

## 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  
**NEW!** Friday - "Snackable" Kit:  
 Whole Grain Crackers, Sliced Ham,  
 Turkey, & American Cheese

# October 2017

## Newburgh Enlarged City School District K-8 Menu

Welcome Back from your School Nutrition Team!

Breakfast and Lunch are available daily to ALL students for FREE!

USDA is an equal opportunity employer & provider



Monday, October 2	Tuesday, October 3	Wednesday, October 4	Thursday, October 5	Friday, October 6
<p><b>Breakfast:</b>                      Cinnamon UBR                      100% Juice/Fresh Fruit                      Milk</p> <p><b>Lunch:</b>                      All White Meat Boneless                      Chicken Wings                      Whole Wheat Dinner Roll                      Whipped Sweet Potatoes                      Steamed Green Beans                      Fresh Fruit &amp; Veggie Bar                      Choice of Milk</p>	<p><b>Breakfast:</b>                      NEW! Whole Grain Mini                      Maple Pancakes                      100% Juice/Fresh Fruit                      Milk</p> <p><b>Lunch:</b>                      Hot Ham &amp; Cheese on a                      Pretzel Roll                      Baked Confetti Fries                      Steamed Broccoli                      Fresh Fruit &amp; Veggie Bar                      Choice of Milk</p>	<p><b>Breakfast:</b>                      Whole Grain Blueberry                      Bread                      100% Juice/Fresh Fruit                      Milk</p> <p><b>Lunch:</b>                      Homemade Baked Ziti                      Twisted Cheese Filled                      Breadstick                      Garlic Parmesan Zucchini                      Fresh Fruit &amp; Veggie Bar                      Choice of Milk</p>	<p><b>Breakfast:</b>                      Whole Grain Bagel w/                      Cream Cheese                      100% Juice/Fresh Fruit                      Milk</p> <p><b>Lunch:</b>                      Soft Beef Taco w/                      Assorted Toppings                      "Refried" Beans                      Steamed Carrot Coins                      Fresh Fruit &amp; Veggie Bar                      Choice of Milk</p>	<p><b>Breakfast:</b>                      Whole Grain Apple                      Cinnamon Muffin                      Mozzarella Cheese Stick                      100% Juice/Fresh Fruit                      Milk</p> <p><b>Lunch:</b>                      Homemade Cheese Pizza                      Caesar Green Beans                      Chilled Diced Pears                      Fresh Fruit &amp; Veggie Bar                      Choice of Milk</p>
Monday, October 9	Tuesday, October 10	Wednesday, October 11	Thursday, October 12	Friday, October 13
<p><b>Breakfast:</b>                      Make Your Own Parfait!                      Low Fat Yogurt                      Nut Free Granola                      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 Banana                      Bread                      100% Juice/Fresh Fruit                      Milk</p> <p><b>Lunch:</b>                      Homemade Macaroni &amp;                      Cheese                      Whole Wheat Dinner Roll                      Steamed Green Beans                      Fresh Fruit &amp; Veggie Bar                      Choice of Milk</p>	<p><b>Breakfast:</b>                      Bacon Egg &amp; Cheese                      Bosco Stick                      100% Juice/Fresh Fruit                      Milk</p> <p><b>Lunch:</b>                      Beef or Black Bean                      Nachos with Assorted                      Toppings                      Steamed Brown Rice                      Golden Corn                      Fresh Fruit &amp; Veggie Bar                      Choice of Milk</p>	<p><b>Breakfast:</b>                      NEW! Whole Grain                      Sweet Potato Muffin                      Mozzarella Cheese Stick                      100% Juice/Fresh Fruit                      Milk</p> <p><b>Lunch:</b>                      Homemade Cheese Pizza                      Cucumber Dill Salad                      Chilled Applesauce                      Fresh Fruit &amp; Veggie Bar                      Choice of Milk</p>	

Here's to  
**DISCOVERING**  
 Some New Foods

HAPPY COLUMBUS DAY



@NBNYSchoolMeals

# Apple Cinnamon Waldorf Salad

## Ingredients

- 3 medium – apple
- 1 medium – pear
- 1 stalk – celery
- 1 cup – grapes
- 1 cup – cranberries, dried
- 1/2 cup – almonds, sliced
- 1 cup – Greek yogurt, plain
- 1 tablespoon – honey
- 1 teaspoon – brown sugar
- 1/2 teaspoon – cinnamon
- 1 tablespoon – mayonnaise, light

## Directions


- 1) Chop apples, pear, and dice celery. Slice grapes in half.
- 2) Combine apples, pear, celery, grapes, almonds, dried cranberries in a large bowl.
- 3) In a separate bowl, mix the dressing. Yogurt, honey, brown sugar, cinnamon, and mayo. Pour over salad. Chill until ready to eat.

