

# Breakfast & Lunch Menu

Newburgh Free Academy West Campus

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1  No School	2  <b>Featured Breakfast:</b> Banana Bread Fresh Fruit, 100% Juice, Milk  <b>Lunch: Deli Bar</b> <b>Choose 1 each:</b> Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & 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 & Vinegar <b>Veggie Sides:</b> Garbanzo Bean Salad Oven Baked Fries	3  <b>Featured Breakfast:</b> Bacon, Egg & Cheese on a WG Flatbread Round, Fresh Fruit, 100% Juice, Milk  <b>Lunch: Internship Day</b> <b>Grab &amp; Go</b> <b>Choose 1:</b> 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 Buffalo Chicken Panini (If Remaining on site) <b>Veggie Sides:</b> Steamed Carrot Coins Oven Baked Fries	4  <b>Featured Breakfast:</b> Homemade FruitFetti Muffin Fresh Fruit, 100% Juice, Milk  <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
7  <b>Featured Breakfast:</b> Benefit Bar Fresh Fruit, 100% Juice, Milk  <b>Lunch: Salsa Station</b> <b>Choose 1 each:</b> Grain: Tortilla Wrap, Crunchy Taco Shells 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	8  <b>Featured Breakfast:</b> Mini Confetti Pancakes Fresh Fruit, 100% Juice, Milk  <b>Lunch: Chicken Wing Bar</b> <b>Choose from:</b> Protein: BBQ, Teriyaki, or Buffalo Hot Wings Grain: Whole Wheat Garlic Bread  <b>Veggie Sides:</b> Mashed Potatoes Steamed Green Beans Celery & Carrot Sticks Tossed Green Salad	9  No School	10  <b>Featured Breakfast:</b> Sausage, Egg & Cheese Flatbread, Fresh Fruit, 100% Juice, Milk  <b>Lunch: Internship Day</b> <b>Grab &amp; Go</b> <b>Choose 1:</b> 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 Three Cheese Panini (If Remaining on site) <b>Veggie Sides:</b> Steamed Green Beans Baked Sweet Potato Fries	11  <b>Featured Breakfast:</b> Homemade Chocolate Chip Muffin Fresh Fruit, 100% Juice, Milk  <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



# October 2019

	<p>14</p> <p>Columbus Day</p> <p>No School</p>	<p>15</p> <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 <b>Add as many as you like:</b> Veggies: Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Green Onions, Baby Corn, Edamame</p>	<p>16</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>17</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) <b>Veggie Sides:</b> Steamed Carrot Coins Oven Baked Fries</p>	<p>18</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 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>
	<p>21</p> <p><b>Featured Breakfast:</b> Cinnamon UBR 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>22</p> <p><b>Featured Breakfast:</b> All White Meat Chicken Filet on a Biscuit 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>23</p> <p><b>Featured Breakfast:</b> Fruit &amp; Yogurt Smoothie with a Cereal Bar 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>24</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> 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 Bacon Cheddar Ranch Panini (If Remaining on site) <b>Veggie Sides:</b> Steamed Corn Baked Sweet Potato Fries</p>	<p>25</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 Veggie 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>



## 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!**

<p><b>Featured Breakfast:</b> Benefit Bar 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 Meatballs on a 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 Green Beans Oven Baked Fries</p>	<p><b>Featured Breakfast:</b> Mini Maple 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><b>Featured Breakfast:</b> Fruit &amp; Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk</p> <p><b>Lunch: Panini Bar</b> <b>Choose 1:</b> Italian Combo Panini Buffalo Chicken Panini Mozzarella Tomato Basil Panini</p> <p><b>Veggie Sides:</b> Steamed Broccoli Oven Baked Fries Baked Sweet Potato Fries Tossed Green Salad</p>	<p><b>Featured Breakfast:</b> Bacon, Egg &amp; Cheese on a WG Flatbread Round, Fresh Fruit, 100% Juice, Milk</p> <p>½ Day</p> <p>No Lunch Served</p>	
---	---	---	--	--