

**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

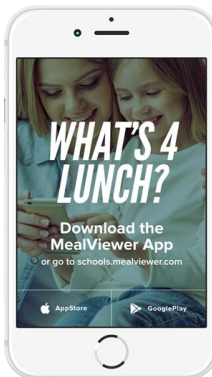
# OCTOBER 2019

## 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, September 30	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
No School Today	No School Today	<b>Breakfast:</b> Cinnamon UBR 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Twisted Cheese Filled Breadsticks w/ Marinara Dipping Sauce Steamed Broccoli Fresh Fruit & Veggie Bar Choice of Milk	<b>Breakfast:</b> Turkey Bacon Egg & Cheese Stuffed Croissant 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Crunchy Chicken Tacos w/ Assorted Toppings Steamed Brown Rice Black Bean & Corn Salad Fresh Fruit & Veggie Bar Choice of Milk	<b>Breakfast:</b> Whole Grain Apple Cinnamon Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Homemade Cheese Pizza Carrot Raisin Salad Chilled Cinnamon Pears Fresh Fruit & Veggie Bar Choice of Milk
Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
<b>Breakfast:</b> Make your Own Parfait! Nut-Free Granola Low Fat Yogurt 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> All White Meat Boneless Chicken Wings Whole Grain Dinner Roll Whipped Sweet Potatoes Steamed Green Beans Fresh Fruit & Veggie Bar Choice of Milk	<b>Breakfast:</b> Whole Grain Confetti Pancakes 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Sweet & Sour Chicken Vegetable "Fried" Rice Steamed Broccoli Fortune Cookie Fresh Fruit & Veggie Bar Choice of Milk	No School Today  	<b>Breakfast:</b> Egg & Cheese on an English Muffin 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Beef or Black Bean Nachos w/ Assorted Toppings Steamed Brown Rice Golden Corn Fresh Fruit & Veggie Bar Choice of Milk	<b>Breakfast:</b> Whole Grain Banana Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Homemade Cheese Pizza Fresh Kale Caesar Salad Chilled Peaches Fresh Fruit & Veggie Bar Choice of Milk

**Produce of the Month**

# KALE

Kale has more calcium than milk and more vitamin C than an orange .

Kale is easy to grow. It tolerates cool weather so plant it in early spring or early fall. Harvest it when it's young and tender.



## Kale Caesar Salad

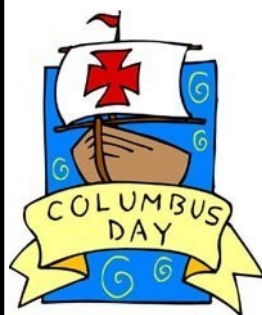
### Ingredients

- 15oz can of chickpeas, drained
- 1 tsp of paprika
- 1 tsp garlic powder
- 1 tsp dried basil
- 1 tsp black pepper
- 1/4 cup vegetable oil
- 1/2 cup mozzarella cheese, shredded
- 1/3 cup Caesar salad dressing
- 4 cups fresh kale, finely chopped

### Instructions

1. Heat oven to 350 degrees.
  2. Mix chickpeas, spices, and oil together in a bowl
  3. Place on a baking sheet in a single layer and bake for 20 minutes.
  4. Combine kale & dressing in a large bowl.
  5. Sprinkle with cheese and chickpea croutons.
- Recipe courtesy of Massachusetts Farm to School

Monday, October 14



Tuesday, October 15

### Breakfast:

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

### Lunch:

"Chart Topper"  
Cheeseburger on a  
Whole Wheat Bun  
Emoji Shaped Potatoes  
Baked Vegetarian Beans  
Homemade Cole Slaw  
Fresh Fruit & Veggie Bar  
Choice of Milk

Wednesday, October 16

### Breakfast:

Whole Grain Banana  
Bread  
100% Juice/Fresh Fruit  
Milk

### Brunch for Lunch!

"Fan Favorite" French  
Toast Bake  
"Soulful" Sausage Patty  
Baked Tater Tots  
Warm Cinnamon  
Peaches  
Fresh Fruit & Veggie Bar  
Choice of Milk

Thursday, October 17

### Breakfast:

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

### Lunch:

"Rockin" Roasted Chicken  
Drumstick  
"Musical" Macaroni &  
Cheese  
Steamed Broccoli  
Fresh Fruit & Veggie Bar  
Choice of Milk

Friday, October 18

### Breakfast:

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

### Lunch:

"Pitch Perfect" Pizza  
Fresh Cucumber Dill  
Salad  
Snickerdoodle Hummus  
w/ Apple Slices  
Fresh Fruit & Veggie Bar  
Choice of Milk

Monday, October 21

### 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, October 22

### Breakfast:

Cinnamon French Toast  
Sticks  
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

Wednesday, October 23

### Breakfast:

Whole Grain Blueberry  
Bread  
100% Juice/Fresh Fruit  
Milk

### Lunch:

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

Thursday, October 24

### Breakfast:

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

### Lunch:

Homemade Meatball over  
Pasta Marinara  
Whole Grain Italian Bread  
Steamed Broccoli  
Fresh Fruit & Veggie Bar  
Choice of Milk

Friday, October 25

### Breakfast:

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

### Lunch:

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

Monday, October 28

### Breakfast:

Cinnamon UBR  
Low Fat Yogurt  
100% Juice/Fresh Fruit  
Milk

### Lunch:

All Beef Hotdog on a  
Whole Wheat Roll  
Baked Fries  
Baked Vegetarian Beans  
Homemade Cole Slaw  
Fresh Fruit & Veggie Bar  
Choice of Milk

Tuesday, October 29

### Breakfast:

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

### Lunch:

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

Wednesday, October 30

### Breakfast:

Whole Grain Pumpkin  
Bread  
100% Juice/Fresh Fruit  
Milk

### Lunch:

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

Thursday, October 31

### Breakfast:

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

### 1/2 Day Bagged

**Lunch:**  
BBQ Chicken & Cheese  
Wrap  
Whole Grain Cheez-Its  
Carrot Sticks  
Fresh Fruit  
Choice of Milk

## We are Hiring!!

A job in your child's  
school  
Cafeteria allows you  
to be at home when  
your family needs  
you there.  
Call for more  
information.

563-3424