

# NEWBURGH GOLDBACKS™

## NFA WEST CAMPUS LUNCH MENU

January 2022

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