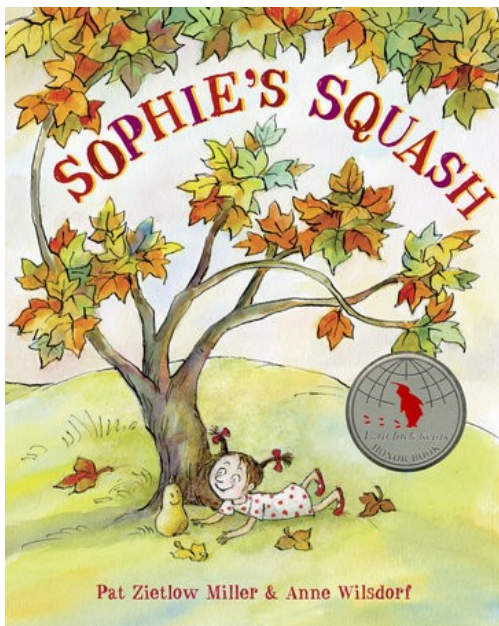


Pre-K Book of the Month



DECEMBER 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



Produce of the Month WINTER SQUASH

Squash is an excellent source of vitamins A and C. A one-cup serving of winter squash provides about half of the daily requirement of vitamin C, and 4.5 times the daily requirement of vitamin A.

Squash is high in fiber. It can help give people the sensation of feeling full, without having consumed a lot of calories.

The pigments that give squashes and pumpkins their deep yellow and orange colors may help to protect humans against some forms of cancer.

“Oh The Weather
Outside is Frightful,
BUT THE CAFETERIA
IS DELIGHTFUL...”

Looking to make a Difference in 2020?

The NECSD Food Service Department is looking for dedicated individuals to add to our team! Our school meal heroes prepare and serve over 14,000 meals daily. These meals and the smiles that come with them impact our students every day! Please call for more information on this exciting opportunity.

563-3424



@NBNYSEchoolMeals

Monday, December 2

Breakfast:

Cinnamon UBR
Fresh, Canned, or Dried
Fruit
1% Milk

Lunch:

All White Meat Chicken
Filet
Whole Grain Dinner Roll
Steamed Green Beans
Chilled Peaches
1% Milk

Tuesday, December 3

Breakfast:

Turkey Bacon, Egg, &
Cheese Croissant
Fresh, Canned, or Dried
Fruit
1% Milk

Lunch:

Cheeseburger on a
Whole Wheat Bun
Emoji Shaped Potatoes
Fresh Fruit
1% Milk

Wednesday, December 4

Breakfast:

Whole Grain Pumpkin
Bread
Fresh, Canned, or Dried
Fruit
1% Milk

1/2 Day Bagged

Lunch:
Italian Combo Wrap
Carrot Sticks
Applesauce Cup
1% Milk

Thursday, December 5

Breakfast:

Egg & Cheese on an
English Muffin
Fresh, Canned, or Dried
Fruit
1% Milk

Lunch:

Crunchy Chicken Tacos
Steamed Brown Rice
Golden Corn
Fresh Fruit
1% Milk

Friday, December 6

Breakfast:

Whole Grain Apple
Cinnamon Muffin
Mozzarella Cheese Stick
Fresh, Canned, or Dried
Fruit
1% Milk

Lunch:

Homemade Cheese Pizza
Fresh Broccoli Salad
Chilled Cinnamon Pears
1% Milk

Spaghetti Squash Marinara

Ingredients

- 1 Spaghetti Squash
- 15oz can of chunky tomato sauce
- 1 TBSP olive oil
- 1/4 of an onion, diced
- 1 carrot, peeled and shredded
- 1 garlic glove, minced
- 1 TBSP fresh basil, chopped

Instructions

1. Preheat oven to 400 degrees.
2. Cut the squash in half and remove the seeds.
3. Place the squash on a lightly greased baking sheet and cook for 45-50 minutes or until softened.
4. Heat the oil in a saucepan over low to medium heat and sauté the onion, garlic and carrot for 2-3 minutes or until onion is translucent.
5. Add the tomatoes and cook for 4-5 minutes. Add the basil.
6. Remove the squash from the oven and let squash cool for several minutes.
7. Shred the squash with a fork until stringy. Tip: Hold the stem end of the squash with a towel or a glove so you don't burn your hand while you're shredding it.
8. Place the spaghetti squash in a bowl and top with the marinara sauce.
9. Serve.

Recipe courtesy of weelicious.com

Monday, December 9

Breakfast:

Make Your Own Parfait!
Low Fat Yogurt
Nut-Free Granola
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Golden Baked Chicken Nuggets
Whole Wheat Dinner Roll
Whipped Sweet Potatoes
Fresh Fruit
1% Milk

Tuesday, December 10

Breakfast:

Whole Grain Confetti Pancakes
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Sweet & Sour Chicken
Vegetable "Fried" Rice
Steamed Broccoli
Chilled Fruit Cocktail
1% Milk

Wednesday, December 11

Breakfast:

Whole Grain Blueberry Bread
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Homemade Baked Ziti
Steamed Green Beans
Fresh Fruit
1% Milk

Thursday, December 12

Breakfast:

Whole Grain Biscuit w/ Butter & Jelly
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Beef & Cheese Nachos
Steamed Brown Rice
Golden Corn
Fresh Fruit
1% Milk

Friday, December 13

Breakfast:

Whole Grain Banana Muffin
Mozzarella Cheese Stick
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

French Bread Cheese Pizza
Fresh Spinach Salad
Chilled Diced Peaches
1% Milk

Monday, December 16

Breakfast:

Zee-Zee's Birthday Cake Bar
Low Fat Yogurt
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Chicken & Gravy over Mashed Potatoes
Whole Grain Mini Biscuit
Steamed Carrot Coins
Fresh Fruit
1% Milk

Tuesday, December 17

Breakfast:

Whole Grain Bagel with Cream Cheese
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Hot Ham & Cheese on a Whole Wheat Bun
Steamed Green Beans
Hot Cinnamon Peaches
1% Milk

Wednesday, December 18

Breakfast:

Whole Grain Banana Bread
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Golden Breaded Fish Sticks
Whole Grain Dinner Roll
Baked Confetti Fries
Chilled Applesauce
1% Milk

Thursday, December 19

Breakfast:

Whole Grain Mini Waffles
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Homemade Macaroni & Cheese
Steamed Broccoli
Fresh Fruit
1% Milk

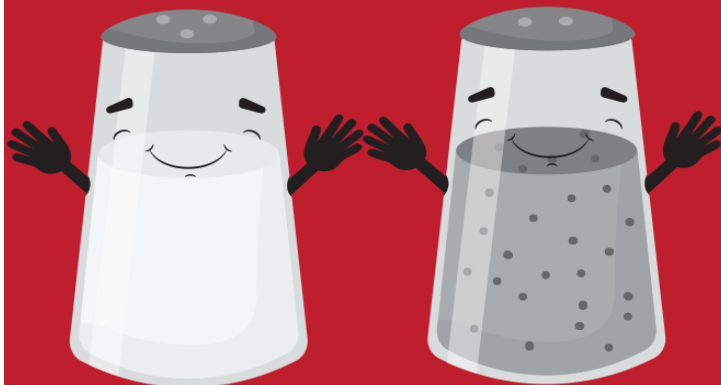
Friday, December 20

Breakfast:

Whole Grain Mini Corn Loaf
Mozzarella Cheese Stick
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Homemade Cheese Pizza
Cucumber Dill Salad
Chilled Pears
1% Milk



SEASONINGS GREETINGS!

