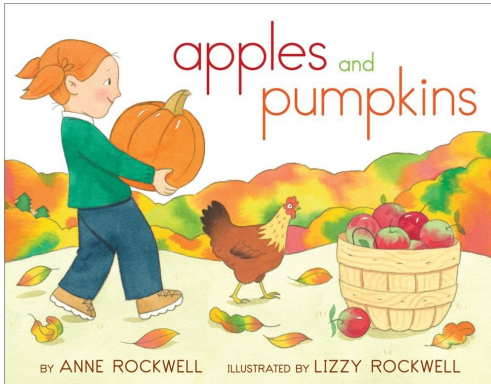


Pre-K Book of the Month



OCTOBER 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, September 30

No School Today

Tuesday, October 1

No School Today

Wednesday, October 2

Breakfast:

Cinnamon UBR
Fresh, Canned or Dried
Fruit
1% Milk

Lunch:

Golden Breaded Fish
Nuggets
Whole Wheat Dinner Roll
Baked Sweet Potato
Fries
Chilled Applesauce
1% Milk

Thursday, October 3

Breakfast:

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

Lunch:

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

Friday, October 4

Breakfast:

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

Lunch:

Homemade Cheese Pizza
Carrot Raisin Salad
Chilled Cinnamon Pears
1% Milk



Ingredients

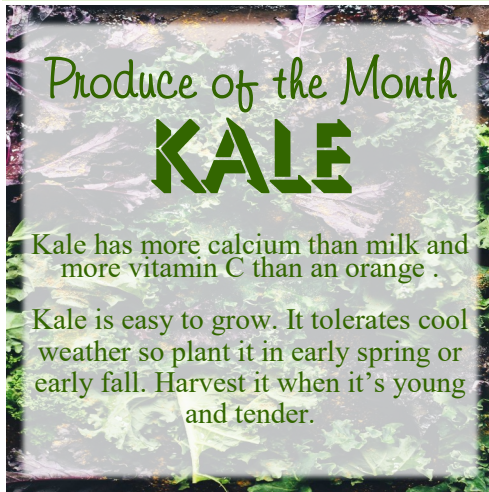
- 15oz can of chickpeas, drained
- 1 tsp of paprika

- 1 tsp garlic powder
- 1 tsp dried basil
- 1 tsp black pepper
- 1/4 cup vegetable oil
- 1/2 cup mozzarella cheese, shredded
- 1/3 cup Caesar salad dressing
- 4 cups fresh kale, finely chopped

Instructions

- Heat oven to 350 degrees.
- Mix chickpeas, spices, and oil together in a bowl
- Place on a baking sheet in a single layer and bake for 20 minutes.
- Combine kale & dressing in a large bowl.
- Sprinkle with cheese and chickpea croutons.

Recipe courtesy of Massachusetts Farm to School



Kale has more calcium than milk and more vitamin C than an orange .

Kale is easy to grow. It tolerates cool weather so plant it in early spring or early fall. Harvest it when it's young and tender.

Monday, October 7

Breakfast:

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

Lunch:

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

Tuesday, October 8

Breakfast:

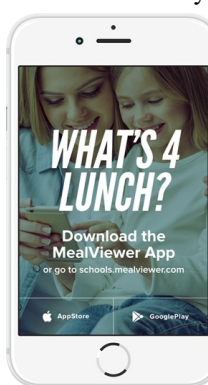
Whole Grain Confetti
Pancakes
Fresh, Canned or Dried
Fruit
1% Milk

Lunch:

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

Wednesday, October 9

No School Today



Thursday, October 10

Breakfast:

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

Lunch:

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

Friday, October 11

Breakfast:

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

Lunch:

French Bread Cheese
Pizza
Fresh Kale Caesar Salad
Chilled Peaches
1% Milk



Monday, October 14

Tuesday, October 15

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

Lunch:
"Chart Topper"
Cheeseburger on a
Whole Wheat Bun
Emoji Shaped Potatoes
Fresh Fruit
1% Milk

Wednesday, October 16

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

Brunch for Lunch!
"Fan Favorite" French
Toast Bake
Baked Tater Tots
Warm Cinnamon
Peaches
1% Milk

Thursday, October 17

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

Lunch:
"Musical" Macaroni &
Cheese
Steamed Broccoli
Fresh Fruit
1% Milk

Friday, October 18

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

Lunch:
"Pitch Perfect" Pizza
Fresh Cucumber Dill
Salad
Chilled Applesauce
1% Milk

Monday, October 21

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 Green Beans
Fresh Fruit
1% Milk

Tuesday, October 22

Breakfast:
Cinnamon French Toast
Sticks
Fresh, Canned or Dried
Fruit
1% Milk

Lunch:
Hot Ham & Cheese on
Whole Wheat Bread
Steamed Carrot Coins
Chilled Pears
1% Milk

Wednesday, October 23

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

Lunch:
Pizza Kit!
Whole Grain Flatbread
Shredded Mozzarella
Cheese
Turkey Pepperoni
Marinara Sauce
Fresh Broccoli Florets
Fresh Fruit
1% Milk

Thursday, October 24

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

Lunch:
Homemade Meat Sauce
over Whole Grain Pasta
Steamed Green Beans
Chilled Applesauce
1% Milk

Friday, October 25

Breakfast:
Whole Grain Corn Muffin
Mozzarella Cheese Stick
Fresh, Canned or Dried
Fruit
1% Milk

Lunch:
French Bread Cheese
Pizza
Broccoli Salad
Chilled Pears
1% Milk

Monday, October 28

Breakfast:
Cinnamon UBR
Low Fat Yogurt
Fresh, Canned or Dried
Fruit
1% Milk

Lunch:
Golden Breaded Chicken
Nuggets w/ a Whole
Wheat Dinner Roll
Baked Sweet Potato
Fries
Chilled Applesauce
1% Milk

Tuesday, October 29

Breakfast:
Whole Grain English
Muffin w/ Butter & Jelly
Fresh, Canned or Dried
Fruit
1% Milk

Lunch:
Bagel Kit!
Whole Grain Bagel w/
Cream Cheese
Low Fat Yogurt
Mozzarella Cheese Stick
Carrot Sticks w/ Dip
Fresh Fruit
1% Milk

Wednesday, October 30

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

Lunch:
Twisted Cheese Filled
Breadstick w/ Marinara
Dipping Sauce
Garlic Parmesan Zucchini
Chilled Peaches
1% Milk

Thursday, October 31

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

1/2 Day Bagged
Lunch:
BBQ Chicken & Cheese
Wrap
Whole Grain Cheez-Its
Carrot Sticks
Fresh Fruit
1% Milk

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school
Cafeteria allows you
to be at home when
your family needs
you there.
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