

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

FEBRUARY 2020

Newburgh Enlarged City School District K-8 Menu

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

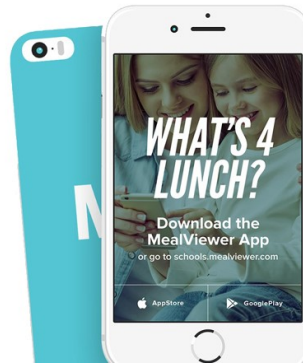
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SCHOOL MENUS, MADE EASY!

Download the MealViewer App!

- School Menus
- Nutrition Facts
- Allergy Information
- Food Ratings



Produce of the Month CELERY

Celery can grow 3 feet tall

Celery is a type of herbaceous plant that belongs to the parsley family

Celery is a crunchy and crisp vegetable that can be green, yellow green, white or reddish purple in color

Celery can be eaten raw or cooked

Celery leaves and seeds are often used as herbs or spices, while the stalks and leaves can be used as a vegetable

HUGS & S-MOO-CHES
 It's Valentine's Day!

Feeding Bodies.
 Fueling Minds.
 SCHOOL NUTRITION ASSOCIATION

Monday, February 3

Breakfast:

Cinnamon UBR
 100% Juice/Fresh Fruit
 Milk

Lunch:

All White Meat Boneless
 Chicken Wings
 Whole Grain Dinner Roll
 Whipped Sweet Potatoes
 Steamed Green Beans
 Fresh Fruit & Veggie Bar
 Choice of Milk

Tuesday, February 4

Breakfast:

Whole Grain Cinnamon
 French Toast Sticks
 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

Wednesday, February 5

Breakfast:

Whole Grain Pumpkin
 Bread
 100% Juice/Fresh Fruit
 Milk

Lunch:

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

Thursday, February 6

Breakfast:

Whole Grain Mini Maple
 Waffles
 100% Juice/Fresh Fruit
 Milk

Lunch:

Crunchy Chicken Tacos
 with Assorted Toppings
 Steamed Brown Rice
 Steamed Carrot Coins
 Fresh Fruit & Veggie Bar
 Choice of Milk

Friday, February 7

Breakfast:

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

Lunch:

Homemade Cheese Pizza
 Carrot Raisin Salad
 Chilled Cinnamon Pears
 Fresh Fruit & Veggie Bar
 Choice of Milk

Celery Sticks with Roasted Garlic Hummus

Ingredients

- 2 (15 oz) cans of cannellini beans, drained and rinsed
- 2 tablespoons of tahini
- juice of 1 lemon
- 5-6 roasted garlic cloves
- 1/2 teaspoon of cumin
- 1/4 teaspoon of smoked paprika
- 3 tablespoons of olive oil
- 5 fresh basil leaves
- Fresh celery, cut into sticks

Instructions

1. In a blender or food processor add the beans, tahini, lemon juice, roasted garlic, cumin, salt, pepper, and fresh basil.
2. Pulse the blender a couple of times until the mixture is roughly chopped and slowly add in the olive oil.
3. Puree the mixture until smooth.
4. Serve with fresh celery sticks and garnish with chopped basil and olive oil.

Monday, February 10

Breakfast:

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

Lunch:

Breaded Chicken
Drumstick
Whole Grain Mini Biscuit
Baked Confetti Fries
Steamed Green Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, February 11

Breakfast:

Whole Grain Confetti
Pancakes
100% Juice/Fresh Fruit
Milk

Lunch:

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

Wednesday, February 12

Breakfast:

Whole Grain Cinnamon
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

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

Thursday, February 13

Breakfast:

Egg & Cheese on an
English Muffin
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, February 14

Breakfast:

"Apple of My Eye" Muffin
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

Lunch:

"A Pizza My Heart"
"Love you Bunches" Salad
"Love you Berry Much"
Fruit Cups
Fresh Fruit & Veggie Bar
Choice of Milk



Monday, February 17



Presidents Day

Tuesday, February 18

Breakfast:

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

Lunch:

All Beef Hotdog on a
Whole Grain Roll
Baked Sweet Potato
Wedges
Baked Vegetarian Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, February 19

Breakfast:

Whole Grain Blueberry
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

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

Thursday, February 20

Breakfast:

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

1/2 Day Bagged

Lunch:

BBQ Chicken Wrap
Whole Grain Cheez-its
Carrot Sticks
Fresh Fruit
Choice of Milk

Friday, February 21

Breakfast:

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

Lunch:

Homemade Cheese Pizza
Fresh Spinach Salad
Oven Roasted Chickpeas
Fresh Fruit & Veggie Bar
Choice of Milk

Monday, February 24

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, February 25

Breakfast:

Turkey Bacon Egg &
Cheese Stuffed Croissant
100% Juice/Fresh Fruit
Milk

Lunch:

BBQ Chicken Sliders
Baked Confetti Fries
Golden Corn
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, February 26

Breakfast:

Whole Grain Banana
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

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

Thursday, February 27

Breakfast:

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

Lunch:

Soft Beef Taco w/
Assorted Toppings
"Refried" Beans
Steamed Carrot Coins
Fresh Fruit & Veggie Bar
Choice of Milk

Friday, February 28

Breakfast:

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

Lunch:

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

