

NEWBURGH GOLDBACKS

NFA MAIN AND NORTH CAMPUS OCTOBER LUNCH MENU

Additional Options Available Daily:

Deli Bar Featuring Boars Head Deli Meat-Choice of Wraps and Breads with choice of Protein and Toppings

Salad Bar- Choice Protein and Toppings

Fresh Fruit Bar with Choice of Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Lunch: Chicken Parm on a WW Roll Oven Baked Fries Steamed Carrots Choice of Fruit Choice of Milk	2 School Closed Yom Kippur	3 Lunch: Pizza Crunchers Steamed Broccoli Choice of Fruit Choice of Milk
6 Lunch: Boneless Wings Oven Baked French Fries Steamed Green Beans Whole Wheat Dinner Roll Choice of Fruit Choice of Milk	7 Lunch: Burger Bar Whole Wheat Bun Oven Baked French Fries Corn on the Cob Baked Vegetarian Beans Choice of Fruit Choice of Milk	8 Lunch: Buffalo Chicken Panini Oven Baked French Fries Steamed Carrots Choice of Fruit Choice of Milk	9 Lunch: Beef or Black Bean Nachos Steamed Brown Rice Whole Kernel Corn Choice of Fruit Choice of Milk	10 Lunch: Pizza Bar Steamed Broccoli Choice of Fruit Choice of Milk
13 Schools Closed Columbus/Indigenous Peoples' Day	14 Lunch: All Beef Frankfurter on WW Bun Oven Baked French Fries Baked Vegetarian Beans Steamed Carrots Choice of Fruit Choice of Milk	15 Lunch: Breaded Chicken Drumstick Homemade Macaroni & Cheese Steamed Broccoli Florets Choice of Fruit Choice of Milk	16 Lunch: Chicken Wing Bar Garlic Bread Mashed Potatoes Steamed Green Beans Choice of Fruit Choice of Milk	17 Lunch: Mozzarella Sticks Marinara Sauce Whole Wheat Dinner Roll Steamed Broccoli Choice of Fruit Choice of Milk
20 Lunch: Chicken Tenders Belgium Waffle Oven Baked Sweet Potato Fries Steamed Green Beans Choice of Fruit Choice of Milk	21 Lunch: Burger Bar Whole Wheat Bun Oven Baked French Fries Corn on the Cob Baked Vegetarian Beans Choice of Fruit Choice of Milk	22 Lunch: Grilled Cheese Sandwich Tomato Soup Oven Baked French Fries Steamed Carrots Choice of Fruit Choice of Milk	23 Lunch: Beef or Black Bean Nachos Steamed Brown Rice Whole Kernel Corn Choice of Fruit Choice of Milk	24 Lunch: Pizza Bar Steamed Broccoli Choice of Fruit Choice of Milk
27 Lunch: Chicken Mashed Potato Bowl Fresh Biscuit Steamed Corn Choice of Fruit Choice of Milk	28 Lunch: All Beef Frankfurter on a Whole Wheat Bun Baked French Fries Baked Vegetarian Beans Steamed Carrots Choice of Fruit Choice of Milk	29 Lunch: Chicken Parm on a WW Roll Oven Baked Fries Steamed Green Beans Choice of Fruit Choice of Milk	30 Lunch: Chicken Wing Bar Garlic Bread Mashed Potatoes Broccoli Florets Choice of Fruit Choice of Milk	31 NO LUNCH HALF DAY

A student who brings their lunch to school can choose a milk, a fruit / veggie, and one other item to participate in this Free Meal Program!

Newburgh is a Community Eligibility Provision District. That means meals are provided to ALL Students at NO Cost! Menu items are subject to change based on availability. *The USDA is an equal opportunity employer and provider.*