

Available Daily

Sandwiches Available Everyday:
 Peanut Butter & Jelly
 Turkey & Cheese
 Ham & Cheese
 (on Whole Wheat Bread)

Entrée Salads Available Everyday
 Chef Salad
 Buffalo Chicken Salad
 (Served with Whole Grain Bread)

“Lunch Kit” of the Day:
 Monday - Bagel Kit:
 Whole Wheat Bagel w/ Cream Cheese,
 Low Fat Yogurt, & a Cheese Stick

Tuesday & Thursday-Pizza Kit:
 Whole Grain Flatbread, Turkey Pepperoni,
 Mozzarella Cheese & Pizza Sauce

Wednesday– Protein Bento Box
 Whole Grain Pita Bread, Hard Boiled Egg,
 Peanut Butter, Apple Slices & Celery Sticks

Friday– Yogurt Parfait w/ Nut Free
 Granola, a Cheese Stick, & Whole Grain
 Pretzels

Everyday— (Vegan ,Gluten Free, Nut Free)
 Taco Dip Kit:
 Sabra Taco Hummus w/ Reduced Fat
 Fritos, Honey Roasted Sunflower Seeds,
 and Veggie Sticks

DECEMBER 2019

Newburgh Enlarged City School District K-8 Menu

Breakfast and Lunch are available daily to ALL students for FREE!

USDA is an equal opportunity employer & provider



Produce of the Month

WINTER SQUASH

Squash is an excellent source of vitamins A and C. A one-cup serving of winter squash provides about half of the daily requirement of vitamin C, and 4.5 times the daily requirement of vitamin A.

Squash is high in fiber. It can help give people the sensation of feeling full, without having consumed a lot of calories.

The pigments that give squashes and pumpkins their deep yellow and orange colors may help to protect humans against some forms of cancer.

**“Oh The Weather
 Outside is Frightful,
 BUT THE CAFETERIA
 IS DELIGHTFUL...”**

“SIDE KICKS”

Do you have a picky eater? Does your child want to use a new lunch box? Your student can still participate in our FREE lunch program!

Let us compliment your home lunch with Veggie Sticks & Dip, Fruit, and a Milk.
 (must take all 3 items)

Monday, December 2	Tuesday, December 3	Wednesday, December 4	Thursday, December 5	Friday, December 6
Breakfast: Cinnamon UBR 100% Juice/Fresh Fruit Milk Lunch: Breaded Chicken Drumstick Whole Grain Mini Biscuit Baked Confetti Fries Roasted Carrot Coins Fresh Fruit & Veggie Bar Choice of Milk	Breakfast: Turkey Bacon, Egg, & Cheese Croissant 100% Juice/Fresh Fruit Milk Lunch: Cheeseburger on a Whole Wheat Bun Emoji Shaped Potatoes Baked Vegetarian Beans Homemade Cole Slaw Fresh Fruit & Veggie Bar Choice of Milk	Breakfast: Whole Grain Pumpkin Bread 100% Juice/Fresh Fruit Milk 1/2 Day Bagged Lunch: Italian Combo Wrap Whole Grain Cheez-Its Carrot Sticks Fresh Fruit Choice of Milk	Breakfast: Egg & Cheese on an English Muffin 100% Juice/Fresh Fruit Milk Lunch: Crunchy Chicken Tacos w/ Assorted Toppings Steamed Brown Rice Golden Corn Fresh Fruit & Veggie Bar Choice of Milk	Breakfast: Whole Grain Apple Cinnamon Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk Lunch: Homemade Cheese Pizza Fresh Broccoli Salad Chilled Cinnamon Pears Fresh Fruit & Veggie Bar Choice of Milk

Spaghetti Squash Marinara

Ingredients

- 1 Spaghetti Squash
- 15oz can of chunky tomato sauce
- 1 TBSP olive oil
- 1/4 of an onion, diced
- 1 carrot, peeled and shredded
- 1 garlic glove, minced
- 1 TBSP fresh basil, chopped

Instructions

1. Preheat oven to 400 degrees.
2. Cut the squash in half and remove the seeds.
3. Place the squash on a lightly greased baking sheet and cook for 45-50 minutes or until softened.
4. Heat the oil in a saucepan over low to medium heat and saute the onion, garlic and carrot for 2-3 minutes or until onion is translucent.
5. Add the tomatoes and cook for 4-5 minutes. Add the basil.
6. Remove the squash from the oven and let squash cool for several minutes.
7. Shred the squash with a fork until stringy. Tip: Hold the stem end of the squash with a towel or a glove so you don't burn your hand while you're shredding it.
8. Place the spaghetti squash in a bowl and top with the marinara sauce.
9. Serve.

