

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

November 2018

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**
 Beans & Legumes

Beans are rich in nutrients, low in calories and a good source of protein, vitamins, minerals and fiber.

Legume varieties include kidney beans, black beans, great northern beans (white), and lima beans as well as lentils, peas, chickpeas, mung, and soybeans.

Canada is the world's biggest producer of legumes.

Thursday, November 1

Breakfast:

NEW! Sausage &
 Pancake Bites
 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, November 2

Breakfast:

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

Lunch:

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

Monday, November 5

Breakfast:

Jurassic Park Grahams
 Low Fat Yogurt
 100% Juice/Fresh Fruit
 Milk

Lunch:

All Beef Hotdog w/
 Assorted Toppings
 Baked Oven Fries
 Baked Beans
 Steamed Green Beans
 Fresh Fruit & Veggie Bar
 Choice of Milk

Tuesday, November 6

Breakfast:

Whole Grain Bagel w/
 Cream Cheese
 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, November 7

Breakfast:

Whole Grain Blueberry
 Bread
 100% Juice/Fresh Fruit
 Milk

Lunch:

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

Thursday, November 8

Breakfast:

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

Lunch:

Crunchy Chicken Tacos
 w/ Assorted Toppings
 Steamed Brown Rice
 Black Bean & Corn Salad
 Fresh Fruit & Veggie Bar
 Choice of Milk

Friday, November 9

Breakfast:

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

Lunch:

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



Tropical Bean Salad

Ingredients

- 3 1/2 cups Black beans, low-sodium, canned, drained, and rinsed or black beans, dry, cooked
- 1 1/2 cups Mango, diced
- 3/4 cup Tomato, fresh, 1/4" diced
- 1 tablespoon Canola oil
- 2 tablespoons Apple cider vinegar
- 1/2 teaspoon Oregano, dried
- 1/4 teaspoon Black pepper, ground
- 3 cups Romaine lettuce, raw, chopped

Instructions

1. In a medium bowl, mix together black beans, mango, and tomato to make a salad.
2. Prepare dressing: In a small bowl whisk together canola oil, apple cider vinegar, oregano, and pepper.
3. Toss black bean salad with dressing.
4. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.
5. Serve 1 cup black bean salad over a 1/2 cup lettuce.

**We're Always
FILLED WITH THANKS
for Our School
Nutritional
Professionals**



Monday, November 12



Monday, November 19

Breakfast:
Make your own Parfait!
Lowfat Yogurt
Nut Free Granola
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

Monday, November 26

Breakfast:
Cinnamon UBR
100% Juice/Fresh Fruit
Milk

Lunch:
Breaded Chicken
Drumstick
Whole Grain Mini Biscuit
Corn on the Cob
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, November 13

Breakfast:
Strawberry Crisp
Zee Zees Mini Bar
Lowfat Yogurt
100% Juice/Fresh Fruit
Milk

Lunch:
Beef Cheeseburger on a
Whole Wheat Bun
Baked Confetti Fries
Steamed Carrots
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, November 20

Breakfast:
Whole Grain Cinnamon
French Toast Sticks
100% Juice/Fresh Fruit
Milk

Lunch:
Teriyaki Chicken &
Broccoli
Veggie Egg Roll
Steamed Brown Rice
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, November 27

Breakfast:
Whole Grain Confetti
Mini Pancakes
100% Juice/Fresh Fruit
Milk

Lunch:
Golden Baked Fish
Nuggets
Whole Wheat Dinner Roll
Baked Sweet Potato Fries
Steamed Green Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, November 14

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

Lunch:
Grilled Cheese on Whole
Wheat Bread
Homemade Lentil Soup
Steamed
Steamed Broccoli
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, November 21

Breakfast:
Whole Grain Cinnamon
Swirl Bread
100% Juice/Fresh Fruit
Milk

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

Try a Sample of our
Veggie of the Month
Recipe



Wednesday, November 28

Breakfast:
Whole Grain Pumpkin
Bread
100% Juice/Fresh Fruit
Milk

**1/2 Day
Sandwich Lunches
Available**

Thursday, November 15

Breakfast:
Whole Grain Banana
Bread
100% Juice/Fresh Fruit
Milk

**Pre-Thanksgiving
Celebration!**

Lunch:
Roasted Turkey Cubes
with Gravy
Homemade Stuffing
Mashed Potatoes
Steamed Green Beans
Apple Crisp
Fresh Fruit & Veggie Bar
Choice of Milk

Thursday, November 22



Thursday, November 29

Breakfast:
Egg & Cheese on a
Whole Wheat Roll
100% Juice/Fresh Fruit
Milk

Lunch:
Homemade Meatballs
over Pasta Marinara
Steamed Broccoli
Fresh Fruit & Veggie Bar
Choice of Milk

Friday, November 16

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

Lunch:
Homemade Cheese Pizza
Fresh Spinach Salad
Chilled Cinnamon Pears
Fresh Fruit & Veggie Bar
Choice of Milk

Friday, November 23

Friday, November 30

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

Lunch:
Homemade Cheese Pizza
Fresh Cucumber Dill
Salad
Chilled Applesauce
Fresh Fruit & Veggie Bar
Choice of Milk