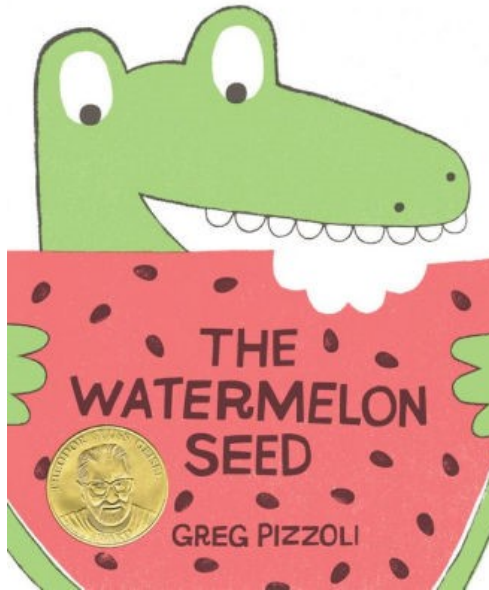


Pre-K Book of the Month



@NBNSchoolMeals



JUNE 2019

Newburgh Enlarged City School District Pre-K 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: Breaded Chicken with Gravy over Mashed Potatoes Whole Grain Mini Biscuit Steamed Green Beans Chilled Mixed Fruit 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 Chilled Applesauce Choice of Milk	Breakfast: Whole Grain Pumpkin Bread 100% Juice/Fresh Fruit Milk Lunch: Pepperoni & Cheese French Bread Pizza Steamed Broccoli Fresh Fruit 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 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 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 Choice of Milk	Breakfast: Whole Grain Banana Bread 100% Juice/Fresh Fruit Milk Brunch for Lunch! Homemade Maple French Toast Bake Baked Tater Tots Warm Cinnamon Peaches Choice of Milk	Breakfast: Whole Grain Bagel w/ Cream Cheese 100% Juice/Fresh Fruit Milk 1/2 Day Bagged Lunch: Pepperoni & Cheese Stuffed Sandwich Fresh Fruit 100% Juice Choice of Milk	Breakfast: Whole Grain Blueberry Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk Lunch: Homemade Cheese Pizza Fresh Baby Lettuce & Strawberry Salad Chilled Applesauce Choice of Milk

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 Vegetarian Beans
Steamed Green Beans
Chilled Pears
Choice of Milk

Tuesday, June 18

Breakfast:

Cinnamon French Toast
Sticks
100% Juice/Fresh Fruit
Milk

Lunch:

Bagel Kit!
Whole Grain Bagel w/
Cream Cheese
Low-fat Yogurt
Mozzarella Cheese Stick
Carrot Sticks w/ Dip
Fresh Fruit
Choice of Milk

Wednesday, June 19

Breakfast:

Whole Grain Cinnamon
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

Breaded Chicken Filet on
a Whole Wheat Roll
Steamed Corn
Fresh Watermelon Slices
Choice of Milk

Thursday, June 20

Breakfast:

Egg & Cheese on a
Whole Grain English
Muffin
100% Juice/Fresh Fruit
Milk

Lunch:

Beef & Cheese Nachos
Steamed Brown Rice
Golden Corn
Fresh Fruit
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
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
Fresh Fruit
Choice of Milk

Tuesday, June 25

Breakfast:

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

Lunch:

Pizza Kit!
Whole Grain Flatbread
Shredded Mozzarella
Turkey Pepperoni
Fresh Broccoli Florets
Fresh Fruit
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