Recipe courtesy of weelicious.com

Monday, December 9

Breakfast:

Make Your Own Parfait!
Low Fat Yogurt
Nut-Free Granola
100% Juice/Fresh Fruit
Milk

Lunch:

All Beef Hotdog on a
Whole Wheat Roll
Oven Baked Fries
Baked Vegetarian Beans
Steamed Carrot Coins
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, December 10

Breakfast:

Whole Grain Confetti
Pancakes
100% Juice/Fresh Fruit
Milk

Lunch:

Sweet & Sour Chicken
Vegetable "Fried" Rice
Steamed Broccoli
Fortune Cookie
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, December 11

Breakfast:

Whole Grain Blueberry
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Baked Ziti
Twisted Cheese Filled
Breadstick
Steamed Green Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Thursday, December 12

Breakfast:

All White Meat Chicken
Filet on a Whole Grain
Biscuit
100% Juice/Fresh Fruit
Milk

Lunch:

Beef or Black Bean
Nachos w/ Assorted
Toppings
Steamed Brown Rice
Golden Corn
Fresh Fruit & Veggie Bar
Choice of Milk

Friday, December 13

Breakfast:

Whole Grain Banana
Muffin
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Cheese Pizza
Fresh Spinach Salad
Chilled Diced Peaches
Fresh Fruit & Veggie Bar
Choice of Milk

Monday, December 16

Breakfast:

Zee-Zee's Birthday Cake
Bar
Low Fat Yogurt
100% Juice/Fresh Fruit
Milk

Lunch:

Chicken Mashed Potato
Bowl
Whole Grain Mini Biscuit
Steamed Green Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, December 17

Breakfast:

Whole Grain Bagel with
Cream Cheese
100% Juice/Fresh Fruit
Milk

Lunch:

Grilled Cheese on Whole
Wheat Bread
Oven Baked Fries
Homemade Lentil Soup
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, December 18

Breakfast:

Whole Grain Banana
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

Golden Breaded Fish
Sticks
Whole Grain Dinner Roll
Baked Confetti Fries
Steamed Carrot Coins
Fresh Fruit & Veggie Bar
Choice of Milk

Thursday, December 19

Breakfast:

Sausage & Pancake on a
Stick
100% Juice/Fresh Fruit
Milk

Lunch:

Roasted Chicken
Drumstick
Homemade Macaroni &
Cheese
Steamed Broccoli
Fresh Fruit & Veggie Bar
Choice of Milk

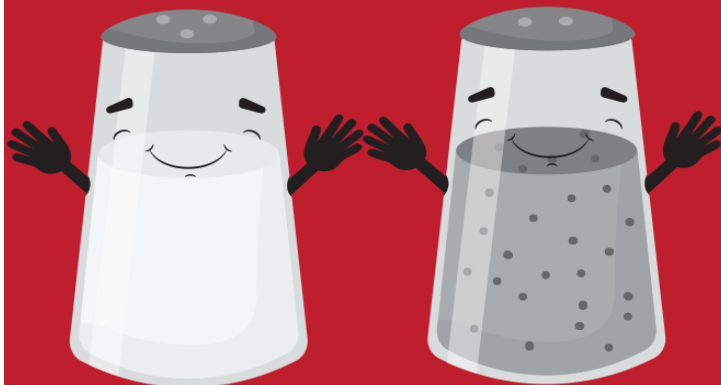
Friday, December 20

Breakfast:

Whole Grain Mini Corn
Loaf
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Cheese Pizza
Cucumber Dill Salad
Homemade Chocolate
Hummus w/ Apple Slices
Fresh Fruit & Veggie Bar
Choice of Milk



SEASONINGS GREETINGS!



Happy Holidays

and wishing you a new year filled with much joy and success.
With Love, The NECSD Family