



# Lunch Menu

Newburgh Free Academy Main & North Campuses

	Monday	Tuesday	Wednesday	Thursday	Friday
March 2020	2	3	4	5	6
	F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Baked Beans Steamed Green Beans  P: Pizza	F: Chicken & Waffles Golden Corn  P: Flatbread Pizza	F: Buffalo Chicken Panini Baked Sweet Potato Wedges Steamed Broccoli  P: Chicken Parm Sub	F: Homemade Meatballs on a Club Roll Baked Fries Steamed Carrot Coins  P: Stuffed Pizza Special	F: BBQ Chicken & Cheese Sliders Baked Fries Steamed Broccoli  P: Pizza
	9	10	11	12	13
	F: Sriracha Boneless Chicken Wings w/ a Dinner Roll Mashed Potatoes Steamed Carrot Coins  P: Pizza	F: Pulled Pork on a Club Roll Baked Fries Golden Corn  P: Flatbread Pizza	F: Italian Combo Panini Baked Sweet Potato Fries Steamed Carrot Coins  P: Chicken Parm Sub	F: Grilled Cheese on Wheat Bread Baked Fries Homemade Lentil Soup Steamed Broccoli  P: Stuffed Pizza Special	F: Twisted Cheese Filled Bread Sticks w/ Marinara Steamed Green Beans  P: Pizza
	16	17	18	19	20
F: General Tso's Chicken & Broccoli Steamed Brown Rice  P: Pizza	F: Chicken or Beef Gyro on a Whole Grain Pita w/ Assorted Toppings Baked Confetti Fries Cucumber Dill Salad  P: Pizza	F: Turkey, Bacon, Cheddar & Ranch Panini Baked Fries Steamed Carrot Coins  P: Chicken Parm Sub	F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn  P: Stuffed Pizza Special	F: Baked Mozzarella Sticks w/ Marinara Dipping Sauce Whole Wheat Dinner Roll Steamed Broccoli  P: Pizza	
23	24	25	26	27	
F: Chicken Mashed Potato Bowl Buttermilk Biscuit Golden Corn  P: Pizza	F: Roasted Chicken Drumsticks Whole Wheat Dinner Roll Homemade Mac & Cheese Steamed Broccoli  P: Flatbread Pizza	F: Mozzarella, Tomato, Basil Panini Baked Fries Steamed Green Beans  P: Chicken Parm Sub	F: Beef Burger Bar Baked Fries Baked Beans  P: Stuffed Pizza Special	F: Breaded Fish Tacos Baked Sweet Potato Wedges Homemade Coleslaw  P: Pizza	
30	31	<p style="text-align: center; margin: 0;"><b>Additional Options Available:</b></p> <p style="margin: 0;">Deli Bar (Daily) – Choice of Wraps and Breads with Choice of Protein and Toppings</p> <p style="margin: 0;">Salsa Bar (Mon, Wed, Fri) – Choice of Burrito, Rice Bowl, Tacos, or Salad with Choice of Protein and Toppings</p> <p style="margin: 0;">Asian Flavor Bar (Tues &amp; Thurs) – Choice of Noodle Bowl, Rice Bowl, or Salad with Choice of Protein and Toppings</p> <p style="margin: 0;">Fresh Fruit &amp; Vegetable Bar</p> <p style="margin: 0;">Choice of Milk: 1%, Nonfat Chocolate, or Nonfat Strawberry</p>			
F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Baked Beans Steamed Green Beans  P: Pizza	F: Chicken & Waffles Golden Corn  P: Flatbread Pizza				