

# NEWBURGH GOLDBACKS

## NFA WEST ST 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 of Protein and Toppings

Fresh Fruit with Choice of Milk

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

**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.*