



Lunch Menu

Newburgh Free Academy Main & North Campuses

	Monday	Tuesday	Wednesday	Thursday	Friday
October 2018	1 F: General Tso's Chicken Steamed Brown Rice Steamed Broccoli P: Pizza	2 F: Twisted Cheese Filled Bread Sticks w/ Marinara Steamed Green Beans P: Flatbread Pizza	3 F: Italian Combo Panini Baked Confetti Fries Steamed Carrots P: Chicken Parm Sub	4 F: Oven Fried Chicken Drumstick Homemade Pasta Salad Corn on the Cob P: Stuffed Pizza Special	5 F: BBQ Chicken Sliders on Whole Wheat Rolls Baked Sweet Potato Wedges Garbanzo Bean Salad P: Pizza
	8 Columbus Day No School	9 F: Sriracha Boneless Wings w/ a Dinner Roll Whipped Potatoes Steamed Carrots P: Pizza	10 F: Buffalo Chicken & Cheese Panini Baked Fries Steamed Green Beans P: Chicken Parm Sub	11 F: Beef Burger Bar Baked Sweet Potato Fries Black Bean & Corn Salad P: Stuffed Pizza Special	12 F: Baked Mozzarella Sticks w/ Marinara Whole Wheat Dinner Roll Steamed Broccoli P: Pizza
	15 F: Hot & Spicy Chicken Patty on a Whole Wheat Bun Baked Oven Fries Steamed Carrots P: Pizza	16 F: Chicken or Beef Gyro on a Whole Grain Pita Baked Confetti Fries Cucumber Dill Salad P: Flatbread Pizza	17 ½ Day No Lunch Served	18 F: Beef or Black Bean Nachos with Assorted Toppings Steamed Brown Rice Golden Corn P: Stuffed Pizza Special	19 F: Chicken Parm Sliders on Garlic Rolls Steamed Broccoli P: Pizza
	22 F: Chicken Mashed Potato Bowl Mini Biscuit Golden Corn P: Pizza	23 F: Roasted Chicken Leg Baked Macaroni & Cheese Steamed Broccoli P: Flatbread Pizza	24 F: Turkey Bacon Cheddar Ranch Panini Baked Confetti Fries Steamed Carrots P: Chicken Parm Sub	25 F: Walking Chicken Enchilada Nachos Golden Corn P: Stuffed Pizza Special	26 F: Homemade Meatballs on a Whole Grain Roll Baked Fries Garbanzo Bean Salad P: Pizza
	29 F: All Beef Hotdog w/ Assorted Toppings Baked Sweet Potato Fries Baked Beans P: Pizza	30 F: Twisted Cheese Filled Bread Sticks w/ Marinara Steamed Green Beans P: Flatbread Pizza	31 ½ Day No Lunch Served		

Additional Options Available:

- Deli Bar (Daily) – Choice of Wraps and Breads with Choice of Protein and Toppings
- Salsa Bar (Mon, Wed, Fri) – Choice of Burrito, Rice Bowl, Tacos, or Salad with Choice of Protein and Toppings
- Asian Flavor Bar (Tues & Thurs) – Choice of Noodle Bowl, Rice Bowl, or Salad with Choice of Protein and Toppings
- Fresh Fruit & Vegetable Bar
- Choice of Milk: 1%, Nonfat Chocolate, or Nonfat Strawberry
- NEW! Flavor Station – Add your own combination of spices, seasonings, and condiments to compliment your meal