West “Pop Up” Action Station Menu!</h2> <p style="margin: 5px 0 0 0;">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.</p> <p style="margin: 5px 0 0 0;">Also Offered Daily: Selection of Fresh and Canned Fruit                  Choice of Milk: 1%, Nonfat Chocolate, or Nonfat Strawberry</p> <p style="margin: 5px 0 0 0;">Additional Breakfast Options Available Daily: Assorted Cereals and Cereal Bars, Mozzarella Cheese Sticks, and Low fat Yogurt</p> <p style="margin: 10px 0 0 0; font-weight: bold; font-size: 1.2em;">Breakfast and Lunch is available to all students at No Cost!</p>				
Memorial Day Weekend	27	28	29	30	31
	<p style="text-align: center;"><b>Featured Breakfast:</b>                  All White Meat Chicken Filet on a Biscuit                  Fresh Fruit, 100% Juice, Milk</p> <p style="text-align: center;"><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 style="text-align: center;"><b>Featured Breakfast:</b>                  Fruit &amp; Yogurt Smoothie with a Cereal Bar                  Fresh Fruit, 100% Juice, Milk</p> <p style="text-align: center;"><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 style="text-align: center;"><b>Featured Breakfast:</b>                  Sausage, Egg &amp; Cheese Flatbread, Fresh Fruit, 100% Juice, Milk</p> <p style="text-align: center;"><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</p>	<p style="text-align: center;"><b>Featured Breakfast:</b>                  Homemade FruitFetti Muffin                  Fresh Fruit, 100% Juice, Milk</p> <p style="text-align: center;"><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>	