

NEWBURGH GOLDBACKS™

NFA MAIN AND NORTH CAMPUS LUNCH MENU

January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	3 General Tso's Chicken & Broccoli Steamed Brown Rice Pizza	4 Grilled Cheese Baked Fries Tomato Soup Steamed Broccoli Flatbread Pizza	5 Italian Combo Panini Baked Confetti Fries Steamed Carrot Coins Pizza	6 Chicken Wing Bar! Variety of Bone-In Chicken Wings with Garlic Bread Mashed Potatoes Steamed Green Beans Flatbread Pizza	7 SALSA BAR! Choice of Burrito, Tacos, or Rice Bowl with Chicken or Beef and Assorted Toppings Steamed Rice Golden Corn Pizza
	10 All White Meat Chicken Tenders Belgian Waffle Baked Sweet Potato Fries Steamed Green Beans Pizza	11 Pulled Pork on a Hard Roll Baked Fries Steamed Green Beans Black Bean Salad Flatbread Pizza	12 Mozzarella Tomato Basil Panini Baked Confetti Fries Steamed Carrot Coins Pizza	13 Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn Flatbread Pizza	14 Baked Mozzarella Sticks w/ Marinara Dipping Sauce Whole Wheat Dinner Roll Steamed Broccoli Pizza
	17 Martin Luther King Jr. Day No School	18 Siracha Boneless Wings w/ a Dinner Roll Baked Sweet Potato Fries Steamed Green Beans Pizza	19 Buffalo Chicken Panini Baked Fries Steamed Carrot Coins Pizza	20 Homemade Beef Meatball Parm Sub Baked Fries Steamed Broccoli Flatbread Pizza	21 SALSA BAR! Choice of Burrito, Tacos, or Rice Bowl with Chicken or Beef and Assorted Toppings Steamed Rice Golden Corn Pizza
	24 All Beef Hotdog w/ Assorted Toppings Baked Fries Baked Beans Steamed Carrot Coins Pizza	25 Breaded Chicken Drumstick Homemade Macaroni & Cheese Steamed Broccoli Flatbread Pizza	26 Turkey Bacon Cheddar Ranch Panini Baked Fries Steamed Carrot Coins Pizza	27 Chicken Parm Sub Baked Sweet Potato Wedges Steamed Green Beans Flatbread Pizza	28 Twisted Cheese Filled Breadsticks w/ Marinara Dipping Sauce Steamed Broccoli Pizza
	31 Chicken Mashed Potato Bowl Mini Biscuit Golden Corn Flatbread Pizza	Additional Options Available: Deli Bar (Daily) – Choice of Wraps and Breads with Choice of Protein and Toppings Fresh Fruit & Vegetable Bar Choice of Milk: 1%, Nonfat Chocolate, or Nonfat Strawberry			