

Pre-K Book of the Month



@NBNYSchoolMeals

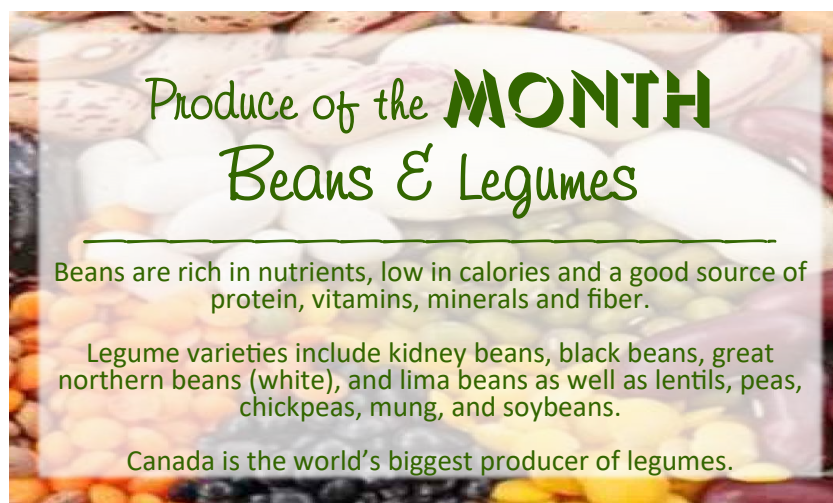


November 2018

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



Thursday, November 1

Breakfast:

Whole Grain Mini Waffles
100% Juice/Fresh Fruit
Milk

Lunch:

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

Friday, November 2

Breakfast:

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

Lunch:

French Bread Cheese
Pizza
Fresh Broccoli Salad
Chilled Peaches
Choice of Milk

Monday, November 5

Breakfast:

Jurassic Park Grahams
Low Fat Yogurt
100% Juice/Fresh Fruit
Milk

Lunch:

BBQ Chicken & Cheese
on a Whole Grain Bun
Baked Oven Fries
Steamed Carrot Coins
Fresh Fruit
Choice of Milk

Tuesday, November 6

Breakfast:

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

Lunch:

Vegetarian Chili
Steamed Brown Rice
Steamed Carrots
Chilled Pears
Choice of Milk

Wednesday, November 7

Breakfast:

Whole Grain Blueberry
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Macaroni &
Cheese
Steamed Broccoli
Fresh Fruit
Choice of Milk

Thursday, November 8

Breakfast:

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

Lunch:

Crunchy Chicken Tacos
Steamed Brown Rice
Black Bean & Corn Salad
Chilled Peaches
Choice of Milk

Friday, November 9

Breakfast:

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

Lunch:

Homemade Cheese Pizza
Fresh Carrot Raisin Salad
Chilled Applesauce
Choice of Milk

Tropical Bean Salad

Ingredients

- 3 1/2 cups Black beans, low-sodium, canned, drained, and rinsed or black beans, dry, cooked
- 1 1/2 cups Mango, diced
- 3/4 cup Tomato, fresh, 1/4" diced
- 1 tablespoon Canola oil
- 2 tablespoons Apple cider vinegar
- 1/2 teaspoon Oregano, dried
- 1/4 teaspoon Black pepper, ground
- 3 cups Romaine lettuce, raw, chopped

Instructions

1. In a medium bowl, mix together black beans, mango, and tomato to make a salad.
2. Prepare dressing: In a small bowl whisk together canola oil, apple cider vinegar, oregano, and pepper.
3. Toss black bean salad with dressing.
4. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.
5. Serve 1 cup black bean salad over a 1/2 cup lettuce.

**We're Always
FILLED WITH THANKS
for Our School
Nutritional
Professionals**



Monday, November 12



Monday, November 19

Breakfast:
Make your own Parfait!
Lowfat Yogurt
Nut Free Granola
100% Juice/Fresh Fruit
Milk

Lunch:
All White Meat Mini
Chicken Filet on a
Whole Grain Bun
Baked Sweet Potato
Wedges
Steamed Green Beans
Fresh Fruit
Choice of Milk

Monday, November 26

Breakfast:
Cinnamon UBR
100% Juice/Fresh Fruit
Milk

Lunch:
Roasted Chicken w/
Gravy over Mashed
Potatoes
Whole Grain Mini Biscuit
Steamed Green Beans
Fresh Fruit
Choice of Milk

Tuesday, November 13

Breakfast:
Strawberry Crisp
Zee Zees Mini Bar
Lowfat Yogurt
100% Juice/Fresh Fruit
Milk

Lunch:
Beef Cheeseburger on a
Whole Wheat Bun
Baked Confetti Fries
Steamed Carrots
Fresh Fruit
Choice of Milk

Tuesday, November 20

Breakfast:
Whole Grain Cinnamon
French Toast Sticks
100% Juice/Fresh Fruit
Milk

Lunch:
Teriyaki Chicken &
Broccoli
Steamed Brown Rice
Chilled Peaches
Choice of Milk

Tuesday, November 27

Breakfast:
Whole Grain Confetti
Mini Pancakes
100% Juice/Fresh Fruit
Milk

Lunch:
Golden Baked Fish
Nuggets
Whole Wheat Dinner Roll
Baked Sweet Potato Fries
Chilled Pears
Choice of Milk

Wednesday, November 14

Breakfast:
Turkey Sausage on a
Biscuit
100% Juice/Fresh Fruit
Milk

Lunch:
Grilled Cheese on Whole
Wheat Bread
Steamed Broccoli
Chilled Applesauce
Choice of Milk

Wednesday, November 21

Breakfast:
Whole Grain Cinnamon
Swirl Bread
100% Juice/Fresh Fruit
Milk

Lunch:
Homemade Pepperoni &
Cheese French Bread
Pizza
Steamed Broccoli
Fresh Fruit
Choice of Milk

Wednesday, November 28

Breakfast:
Whole Grain Pumpkin
Bread
100% Juice/Fresh Fruit
Milk

**1/2 Day
Sandwich Lunches
Available**

Thursday, November 15

Breakfast:
Whole Grain Banana
Bread
100% Juice/Fresh Fruit
Milk

**Pre-Thanksgiving
Celebration!**

Lunch:
Roasted Turkey Cubes
with Gravy
Whole Grain Dinner Roll
Mashed Potatoes
Steamed Green Beans
Apple Crisp
Choice of Milk

Thursday, November 22



Thursday, November 29

Breakfast:
Egg & Cheese on a
Whole Wheat Roll
100% Juice/Fresh Fruit
Milk

Lunch:
Homemade Meat Sauce
over Pasta
Steamed Broccoli
Fresh Fruit
Choice of Milk

Friday, November 16

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

Lunch:
French Bread Cheese
Pizza
Fresh Spinach Salad
Chilled Cinnamon Pears
Choice of Milk

Friday, November 23



Friday, November 30

Breakfast:
Whole Grain
Apple Cinnamon Muffin
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

Lunch:
Homemade Cheese Pizza
Fresh Cucumber Dill
Salad
Chilled Applesauce
Choice of Milk