

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

JANUARY 2020

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

BEETS

Beets are packed with nutrients, including potassium, vitamin C, and folate

Beets are the largest source of natural sugar

Since the 16th century, beet juice has been used as a natural red dye. It has even been used as a hair dye

Beets can be cooked in many different ways. They can be steamed, fried, pickled, juiced, boiled, slow cooked, pressure cooked, or eaten raw in a salad.

Looking to make a Difference in 2020?

The NECS Food Service Department is looking for dedicated individuals to add to our team!

Our school meal heroes prepare and serve over 14,000 meals daily. These meals and the smiles that come with them impact our students every day!

Please call for more information on this exciting opportunity.

563-3424

Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
Breakfast: Cinnamon UBR 100% Juice/Fresh Fruit Milk	Breakfast: Whole Grain Cinnamon French Toast Sticks 100% Juice/Fresh Fruit Milk	Breakfast: Whole Grain Pumpkin Bread 100% Juice/Fresh Fruit Milk	Breakfast: Whole Grain Bagel with Cream Cheese 100% Juice/Fresh Fruit Milk	Breakfast: Whole Grain Blueberry Muffin Mozzarella Cheese Stick 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	Lunch: Cheeseburger on a Whole Wheat Bun Emoji Shaped Potatoes Baked Vegetarian Beans Homemade Cole Slaw Fresh Fruit & Veggie Bar Choice of Milk	Lunch: Golden Breaded Fish Sticks Whole Grain Dinner Roll Baked Confetti Fries Steamed Broccoli Fresh Fruit & Veggie Bar Choice of Milk	Lunch: Grilled Cheese on Whole Wheat Bread Oven Baked Fries Homemade Lentil Soup Fresh Fruit & Veggie Bar Choice of Milk	Lunch: Homemade Cheese Pizza Carrot Raisin Salad Chilled Cinnamon Pears Fresh Fruit & Veggie Bar Choice of Milk

Oven Roasted Beets and Sweets

Ingredients

- 6 medium – sweet potato
- 2 medium – beet
- 1/2 teaspoon – garlic powder
- 1/2 teaspoon – onion powder
- 1 teaspoon – sea salt
- 1 tablespoon – coconut oil



Instructions

1. Preheat oven to 400 degrees
2. Chop up sweet potatoes and beets into bite size chunks.
3. Place onto a cookie sheet lined with parchment paper and sprinkle with seasonings and oil.
4. Mix together and then place into oven.
5. After 20 minutes of baking give the sweets and beets a toss.
6. Bake for another 20-25 minutes or until slightly browned.

Recipe courtesy of www.superhealthykids.com

**Our School
Nutrition
Professionals
Can't Be
BEET**

Monday, January 13

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, January 14

Breakfast:

Whole Grain Confetti
Pancakes
100% Juice/Fresh Fruit
Milk

Lunch:

Hot Ham & Cheese on a
Pretzel Roll
Oven Baked Fries
Steamed Carrot Coins
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, January 15

Breakfast:

Whole Grain Cinnamon
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

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

Thursday, January 16

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, January 17

Breakfast:

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

Lunch:

Homemade Cheese Pizza
Fresh Broccoli Salad
Homemade Peach Crisp
Fresh Fruit & Veggie Bar
Choice of Milk

Monday, January 20



Tuesday, January 21

Breakfast:

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

Lunch:

Mini Chicken Corn Dogs
with Assorted Dipping
Sauces
Whole Grain Dinner Roll
Sweet Potato Fries
Baked Vegetarian Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, January 22

Breakfast:

Whole Grain Blueberry
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, January 23

Breakfast:

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

Lunch:

Homemade Beef
Meatballs
Whole Grain Pasta
Marinara
Steamed Green Bean
Fresh Fruit & Veggie Bar
Choice of Milk

Friday, January 24

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, January 27

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, January 28

Breakfast:

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

Lunch:

Vegetarian Chili with
Assorted Toppings
Whole Grain Fritos
Steamed Brown Rice
Steamed Carrots
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, January 29

Breakfast:

Whole Grain Banana
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Pepperoni &
Cheese French Bread
Pizza
Garlic Parmesan Zucchini
Fresh Fruit & Veggie Bar
Choice of Milk

Thursday, January 30

Breakfast:

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

Lunch:

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

Friday, January 31

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