

I Pre-K

October 2017

Newburgh Enlarged City School District Pre-K Menu

Welcome Back from your School Nutrition Team!

Breakfast and Lunch are available daily to ALL students for FREE!

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SESAME STREET

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Here's to
DISCOVERING
Some New Foods

HAPPY COLUMBUS DAY




@NBNYSchoolMeals

<p>Monday, October 2</p> <p>Breakfast: Cinnamon UBR 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Chicken Burger on a Whole Wheat Bun Whipped Sweet Potatoes Steamed Green Beans Fresh Fruit Choice of Milk</p>	<p>Tuesday, October 3</p> <p>Breakfast: NEW! Whole Grain Mini Maple Pancakes 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Hot Ham & Cheese on a Pretzel Roll Baked Confetti Fries Steamed Broccoli Chilled Peaches Choice of Milk</p>	<p>Wednesday, October 4</p> <p>Breakfast: Whole Grain Blueberry Bread 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Baked Ziti Whole Wheat Italian Bread Garlic Parmesan Zucchini Fresh Fruit Choice of Milk</p>	<p>Thursday, October 5</p> <p>Breakfast: Whole Grain Bagel w/ Cream Cheese 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Soft Beef Taco w/ Assorted Toppings "Refried" Beans Steamed Carrot Coins Chilled Applesauce Choice of Milk</p>	<p>Friday, October 6</p> <p>Breakfast: Whole Grain Apple Cinnamon Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Cheese Pizza Caesar Green Beans Chilled Diced Pears Choice of Milk</p>
<p>Monday, October 9</p>  <p>Breakfast: Make Your Own Parfait! Low Fat Yogurt Nut Free Granola 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Teriyaki Chicken & Broccoli Steamed Brown Rice Fresh Fruit Choice of Milk</p>	<p>Tuesday, October 10</p> <p>Breakfast: Whole Grain Banana Bread 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Macaroni & Cheese Whole Wheat Dinner Roll Steamed Green Beans Chilled Peaches Choice of Milk</p>	<p>Wednesday, October 11</p> <p>Breakfast: Bacon Egg & Cheese Bosco Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Beef & Cheese Nachos Steamed Brown Rice Golden Corn Fresh Fruit Choice of Milk</p>	<p>Thursday, October 12</p> <p>Breakfast: NEW! Whole Grain Sweet Potato Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Cheese Pizza Cucumber Dill Salad Chilled Applesauce Choice of Milk</p>	<p>Friday, October 13</p>

Apple Cinnamon Waldorf Salad

Ingredients

- 3 medium – apple
- 1 medium – pear
- 1 stalk – celery
- 1 cup – grapes
- 1 cup – cranberries, dried
- 1/2 cup – almonds, sliced
- 1 cup – Greek yogurt, plain
- 1 tablespoon – honey
- 1 teaspoon – brown sugar
- 1/2 teaspoon – cinnamon
- 1 tablespoon – mayonnaise, light

Directions

- 1) Chop apples, pear, and dice celery. Slice grapes in half.
- 2) Combine apples, pear, celery, grapes, almonds, dried cranberries in a large bowl.
- 3) In a separate bowl, mix the dressing. Yogurt, honey, brown sugar, cinnamon, and mayo. Pour over salad. Chill until ready to eat.

Recipe courtesy of
www.superhealthykids.com



<p>Monday, October 16</p> <p>Breakfast: Mini Benefit Bar Lowfat Yogurt 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Roasted Chicken & Gravy Wild Rice Medley Steamed Green Peas Fresh Fruit Choice of Milk</p>	<p>Tuesday, October 17</p> <p>Breakfast: NEW! Breakfast Sausage Pizza Bagel 100% Juice/Fresh Fruit Milk</p> <p>1/2 Day</p> <p>No Lunch Served</p>	<p>Wednesday, October 18</p> <p>Breakfast: Whole Grain Zucchini Bread 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Crunchy Chicken Tacos Steamed Brown Rice Black Bean & Corn Salad Chilled Pears Choice of Milk</p>	<p>Thursday, October 19</p> <p>Breakfast: Sausage & Pancake on a Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Whole Grain Pasta with Homemade Meat Sauce Steamed Broccoli Fresh Fruit Choice of Milk</p>	<p>Friday, October 20</p> <p>Breakfast: Whole Grain Banana Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Cheese Pizza Cucumber Dill Salad Chilled Applesauce Choice of Milk</p>
<p>Monday, October 23</p> <p>Breakfast: MINONS Grahams Lowfat Yogurt 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Breaded Chicken & Gravy over Mashed Potatoes Whole Grain Mini Biscuit Steamed Green Beans Fresh Fruit Choice of Milk</p>	<p>Tuesday, October 24</p> <p>Breakfast: Whole Grain Cinnamon French Toast Sticks 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Turkey & Cheese Sandwich on Whole Wheat Bread Carrot Sticks w/ Dip Fresh Cole Slaw Chilled Applesauce Choice of Milk</p>	<p>Wednesday, October 25</p> <p>Breakfast: Whole Grain Pumpkin Bread 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Chicken & Cheese Nachos Steamed Carrot Coins Black Bean Salad Fresh Fruit Choice of Milk</p>	<p>Thursday, October 26</p> <p>Breakfast: Egg & Cheese on a Whole Wheat Roll 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Beef Cheeseburger on a Whole Wheat Bun Baked Tater Tots Chilled Pears Choice of Milk</p>	<p>Friday, October 27</p> <p>Breakfast: Whole Grain Mini Corn Loaf Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Cheese Pizza Fresh Spinach Salad Apple Crisp Choice of Milk</p>
<p>Monday, October 30</p> <p>Breakfast: Cheerios Cereal Bar or Bowl Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Chicken Patty on Whole Wheat Bun Whipped Sweet Potatoes Steamed Green Beans Fresh Fruit Choice of Milk</p>	<p>Tuesday, October 31</p> <p>Breakfast: Whole Grain Mini Waffles 100% Juice/Fresh Fruit Milk</p> <p>1/2 Day</p> <p>No Lunch Served</p> 	 <p>Produce of the MONTH Apples</p> <p>Apple trees are 4 or 5 years old before they actually have apples.</p> <p>Apple are members of the rose family.</p> <p>The first apple tree in the United States was planted by the Pilgrims when they came to the United States from Europe.</p>		