

# Breakfast & Lunch Menu


Newburgh Free Academy West Campus

	Monday	Tuesday	Wednesday	Thursday	Friday
October 2017	2	3	4	5	6
	<p><b>Featured Breakfast:</b> Benefit Bar, 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</p> <p><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> WG Mini Maple Pancakes, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Flatbread Pizza Bar</b> <b>Choose 1:</b> Three Cheese BBQ Chicken Meatball</p> <p><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>Veggie Sides:</b> Garbanzo Bean Salad Steamed Broccoli</p>	<p><b>Featured Breakfast:</b> WG 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</p> <p><b>Add as many as you like:</b> Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos</p> <p>Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil &amp; Vinegar</p> <p><b>Veggie Sides:</b> Fresh Cole Slaw Oven Baked Fries</p>	<p><b>Featured Breakfast:</b> Sausage Egg &amp; Cheese on a WG English Muffin, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Internship Day 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 Ranch Panini (If Remaining on site)</p> <p><b>Veggie Sides:</b> Steamed Carrots Oven Baked Fries</p>	<p><b>Featured Breakfast:</b> WG Sweet Potato Muffin w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Pizza Bar</b> <b>Choose 1:</b> Cheese Pizza Pepperoni Pizza Hawaiian Shrimp Pizza</p> <p><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>
9	10	11	12	13	
<p><b>Columbus Day</b></p> <p><b>No School</b></p>	<p><b>Featured Breakfast:</b> Chocolate Chip 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</p> <p><b>Add as many as you like:</b> Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos</p> <p>Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil &amp; Vinegar</p> <p><b>Veggie Sides:</b> Fresh Cole Slaw Oven Tater Tots</p>	<p><b>Featured Breakfast:</b> WG Blueberry Bread, 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</p> <p><b>Add as many as you like:</b> Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos</p> <p>Toppings: Salsa, Corn Salsa, Sour Cream</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 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 Mozzarella Tomato Basil Panini (If Remaining on site)</p> <p><b>Veggie Sides:</b> Steamed Broccoli Oven Baked Fries</p>	<p><b>Featured Breakfast:</b> WG Mini Corn Loaf w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Pizza Bar</b> <b>Choose 1:</b> Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza</p> <p><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;">16</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</p> <p><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;">17</p> <p><b>Featured Breakfast:</b> Cinnamon French Sticks, Fresh Fruit, 100% Juice, Milk</p> <p style="text-align: center;"><b>½ day</b></p> <p style="text-align: center;"><b>No Lunch Served</b></p>	<p style="text-align: right;">18</p> <p><b>Featured Breakfast:</b> Homemade Blueberry Muffin, 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</p> <p><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;">19</p> <p><b>Featured Breakfast:</b> Egg &amp; Cheese Flatbread, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Internship Day 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 Italian Combo Panini (If Remaining on site)</p> <p><b>Veggie Sides:</b> Steamed Carrots Baked Sweet Potato Fries</p>	<p style="text-align: right;">20</p> <p><b>Featured Breakfast:</b> WG Banana Muffin w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Pizza Bar</b> <b>Choose 1:</b> Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza</p> <p><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;">23</p> <p><b>Featured Breakfast:</b> Cinnamon UBR, 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</p> <p><b>Add as many as you like:</b> Shredded Lettuce, Tomatoes, Sautéed Mushrooms &amp; Onions, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Ketchup, Siracha</p> <p><b>Veggie Sides:</b> Cucumber Tomato Salad Sweet Potato Fries</p>	<p style="text-align: right;">24</p> <p><b>Featured Breakfast:</b> Fruit &amp; Yogurt Parfait, 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, Falafels</p> <p><b>Add as many as you like:</b> Veggies: Romaine Salad Mix, Carrots, Cucumber Tomato Salad, Red Pepper Strips, Onions, Olives, Jalapenos, Chickpeas, Tzatziki</p> <p><b>Veggie Sides:</b> Cucumber Dill Salad Baked Oven Fries</p>	<p style="text-align: right;">25</p> <p><b>Featured Breakfast:</b> Homemade Pumpkin Chocolate Chip Muffin, 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</p> <p><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;">26</p> <p><b>Featured Breakfast:</b> Sausage Pancake on a Stick, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Internship Day Grab &amp; Go</b> <b>Choose 1:</b> Italian Combo 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 Three Cheese Panini (If Remaining on site)</p> <p><b>Veggie Sides:</b> Steamed Green Beans Baked Tater Tots</p>	<p style="text-align: right;">27</p> <p><b>Featured Breakfast:</b> WG Blueberry Muffin w/ Cheese Stick, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Pizza Bar</b> <b>Choose 1:</b> Cheese Pizza Pepperoni Pizza Beef Taco Pizza</p> <p><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;">30</p> <p><b>Featured Breakfast:</b> Cinnamon UBR, Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Italian Bar</b> <b>Choose 1:</b> Twisted Cheese Filled Breadsticks w/ Marinara OR Chicken Parm on a Roll OR Meatballs on a Roll</p> <p><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>Veggie Sides:</b> Steamed Broccoli Oven Baked Fries</p>	<p style="text-align: right;">31</p> <p><b>Featured Breakfast:</b> Mini Cinis, Fresh Fruit, 100% Juice, Milk</p> <p style="text-align: center;"><b>½ Day</b></p> <p style="text-align: center;"><b>No Lunch Served</b></p>	<p style="text-align: center;"><b>New for 2017-2018!! “Pop Up” Action Station Menu!</b></p> <p style="text-align: center;">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!</p> <p style="text-align: center;">NEW! Add your own combination of spices, seasonings, and condiments to compliment your meal from the Flavor Station in the cafeteria.</p> <p style="text-align: center;">Also Offered Daily: Selection of Fresh and Canned Fruit Choice of Milk: 1%, Nonfat Chocolate, or Nonfat Strawberry</p> <p style="text-align: center;">Flavor Station – Add your own combination of spices, seasonings, and condiments to compliment your meal</p> <p style="text-align: center;"><b>Breakfast and Lunch is available to all students at No Cost!</b></p> <div style="text-align: right; margin-top: 20px;">  </div>
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