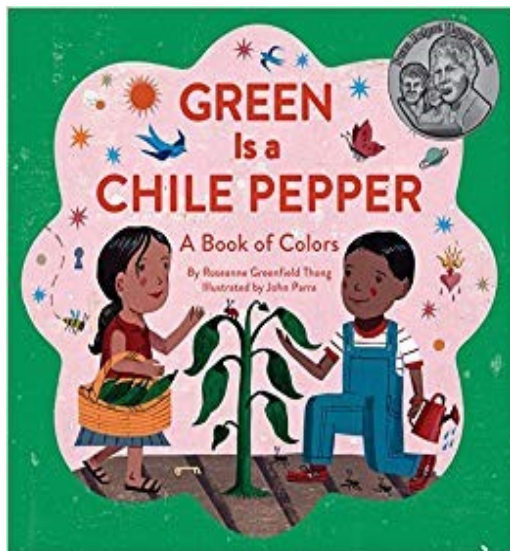


# Pre-K Book of the Month



pma

let's grow  
brighter  
futures!

SESAME STREET

#eatbrighter

pma.com/eatbrighter



@NBNYSESchoolMeals

# September 2018

## 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!

USDA is an equal opportunity employer & provider



Monday, September 3	Tuesday, September 4	Wednesday, September 5	Thursday, September 6	Friday, September 7
 <b>LABOR DAY</b>	 <b>I Followed MY HEART and It Led Me to the Cafeteria</b>		<b>Breakfast:</b> Whole Grain Bagel w/ Cream Cheese 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> All White Meat Mini Breaded Chicken Filet on a Whole Grain Roll Corn on the Cob Fresh Watermelon Slices Choice of Milk	<b>Breakfast:</b> Whole Grain Banana Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Homemade Cheese Pizza Fresh Broccoli Salad Chilled Peaches Choice of Milk
No School for Students				
Monday, September 10	Tuesday, September 11	Wednesday, September 12	Thursday, September 13	Friday, September 14
No School Today	No School Today	<b>Breakfast:</b> Cinnamon UBR 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Beef Cheeseburger on a Whole Wheat Bun Baked Confetti Fries Fresh Cole Slaw Fresh Fruit Choice of Milk	<b>Breakfast:</b> Turkey Sausage Patty on a Whole Grain Biscuit 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Crunchy Chicken Tacos Steamed Brown Rice Black Bean & Corn Salad Chilled Pears Choice of Milk	<b>Breakfast:</b> NEW! Whole Grain Harvest Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Homemade French Bread Pizza Fresh Tomato Cucumber Salad Chilled Applesauce Choice of Milk
<b>We are Hiring!!</b> A job in your child's school Cafeteria allows you to be at home when your family needs you there. Call for more information.  <b>563-3424</b>				



## Produce of the MONTH Bell Peppers

Red bell peppers are simply mature green peppers. The yellow and orange peppers are a different, sweeter variety.

Bell peppers are an excellent source of Vitamin A and C and a good source of Vitamin E and Vitamin B6.

Red bell peppers are also full of phytochemicals and carotenoids, like beta-carotene, that have antioxidant and anti-inflammatory benefits.

The capsaicin in bell peppers can reduce "bad" cholesterol, control diabetes, bring relief from pain and ease inflammation

**Monday, September 17**

### **Breakfast:**

NEW! Strawberry Crisp  
Zee Zees Mini Bar  
Lowfat Yogurt  
100% Juice/Fresh Fruit  
Milk

### **Lunch:**

BBQ Chicken & Cheese  
on a Whole Wheat Roll  
Baked Sweet Potato Fries  
Steamed Green Beans  
Chilled Pears  
Choice of Milk

**Tuesday, September 18**

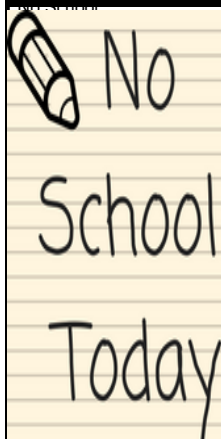
### **Breakfast:**

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

### **Lunch:**

Teriyaki Chicken &  
Broccoli  
Steamed Brown Rice  
Fresh Fruit  
Choice of Milk

**Wednesday, September 19**



**Thursday, September 20**

### **Breakfast:**

Whole Grain Mini Waffles  
100% Juice/Fresh Fruit  
Milk

### **Lunch:**

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

**Friday, September 21**

### **Breakfast:**

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

### **Lunch:**

Homemade Cheese Pizza  
Fresh Spinach Salad  
Apple Crisp  
Choice of Milk

**Monday, September 24**

### **Breakfast:**

NEW! Cinnamon Crisp  
Zee Zees Mini Bar  
Lowfat Yogurt  
100% Juice/Fresh Fruit  
Milk

### **Lunch:**

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

**Tuesday, September 25**

### **Breakfast:**

Whole Grain Banana  
Bread  
100% Juice/Fresh Fruit  
Milk

### **Lunch:**

Golden Baked Fish  
Nuggets  
Whole Wheat Dinner Roll  
Baked Sweet Potato Fries  
Steamed Broccoli  
Chilled Peaches  
Choice of Milk

**Wednesday, September 26**

### **Breakfast:**

NEW! Whole Grain  
Confetti Mini Pancakes  
100% Juice/Fresh Fruit  
Milk

### **Lunch:**

Homemade Pepperoni &  
Cheese French Bread  
Pizza  
Garlic Parmesan Zucchini  
Fresh Fruit  
Choice of Milk

**Thursday, September 27**

### **Breakfast:**

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

### **Lunch:**

Soft Beef & Cheese Taco  
"Refried" Beans  
Steamed Carrot Coins  
Chilled Pears  
Choice of Milk

**Friday, September 28**

### **Breakfast:**

NEW! Whole Grain  
Strawberry Muffin  
Mozzarella Cheese Stick  
100% Juice/Fresh Fruit  
Milk

### **Lunch:**

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

## Pizza Stuffed Bell Peppers

### Ingredients

- 1 cup – brown rice, uncooked
- 2 medium – bell pepper, red
- 4 serving – turkey pepperoni
- 1 medium – tomato, red
- 1/4 cup – cheddar cheese, shredded
- 1 teaspoon – Italian Seasoning

Recipe adapted from  
[www.superhealthykids.com](http://www.superhealthykids.com)

### Instructions

1. Cook rice as directed on package.
2. Preheat oven to 400°F.
3. Halve peppers lengthwise; remove the seeds and stems, then place cut-side up on a baking sheet.
4. Coarsely chop pepperoni and tomato. Mix with rice and stuff into the peppers.
5. Sprinkle with cheese and Italian seasoning.
6. Bake for 15-18 minutes or until peppers are softened and cheese has melted.

**September 26th**  
is New York State  
Breakfast After the Bell Day!



Enjoy breakfast in your  
classroom EVERYDAY!