



Lunch Menu

Newburgh Free Academy Main & North Campuses

Lunch Menu					
Newburgh Free Academy Main & North Campuses					
	Monday	Tuesday	Wednesday	Thursday	Friday
January 2018	1	2	3	4	5
	Happy New Year!! Welcome 2018	F: Hot & Spicy Chicken Patty on a Whole Wheat Bun Baked Tater Tots Garbanzo Bean Salad P: Flatbread Pizza	F: Italian Combo Panini Baked Oven Fries Steamed Green Beans P: Chicken Parm Sub	F: Grilled Cheese Homemade Lentil Soup Baked Oven Fries Fresh Cole Slaw P: Stuffed Pizza Special	F: Chicken Parm Sliders on Garlic Rolls Garbanzo Bean Salad P: Pizza
	8	9	10	11	12
	F: General Tso's Chicken & Broccoli Steamed Brown Rice Steamed Broccoli P: Pizza	F: Chicken or Beef Gyro on a Whole Grain Pita Baked Fries Cucumber Dill Salad P: Flatbread Pizza	F: Turkey Bacon Cheddar Ranch Panini Baked Confetti Fries Steamed Green Peas P: Chicken Parm Sub	F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Steamed Carrots P: Stuffed Pizza Special	F: Baked Mozzarella Sticks w/ Marinara Whole Wheat Dinner Rolls Steamed Green Beans P: Pizza
	15	16	17	18	19
	Martin Luther King Jr. Day No School	F: Beef Burger Bar Baked Sweet Potato Fries Baked Vegetarian Beans Fresh Cole Slaw P: Pizza	F: Mozzarella Tomato Basil Panini Baked Oven Fries Steamed Carrots P: Chicken Parm Sub	F: Boneless Wings w/a Whole Wheat Dinner Roll Whipped Sweet Potatoes Steamed Green Beans P: Stuffed Pizza Special	F: Homemade Meatballs on a Whole Wheat Club Roll Steamed Broccoli P: Pizza
22	23	24	25	26	
				F: Roasted Chicken Leg Baked Macaroni & Cheese Steamed Broccoli P: Pizza	
	Regents Exams				
29	30	31	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		
F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn P: Pizza	½ Day No Lunch Served	F: Three Cheese Panini Baked Oven Fries Steamed Green Beans P: Chicken Parm Sub			

