



Lunch Menu

Newburgh Free Academy Main & North Campuses

	Monday	Tuesday	Wednesday	Thursday	Friday
November 2017			1	2	3
	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: Turkey Bacon Cheddar Ranch Panini Baked Confetti Fries Steamed Green Peas P: Chicken Parm Sub	F: Grilled Cheese Homemade Lentil Soup Baked Oven Fries Fresh Cole Slaw P: Stuffed Pizza Special	F: Homemade Meatballs on a Whole Wheat Club Roll Steamed Green Beans P: Pizza
	6	7	8	9	10
	F: General Tso's Chicken & Broccoli Steamed Brown Rice Steamed Broccoli P: Pizza	½ Day No Lunch Served	F: Mozzarella Tomato Basil Panini Baked Oven Fries Steamed Carrots P: Chicken Parm Sub	F: Hot & Spicy Chicken Patty on a Whole Wheat Bun Baked Tater Tots Garbanzo Bean Salad P: Stuffed Pizza Special	Veteran's Day No School
	13	14	15	16	17
F: Baked Mozzarella Sticks w/ Marinara Whole Wheat Dinner Roll Steamed Green Beans P: Pizza	F: Roasted Turkey with Gravy Homemade Stuffing Mashed Potatoes Steamed Green Beans Apple Crisp P: Flatbread Pizza	F: Italian Combo Panini Baked Oven Fries 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: Roasted Chicken Leg Baked Macaroni & Cheese Steamed Broccoli P: Pizza	
20	21	22	23	24	
F: Beef Burger Bar Baked Sweet Potato Fries Fresh Cole Slaw P: Pizza	F: Chicken or Beef Gyro on a Whole Grain Pita Baked Fries Cucumber Dill Salad P: Flatbread Pizza	Thanksgiving Break			
27	28	29	30		
F: Twisted Cheese Filled Breadsticks with Marinara Sauce Steamed Broccoli P: Pizza	F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn P: Flatbread Pizza	F: Three Cheese Panini Baked Oven Fries Steamed Green Beans P: Chicken Parm Sub	F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Steamed Carrots P: Stuffed Pizza Special		