Recipe courtesy of  
[www.superhealthykids.com](http://www.superhealthykids.com)

# "SIDE KICKS"



Do you have a picky eater? Does your child want to use a new lunch box? Your student 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)

<p><b>Monday, October 16</b></p> <p><b>Breakfast:</b> Mini Benefit Bar Lowfat Yogurt 100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b> Roasted Chicken Drumstick Whole Wheat Dinner Roll Wild Rice Medley Steamed Green Peas Fresh Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>Tuesday, October 17</b></p> <p><b>Breakfast:</b> NEW! Breakfast Sausage Pizza Bagel 100% Juice/Fresh Fruit Milk</p> <p><b>1/2 Day</b></p> <p><b>No Lunch Served</b></p>	<p><b>Wednesday, October 18</b></p> <p><b>Breakfast:</b> Whole Grain Zucchini Bread 100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b> Crunchy Chicken Tacos w/ Assorted Toppings Steamed Brown Rice Black Bean &amp; Corn Salad Fresh Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>Thursday, October 19</b></p> <p><b>Breakfast:</b> Sausage &amp; Pancake on a Stick 100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b> Homemade Meatballs over Pasta Marinara Whole Wheat Garlic Bread Steamed Broccoli Fresh Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>Friday, October 20</b></p> <p><b>Breakfast:</b> Whole Grain Banana Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b> Homemade Cheese Pizza Cucumber Dill Salad Chilled Applesauce Fresh Fruit &amp; Veggie Bar Choice of Milk</p>
<p><b>Monday, October 23</b></p> <p><b>Breakfast:</b> MINONS Grahams Lowfat Yogurt 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>Tuesday, October 24</b></p> <p><b>Breakfast:</b> Whole Grain Cinnamon French Toast Sticks 100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b> All Beef Hotdog on a Whole Wheat Roll Baked Confetti Fries Fresh Cole Slaw Fresh Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>Wednesday, October 25</b></p> <p><b>Breakfast:</b> Whole Grain Pumpkin Bread 100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b> Buffalo Chicken Nachos Assorted Toppings Steamed Carrot Coins Black Bean Salad Fresh Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>Thursday, October 26</b></p> <p><b>Breakfast:</b> Egg &amp; Cheese on a Whole Wheat Roll 100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b> Beef Cheeseburger on a Whole Wheat Bun Baked Tater Tots Fresh Tomato &amp; Corn Salad Fresh Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>Friday, October 27</b></p> <p><b>Breakfast:</b> Whole Grain Mini Corn Loaf Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b> Homemade Cheese Pizza Fresh Spinach Salad Apple Crisp Fresh Fruit &amp; Veggie Bar Choice of Milk</p>
<p><b>Monday, October 30</b></p> <p><b>Breakfast:</b> Cheerios Cereal Bar or Bowl Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p><b>Lunch:</b> All White Meat Boneless Chicken Wings Whole Wheat Dinner Roll Whipped Sweet Potatoes Steamed Green Beans Fresh Fruit &amp; Veggie Bar Choice of Milk</p>	<p><b>Tuesday, October 31</b></p> <p><b>Breakfast:</b> Whole Grain Mini Waffles 100% Juice/Fresh Fruit Milk</p> <p><b>1/2 Day</b></p> <p><b>No Lunch Served</b></p> 	 <p>Produce of the <b>MONTH</b> Apples</p> <p>Apple trees are 4 or 5 years old before they actually have apples.</p> <p>Apple are members of the rose family.</p> <p>The first apple tree in the United States was planted by the Pilgrims when they came to the United States from Europe.</p>		