

Savory Zucchini & Cheddar Bread

Ingredients

1 cup Whole Wheat Flour
 1 cup All Purpose Flour
 1 teaspoon Baking Soda
 1 teaspoon Baking Powder
 1 teaspoon Salt
 2 cups grated zucchini
 1 1/2 cups grated cheddar cheese
 1/4 cup chopped scallions
 3/4 cup Buttermilk
 2 large eggs

Instructions

Preheat oven to 350° F. In a bowl, whisk together the flours, baking soda, baking powder, and salt.
 Add in the zucchini, cheese, and scallions and toss to coat.
 In a small bowl, whisk together the buttermilk and eggs. Add to the flour mixture and stir until just combined. Do not over mix. Pour the batter into a greased loaf pan and bake for 55-60 minutes, or until a wooden toothpick inserted in the center comes out clean. Cool and serve. www.weelicious.com

June 2017

Newburgh Enlarged City School District Pre-K 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
 "Refried" Beans
 Steamed Carrot Coins
 Fresh Fruit
 Choice of Milk

Friday, June 2

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

Lunch:
 Mini Cheese Pizza Bagels
 Garbanzo Bean Salad
 Chilled Peaches
 Choice of Milk

Monday, June 5

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

Lunch:
 Chicken Burger on a Whole Wheat Bun
 Steamed Green Peas
 Fresh Fruit
 Choice of Milk

Tuesday, June 6

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

Lunch:
 Hot Ham & Cheese on a Pretzel Roll
 Steamed Peas & Carrots
 Chilled Peaches
 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
 Baked Potato Puffs
 Fresh Fruit
 Choice of Milk

Thursday, June 8

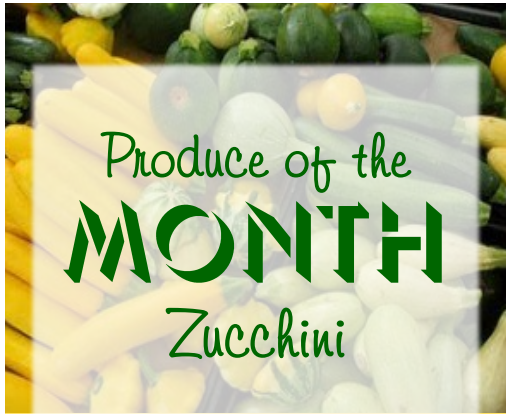
Breakfast:
 Sausage & Pancake on a Stick
 100% Juice/Fresh Fruit
 Milk

Lunch:
 Beef & Cheese Nachos
 Steamed Brown Rice
 Golden Corn
 Fresh Fruit
 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
 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>Breakfast: Cinnamon Chewy Granola Round 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Breaded Chicken with Gravy over Mashed Potatoes Whole Grain Mini Biscuit Steamed Green Beans Fresh Fruit Choice of Milk</p>	<p>Breakfast: Whole Grain Cinnamon French Toast Sticks 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Teriyaki Chicken & Broccoli Steamed Brown Rice Chilled Pineapple Choice of Milk</p>	<p>Breakfast: Whole Grain Zucchini Bread 100% Juice/Fresh Fruit Milk</p> <p>Lunch: NEW! Homemade Chicken Salad on a Whole Wheat Bun Carrot Sticks w/ Dip Fresh Fruit Choice of Milk</p>	<p>Breakfast: Turkey Sausage & Cheese in a Whole Grain Pita 100% Juice/Fresh Fruit Milk</p> <p>Lunch: All Beef Hotdog on a Whole Wheat Roll Corn on the Cob Watermelon Slices Frozen 100% Juice Choice of Milk</p>	<p>Breakfast: "Manager's Choice" Whole Grain Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Mini Cheese Pizza Bagels Fresh Spinach Salad Cinnamon Pears Choice of Milk</p>
Monday, June 19	Tuesday, June 20	Wednesday, June 21	Thursday, June 22	
<p>Breakfast: "Manager's Choice" Cereal/Cereal Bar/Cereal Bag Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Crunchy Chicken Tacos Steamed Brown Rice Black Bean & Corn Salad Chilled Peaches Choice of Milk</p>	<p>Breakfast: Turkey Ham & Cheese on a Croissant 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Pepperoni & Cheese French Bread Pizza Tossed Salad Fresh Fruit Choice of Milk</p>	<p>Breakfast: "Manager's Choice" Whole Grain Bread 100% Juice/Fresh Fruit Milk</p> <p>Lunch: BBQ Chicken Sliders Baked Sweet Potato Fries Steamed Green Beans Chilled Pears Choice of Milk</p>	<p>Breakfast: "Manager's Choice" Hot Breakfast 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Cheese Pizza Fresh Broccoli Salad Chilled Applesauce Choice of Milk</p>	

This institution is an equal opportunity provider.

FRIENDS, FREE MEALS AND 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.