

Breakfast & Lunch Menu

Newburgh Free Academy West Campus

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">NFA West "Pop Up" Action Station Menu!</p> <p>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>NEW! Add your own combination of spices, seasonings, and condiments to compliment your meal from the Flavor Station in the cafeteria.</p> <p>Also Offered Daily: Selection of Fresh and Canned Fruit Choice of Milk: 1%, Nonfat Chocolate, or Nonfat Strawberry</p> <p>Additional Breakfast Options Available Daily: Assorted Cereals and Cereal Bars, Mozzarella Cheese Sticks, and Low fat Yogurt</p> <p align="center">Breakfast and Lunch is available to all students at No Cost!</p>			<p align="right">6</p> <p>Featured Breakfast: Benefit Bar, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Chicken Drumstick Picnic Choose 1 each: Protein: Breaded Chicken Drumstick OR Oven Roasted Chicken Drumstick Grain: Homemade Pasta Salad, Mini Biscuit, Whole Grain Dinner Roll</p> <p>Fruit & Veggie Sides: Corn on the Cob Watermelon Slices Tossed Green Salad</p>	<p align="right">7</p> <p>Featured Breakfast: Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza Buffalo 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>
10 No School	11 No School	<p align="right">12</p> <p>Featured Breakfast: Chocolate Chip UBR, 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: Garbanzo Bean Salad Baked Tater Tots</p>	<p align="right">13</p> <p>Featured Breakfast: Sausage Pancake on a Stick, 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, Sriracha Veggie Sides: Vegetarian Beans Baked Sweet Potato Fries</p>	<p align="right">14</p> <p>Featured Breakfast: Homemade Banana Muffin Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza Chicken Parm 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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	<p>17</p> <p>Featured Breakfast: Benefit Bar 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>18</p> <p>Featured Breakfast: WG Mini Maple Waffles 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, Chickpeas Add as many as you like: Veggies: Romaine Salad Mix, Carrots, Cucumber Tomato Salad, Red Pepper Strips, Onions, Olives, Jalapenos, Chickpeas, Tzatziki Veggie Sides: Cucumber Dill Salad Baked Confetti Fries</p>	<p>19</p> <p>No School</p>	<p>20</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>21</p> <p>Featured Breakfast: Homemade Chocolate Chip Muffin 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>24</p> <p>Featured Breakfast: Cinnamon 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>25</p> <p>Featured Breakfast: NEW! Mini Confetti Pancakes 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>26</p> <p>Featured Breakfast: WG Banana Bread, 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>27</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>28</p> <p>Featured Breakfast: Homemade Chocolate Cranberry Muffin Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Fall Jam All Beef Hotdog on a Whole Wheat Roll</p> <p>Fruit & Veggie Sides: Corn on the Cob Baked Beans Watermelon Slices Tossed Green Salad</p>



