



Lunch Menu

Newburgh Free Academy Main & North Campuses

	Monday	Tuesday	Wednesday	Thursday	Friday
February 2018	Additional Options Available: Deli Bar (Daily) – Choice of Wraps and Breads with Choice of Protein and Toppings Salsa Bar (Mon, Wed, Fri) – Choice of Burrito, Rice Bowl, Tacos, or Salad with Choice of Protein and Toppings Asian Flavor Bar (Tues & Thurs) – Choice of Noodle Bowl, Rice Bowl, or Salad with Choice of Protein and Toppings Fresh Fruit & Vegetable Bar Choice of Milk: 1%, Nonfat Chocolate, or Nonfat Strawberry			1 F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn P: Stuffed Pizza Special	2 F: Chicken Parm Sliders on Garlic Rolls Baked Sweet Potato Fries Garbanzo Bean Salad P: Pizza
	5 F: General Tso's Chicken & Broccoli Steamed Brown Rice Steamed Broccoli P: Pizza	6 F: Hot & Spicy Chicken Patty on a Whole Wheat Bun Baked Tater Tots Garbanzo Bean Salad P: Flatbread Pizza	7 F: Italian Combo Panini Baked Sweet Potato Wedges Steamed Green Beans P: Chicken Parm Sub	8 F: Grilled Cheese Homemade Lentil Soup Baked Oven Fries Fresh Cole Slaw P: Stuffed Pizza Special	9 F: Homemade Meatballs on a Whole Wheat Club Roll Baked Confetti Fries Steamed Broccoli P: Pizza
	12 F: Boneless Wings w/a Whole Wheat Dinner Roll Whipped Sweet Potatoes Steamed Green Beans P: Pizza	13 F: Chicken or Beef Gyro on a Whole Grain Pita Baked Confetti Fries Cucumber Dill Salad P: Flatbread Pizza	14 F: Mozzarella Tomato Basil Panini Baked Oven Fries Steamed Broccoli P: Chicken Parm Sub	15 F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Steamed Carrots P: Stuffed Pizza Special	16 F: Baked Mozzarella Sticks w/ Marinara Whole Wheat Dinner Rolls Steamed Green Beans P: Pizza
	19 President's Day No School	20 F: Beef Burger Bar Baked Sweet Potato Fries Baked Vegetarian Beans Fresh Cole Slaw P: Pizza	21 F: Turkey Bacon Cheddar Ranch Panini Baked Oven Fries Steamed Green Peas P: Chicken Parm Sub	22 F: Roasted Turkey with Gravy Steamed Brown Rice Steamed Green Beans Apple Crisp P: Stuffed Pizza Special	23 F: BBQ Chicken Sliders on Whole Wheat Rolls Baked Sweet Potato Wedges Garbanzo Bean Salad P: Pizza
	26 F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn P: Pizza	27 F: Roasted Chicken Leg Baked Macaroni & Cheese Steamed Broccoli P: Flatbread Pizza	28 F: Three Cheese Panini Baked Oven Fries Steamed Green Beans P: Chicken Parm Sub		