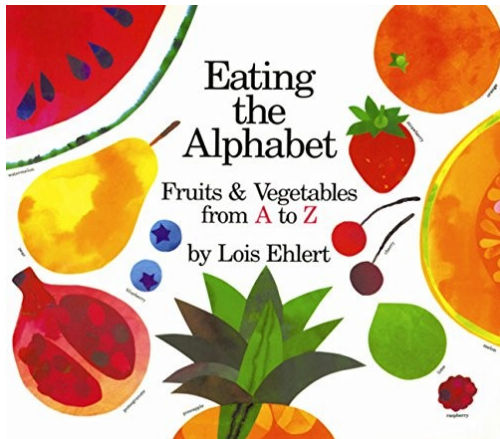


Pre-K Book of the Month



#eatbrighter

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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.

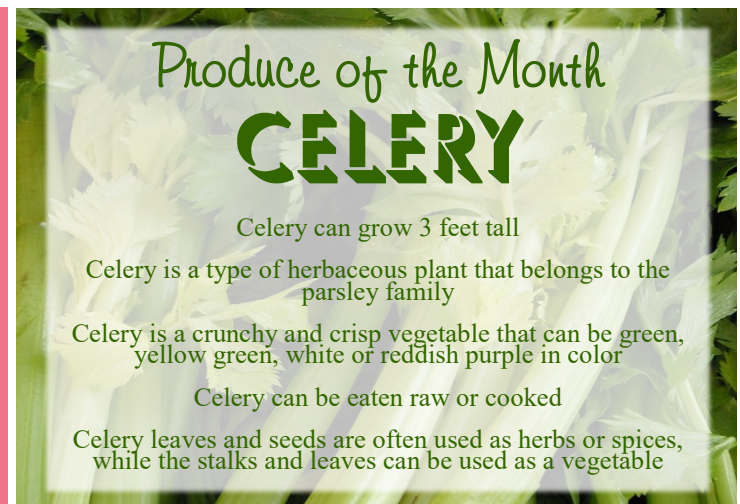
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FEBRUARY 2020

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, February 3

Breakfast:

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

Lunch:

Golden baked Chicken
Nuggets
Whole Grain Dinner Roll
Whipped Sweet Potatoes
Fresh Fruit
1% Milk

Tuesday, February 4

Breakfast:

Whole Grain Cinnamon
French Toast Sticks
Fresh, Canned, or Dried
Fruit
1% Milk

Lunch:

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

Wednesday, February 5

Breakfast:

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

Lunch:

Golden Breaded Fish
Sticks
Whole Grain Dinner Roll
Steamed Broccoli
Chilled Applesauce
1% Milk

Thursday, February 6

Breakfast:

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

Lunch:

Crunchy Chicken Tacos
Steamed Carrot Coins
Chilled Peaches
1% Milk

Friday, February 7

Breakfast:

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

Lunch:

French Bread Cheese
Pizza
Carrot Raisin Salad
Chilled Cinnamon Pears
1% Milk

Celery Sticks with Roasted Garlic Hummus

Ingredients

- 2 (15 oz) cans of cannellini beans, drained and rinsed
- 2 tablespoons of tahini
- juice of 1 lemon
- 5-6 roasted garlic cloves
- 1/2 teaspoon of cumin
- 1/4 teaspoon of smoked paprika
- 3 tablespoons of olive oil
- 5 fresh basil leaves
- Fresh celery, cut into sticks

Instructions

1. In a blender or food processor add the beans, tahini, lemon juice, roasted garlic, cumin, salt, pepper, and fresh basil.
2. Pulse the blender a couple of times until the mixture is roughly chopped and slowly add in the olive oil.
3. Puree the mixture until smooth.
4. Serve with fresh celery sticks and garnish with chopped basil and olive oil.

Monday, February 10

Breakfast:

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

Lunch:

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

Tuesday, February 11

Breakfast:

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

Lunch:

Grilled Cheese on Whole
Wheat Bread
Steamed Carrot Coins
Fresh Fruit
1% Milk

Wednesday, February 12

Breakfast:

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

Lunch:

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

Thursday, February 13

Breakfast:

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

Lunch:

Beef & Cheese Nachos
Steamed Brown Rice
Golden Corn
Chilled Peaches
1% Milk

Friday, February 14

Breakfast:

"Apple of My Eye" Muffin
Mozzarella Cheese Stick
Fresh, Canned, or Dried
Fruit
1% Milk

Lunch:

"A Pizza My Heart"
"Love you Bunches" Salad
"Love you Berry Much"
Fruit Cups
1% Milk



Monday, February 17



Tuesday, February 18

Breakfast:

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

Lunch:

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

Wednesday, February 19

Breakfast:

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

Lunch:

Homemade Macaroni &
Cheese
Steamed Broccoli
Fresh Fruit
1% Milk

Thursday, February 20

Breakfast:

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

1/2 Day Bagged

Lunch:
BBQ Chicken Wrap
Carrot Sticks
Fresh Apple Slices
1% Milk

Friday, February 21

Breakfast:

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

Lunch:

French Bread Cheese
Pizza
Fresh Spinach Salad
Fresh Fruit
1% Milk

Monday, February 24

Breakfast:

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

Lunch:

Breaded Chicken with
Gravy over Mashed
Potatoes
Whole Grain Mini Biscuit
Steamed Green Beans
Fresh Fruit
1% Milk

Tuesday, February 25

Breakfast:

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

Lunch:

BBQ Chicken Slider
Baked Confetti Fries
Chilled Pears
1% Milk

Wednesday, February 26

Breakfast:

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

Lunch:

Homemade Baked Ziti
Steamed Broccoli
Fresh Fruit
1% Milk

Thursday, February 27

Breakfast:

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

Lunch:

Soft Beef Taco
Steamed Carrot Coins
Chilled Pears
1% Milk

Friday, February 28

Breakfast:

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

Lunch:

Homemade Cheese Pizza
Cucumber Dill Salad
Homemade
Fresh Apple Slices
1% Milk

