

Available Daily

Sandwiches Available Everyday:

Peanut Butter & Jelly
Turkey & Cheese
Ham & Cheese
(on Whole Wheat Bread)

Entrée Salad of the Day:

Monday: Tuna Garden Salad
Tuesday: Buffalo Chicken Salad
Wednesday: Chef Salad
Thursday: Chicken Caesar Salad
Friday: Spinach Salad

"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- Buffalo Chicken Kit:
Buffalo Chicken Dip, Baked Tostito Scoops
& Veggie 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

JUNE 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



Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7
Breakfast: Cinnamon UBR 100% Juice/Fresh Fruit Milk Lunch: Chicken Mashed Potato Bowl Whole Grain Mini Biscuit Steamed Green Beans Fresh Fruit & Veggie Bar Choice of Milk	Breakfast: Turkey Bacon, Egg & Cheese Stuffed Croissant 100% Juice/Fresh Fruit Milk Lunch: Hot Ham & Cheese on a Whole Grain Pretzel Roll Baked Fries Roasted Carrot Coins Fresh Fruit & Veggie Bar Choice of Milk	Breakfast: Whole Grain Pumpkin Bread 100% Juice/Fresh Fruit Milk Lunch: Homemade Pepperoni & Cheese French Bread Pizza Garlic Parmesan Zucchini Fresh Fruit & Veggie Bar Choice of Milk	Breakfast: Turkey Sausage Pancake on a Stick 100% Juice/Fresh Fruit Milk 1/2 Day Bagged Lunch: Italian Combo Wrap Whole Grain Cheese Crackers Fresh Fruit 100% Juice Choice of Milk	Breakfast: Whole Grain Apple Cinnamon Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk Lunch: Homemade Cheese Pizza Broccoli Salad Chilled Peaches Fresh Fruit & Veggie Bar Choice of Milk
Monday, June 10	Tuesday, June 11	Wednesday, June 12	Thursday, June 13	Friday, June 14
Breakfast: Make your own Parfait! Low Fat Yogurt Nut Free Granola 100% Juice/Fresh Fruit Milk Lunch: ALL Beef Hotdog on a Whole Wheat Bun Corn on the Cob Fresh Watermelon Slices Frozen 100% Juice Cup Fresh Fruit & Veggie Bar Choice of Milk	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	Breakfast: Whole Grain Banana Bread 100% Juice/Fresh Fruit Milk Brunch for Lunch! Homemade Maple French Toast Bake Turkey Sausage Patty Baked Tater Tots Warm Cinnamon Peaches Fresh Fruit & Veggie Bar Choice of Milk	Breakfast: Whole Grain Bagel w/ Cream Cheese 100% Juice/Fresh Fruit Milk 1/2 Day (K-5 ONLY) Bagged Lunch: Pepperoni & Cheese Stuffed Sandwich Fresh Fruit 100% Juice Choice of Milk 6-8th Grade Lunch: "Manager's Choice "	Breakfast: Whole Grain Blueberry Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk Lunch: Homemade Cheese Pizza Fresh Baby Lettuce & Strawberry Salad Chilled Applesauce Fresh Fruit & Veggie Bar Choice of Milk



Who Can't Wait to
TAKE A BITE
Out of Summer?

Join us for **FREE** Summer Meals for Kids!

Monday – Friday
July 1st - August 23rd

Center for Hope

206-210 Broadway, Newburgh
Lunch: 11:30 am-1:30 pm

Newburgh Free Library

124 Grand Street, Newburgh
Breakfast: 9:00 am-10:30 am
Lunch: 10:30 am—1:30 pm

Newburgh Armory Unity Center

321 South Williams St, Newburgh
Lunch: 10:30 am—1:30 pm

Vails Gate School

400 Old Forge Hill Road,
Vails Gate
Lunch: 12:30 pm-1:30 pm

South Middle School

33-63 Monument Street ,
Newburgh
Lunch: 12:30pm-1:30 pm

Mullins Apartments

40 Walsh Road, Newburgh
Lunch: 11:30am-1:30 pm

Salvation Army *

234 Vaness Street, Newburgh
Breakfast 8:00-8:30am
Lunch: 12:00-12:30 pm
* 7/1-8/2

**Sites and times subject to change. Please
visit www.newburghschools.org for the
most up to date info

Monday, June 17

Breakfast:

Cheerios Cereal Bowl OR
Cereal Bar
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

Lunch:

Beef Cheeseburger on a
Whole Wheat Bun
Baked Fries
Baked Vegetarian Beans
Steamed Green Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, June 18

Breakfast:

Cinnamon French Toast
Sticks
100% Juice/Fresh Fruit
Milk

Lunch:

Twisted Cheese
Breadsticks w/ Marinara
Dipping Sauce
Garlic Parmesan Zucchini
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, June 19

Breakfast:

Whole Grain Cinnamon
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

Breaded Chicken
Drumstick
Whole Grain Mini Biscuit
Steamed Corn
Fresh Watermelon Slices
Fresh Fruit & Veggie Bar
Choice of Milk

Thursday, June 20

Breakfast:

Egg & Cheese on a
Whole Grain 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, June 21

Breakfast:

"Manager's Choice"
Whole Grain Muffin
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Cheese Pizza
Fresh Cucumber Dill
Salad
Chilled Peaches
Fresh Fruit & Veggie Bar
Choice of Milk

Monday, June 24

Breakfast:

Zee Zee's Grahams OR
Bar
Low Fat Yogurt OR
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

Lunch:

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

Tuesday, June 25

Breakfast:

"Manager's Choice Hot
Breakfast"
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Flatbread
Pepperoni & Cheese
Pizza
Garbanzo Bean Salad
Chilled Peaches
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, June 26

Breakfast:

"Manager's Choice"
Whole Grain Bread
100% Juice/Fresh Fruit
Milk

Early Dismissal



Produce of the Month Lettuce

Lettuce can be consumed in the form of
salads or as an ingredient of sandwiches. It
can be also used for the wrapping of food

Iceberg, Romaine and Leaf lettuce are the
best known varieties of lettuce. They differ
in color, texture and in the amount of
nutrients.

Stir Fried Chicken in Lettuce Cups

Ingredients

- 1/4 Cup Low Sodium Soy Sauce,
- 2 Tbsp honey
- 2 Tbsp Cilantro, minced
- 1 Tbsp oil
- 1 small onion, diced
- 1 Bell Pepper, red, orange or yellow
- 1 Garlic Clove, minced
- 1 Tsp ginger, minced
- 1 pound ground chicken or turkey
- 1/4 Tsp kosher salt
- 8 Bibb or Iceberg Lettuce "Cups"

Instructions

1. Combine soy sauce, honey, and cilantro in a bowl and set aside.
2. Using a large saute pan, cook the onion in 1 tbsp of oil over medium heat for 2 minutes.
3. Add the bell pepper and cook an additional 2 minutes.
4. Add the garlic and ginger and cook for 1 minute then add the chicken or turkey to the pan and saute for an additional 7 minutes or until cooked through.
5. Stir in the soy sauce mixture, salt and cook for 2 minute or until juices evaporate.
6. Serve in lettuce cups (to eat then just roll the lettuce around the stir fried chicken and eat them like a burrito).

Recipe courtesy of weelicious.com