



Lunch Menu

Newburgh Free Academy Main & North Campuses

Lunch Menu					
Newburgh Free Academy Main & North Campuses					
	Monday	Tuesday	Wednesday	Thursday	Friday
March 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 ½ Day No Lunch Served	2 F: Chicken Parm Sliders on Garlic Rolls Baked Sweet Potato Fries Garbanzo Bean Salad P: Pizza
	5	6	7	8	9
	F: General Tso's Chicken & Broccoli Steamed Brown Rice Steamed Broccoli P: Pizza	F: Homemade Chicken Enchiladas Steamed Carrots Black Bean & Corn Salad P: Flatbread Pizza	F: Italian Combo Panini Baked Sweet Potato Wedges Steamed Green Beans P: Chicken Parm Sub	F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn P: Stuffed Pizza Special	F: Homemade Meatballs on a Whole Wheat Club Roll Baked Confetti Fries Steamed Broccoli P: Pizza
	12	13	14	15	16
	F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn P: Pizza	F: Chicken or Beef Gyro on a Whole Grain Pita Baked Confetti Fries Cucumber Dill Salad P: Flatbread Pizza	F: Mozzarella Tomato Basil Panini Baked Oven Fries Steamed Broccoli P: Chicken Parm Sub	F: Grilled Cheese Homemade Lentil Soup Baked Oven Fries Fresh Cole Slaw P: Stuffed Pizza Special	F: Baked Mozzarella Sticks w/ Marinara Whole Wheat Dinner Rolls Steamed Green Beans P: Pizza
	19	20	21	22	23
	F: Beef Burger Bar Baked Sweet Potato Fries Baked Vegetarian Beans Fresh Cole Slaw P: Pizza	F: Roasted Chicken Leg Baked Macaroni & Cheese Steamed Broccoli P: Flatbread Pizza	F: Turkey Bacon Cheddar Ranch Panini Baked Oven 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: BBQ Chicken Sliders on Whole Wheat Rolls Baked Sweet Potato Wedges Garbanzo Bean Salad P: Pizza
	26	27	28	29	30
	Spring Break				