Breakfast & Lunch Menu

Newburgh Free Academy West Campus

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fectured Breakfast: Cinnamon UBR Tresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shedded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Steamed Green Beans Garbanzo Bean Salad Oven Baked Fries	3 Featured Breakfast: Mini Confetti Pancakes Fresh Fruit, 100% Juice, Milk Lunch: Asian Flavor Station Choose 1 each: Grain: Asian Noodles, Veggie Fried Rice, Steamed Brown Rice Protein: Chicken Strips or Popcorn Shrimp, Sauce: Teriyaki, Sweet & Sour, Spicy Szechwan Add as many as you like: Veggies: Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Green Onions, Baby Corn, Edamame	4 Featured Breakfast: Fruit & Yogurt Parfait Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar Choose 1: Twisted Cheese Filled Breadsticks w/ Marinara Sauce and a Dinner Roll OR Chicken Parm on a Roll OR Meatballs on a Roll Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans Veggie Sides: Steamed Broccoli Oven Baked Fries	5 Featured Breakfast: Sausage, Egg & Cheese Flatbread, Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Ham & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Buffalo Chicken Panini (If Remaining on site) Veggie Sides: Steamed Carrot Coins Baked Sweet Potato Fries	6 Featured Breakfast: Homemade FruitFetti Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza Chicken Parm Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans
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March 2020

16	17	18	19	20
Featured Breakfast:	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:
Chocolate Chip UBR,	Mini Chocolate Chip Pancakes	Blueberry Bread	Bacon, Egg & Cheese Flatbread,	Homemade S'more's Muffin
Fresh Fruit, 100% Juice, Milk	Fresh Fruit, 100% Juice, Milk	Fresh Fruit, 100% Juice, Milk	Fresh Fruit, 100% Juice, Milk	Fresh Fruit, 100% Juice, Milk
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	Lunch: Mediterranean Station		Lunch: Internship Day	Lunch: Pizza Bar
Lunch: NEW! Chicken & Waffle		Lunch: Salsa Station	Grab & Go	
Bar	Choose 1 each:	Choose 1 each:	Choose 1:	Choose 1:
Choose 1 each:	Grain: Pita, Flatbread Strips, Steamed Brown Rice	Grain: Tortilla Wrap, Crunchy Taco	Ham & Cheese Wrap OR Peanut Butter	Cheese Pizza
Protein: Breaded Chicken Drumsticks		Shells Steamed Brown Rice	& Jelly served with Carrot Sticks, Fresh	Pepperoni Pizza
OR Chicken Tenders	Protein: Chicken Strips, Beef Gyro Meat, Chickpeas	Protein: Chicken Strips, Beef Taco	Fruit & Milk	Buffalo Chicken Pizza
Grain:, Belgian Waffle	Add as many as you like:	Meat, Shredded Pork, Seasoned	OR	Fresh Salad Tossed to Order:
	Vegaies: Romaine Salad Mix, Carrots,	Black Beans, Cheddar Cheese	Protein Box: Hard Boiled Egg, Cheese	Add as many as you like:
Veggie Sides:	Cucumber Tomato Salad, Red	Add as many as you like:	Stick, Peanut Butter, Whole Grain Pita,	Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow
Corn on the Cob	Pepper Strips, Onions, Olives,	Veggies: Romaine Salad Mix,	Apple Slices & Veggie Sticks	Peas, Broccoli, Red Pepper Strips,
Steamed Broccoli	Jalapenos, Chickpeas, Tzatziki	Tomatoes, Red Pepper Strips,	OR	Garbanzo Beans
Oven Baked Fries	Veggie Sides:	Steamed Corn, Sautéed Onions, