

## Available Daily

### Sandwiches Available Everyday:

Peanut Butter & Jelly  
Turkey & Cheese  
Ham & Cheese  
(on Whole Wheat Bread)

### Entrée Salad of the Day:

Monday: Tuna Garden Salad  
Tuesday: Buffalo Chicken Salad  
Wednesday: Chef Salad  
Thursday: Chicken Caesar Salad  
Friday: Spinach Salad

### "Lunch Kit" of the Day:

Monday - Bagel Kit:  
Whole Wheat Bagel w/ Cream Cheese,  
Low Fat Yogurt, & a Cheese Stick  
Tuesday & Thursday - Pizza Kit:  
Whole Grain Flatbread, Turkey Pepperoni,  
Mozzarella Cheese & Pizza Sauce  
Wednesday - Buffalo Chicken Kit:  
Buffalo Chicken Dip, Baked Tostito Scoops  
& Veggie Sticks  
Friday - Hummus Kit:  
Whole Grain Soft Pretzel, Hummus and  
Veggie Sticks

# June 2017

## Newburgh Enlarged City School District K-8 Menu

Breakfast and Lunch are FREE for ALL NECSD Students!



USDA is an equal opportunity employer & provider

School's out. But our food is still  
**MAKING A SPLASH**  
Join us for summer meals.



We are serving summer meals throughout Newburgh and  
New Windsor!  
Check the District website for locations, times, and special event  
programming.

**Thursday, June 1**

**Breakfast:**  
Whole Grain Bagel with  
Cream Cheese  
100% Juice/Fresh Fruit  
Milk

**Lunch:**  
Soft Beef Taco with  
Assorted Toppings  
"Refried" Beans  
Steamed Carrot Coins  
Fresh Fruit & Veggie Bar  
Choice of Milk

**Friday, June 2**

**Breakfast:**  
Whole Grain Banana  
Muffin  
Mozzarella Cheese Stick  
100% Juice/Fresh Fruit  
Milk

**Lunch:**  
Homemade Cheese Pizza  
Garbanzo Bean Salad  
Chilled Peaches  
Fresh Fruit & Veggie Bar  
Choice of Milk



**"SIDE KICKS"**

Have a picky eater? Do your kids still love to use their lunch box? They can still participate in our FREE lunch program! Let us compliment your home lunch with Veggie Sticks & Dip, Fruit, and a Milk.  
(must take all 3 items)

**Monday, June 5**

**Breakfast:**  
Mini Benefit Bar  
Low Fat Yogurt  
100% Juice/Fresh Fruit  
Milk

**Lunch:**  
Roasted Chicken  
Drumstick  
Whole Grain Mini Biscuit  
Wild Rice Medley  
Steamed Green Peas  
Fresh Fruit & Veggie Bar  
Choice of Milk

**Tuesday, June 6**

**Breakfast:**  
NEW! Egg & Cheese on a  
Whole Wheat Roll

**Lunch:**  
Hot Ham & Cheese on a  
Pretzel Roll  
Baked Fries  
Steamed Peas & Carrots  
Fresh Fruit & Veggie Bar  
Choice of Milk

**Wednesday, June 7**

**Breakfast:**  
Whole Grain Banana  
Bread  
100% Juice/Fresh Fruit  
Milk

**Lunch:**  
NEW! BRUNCH FOR  
LUNCH!  
Cinnamon French Toast  
Sticks  
Scrambled Egg Patty and  
Turkey Sausage Patty  
Baked Potato Puffs  
Fresh Fruit & Veggie Bar  
Choice of Milk

**Thursday, June 8**

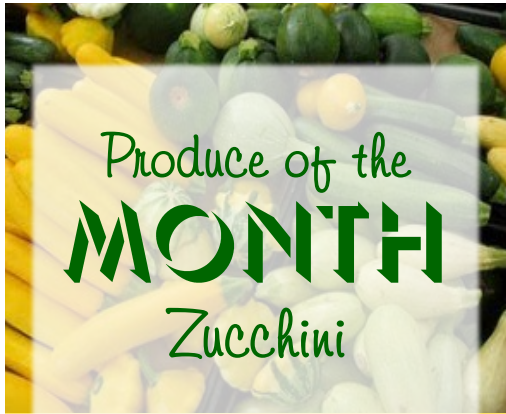
**Breakfast:**  
Sausage & Pancake on a  
Stick  
100% Juice/Fresh Fruit  
Milk

**Lunch:**  
Beef or Black Bean  
Nachos with Assorted  
Toppings  
Steamed Brown Rice  
Golden Corn  
Fresh Fruit & Veggie Bar  
Choice of Milk

**Friday, June 9**

**Breakfast:**  
Mini Corn Loaf  
Mozzarella Cheese Stick  
100% Juice/Fresh Fruit  
Milk

**Lunch:**  
Homemade Cheese Pizza  
Cucumber Dill Salad  
Chilled Applesauce  
Fresh Fruit & Veggie Bar  
Choice of Milk



The largest zucchini recorded weighed 65 pounds.


Small to medium zucchini have the most flavor.

Zucchini is the most common type of summer squash.

**SCHOOL IS OUT!**  
**SCREAM AND SHOUT**



@NBNSchoolMeals

Monday, June 12	Tuesday, June 13	Wednesday, June 14	Thursday, June 15	Friday, June 16
<p><b>Breakfast:</b>            Cinnamon Chewy Granola Round            100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b>            Chicken Mashed Potato Bowl            Whole Grain Mini Biscuit            Steamed Green Beans            Fresh Fruit &amp; Veggie Bar            Choice of Milk</p>	<p><b>Breakfast:</b>            Whole Grain Cinnamon French Toast Sticks            100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b>            Teriyaki Chicken &amp; Broccoli            Veggie Egg Roll            Steamed Brown Rice            Fresh Fruit &amp; Veggie Bar            Choice of Milk</p>	<p><b>Breakfast:</b>            Whole Grain Zucchini Bread            100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b>            NEW! Buffalo Chicken Nachos            Steamed Carrot Coins            Black Bean Salad            Fresh Fruit &amp; Veggie Bar            Choice of Milk</p>	<p><b>Breakfast:</b>            Turkey Sausage &amp; Cheese in a Whole Grain Pita            100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b>            All Beef Hotdog on a Whole Wheat Roll            Corn on the Cob            Watermelon Slices            Frozen 100% Juice            Fresh Fruit &amp; Veggie Bar            Choice of Milk</p>	<p><b>Breakfast:</b>            "Manager's Choice"            Whole Grain Muffin            Mozzarella Cheese Stick            100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b>            Homemade Cheese Pizza            Fresh Spinach Salad            Cinnamon Pears            Fresh Fruit &amp; Veggie Bar            Choice of Milk</p>
Monday, June 19	Tuesday, June 20	Wednesday, June 21	Thursday, June 22	Friday, June 23
<p><b>Breakfast:</b>            "Manager's Choice"            Cereal/Cereal Bar/Cereal Bag            Mozzarella Cheese Stick            100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b>            Crunchy Chicken Tacos with Assorted Toppings            Steamed Brown Rice            Black Bean &amp; Corn Salad            Fresh Fruit &amp; Veggie Bar            Choice of Milk</p>	<p><b>Breakfast:</b>            Turkey Ham &amp; Cheese on a Croissant            100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b>            Homemade Pepperoni &amp; Cheese French Bread Pizza            Steamed Broccoli            Fresh Fruit &amp; Veggie Bar            Choice of Milk</p>	<p><b>Breakfast:</b>            "Manager's Choice"            Whole Grain Bread            100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b>            BBQ Chicken Sliders            Baked Sweet Potato Fries            Steamed Green Beans            Fresh Fruit &amp; Veggie Bar            Choice of Milk</p>	<p><b>Breakfast:</b>            "Manager's Choice" Hot Breakfast            100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b>            Homemade Cheese Pizza            Fresh Broccoli Salad            Chilled Applesauce            Fresh Fruit &amp; Veggie Bar            Choice of Milk</p>	<p><b>Breakfast:</b>            "Manager's Choice"            Whole Grain Muffin            Mozzarella Cheese Stick            100% Juice/Fresh Fruit Milk</p> <p>** Meadow Hill &amp; Heritage Only</p> 

This institution is an equal opportunity provider.



**FRIENDS, AND FREE MEALS FUN!**

Text 'FOOD' to 877-877 or call 1-866-3-HUNGRY for free summer meals in your neighborhood.  
 Summer Meal Sites are located throughout Newburgh and New Windsor. For times and locations please check the District website.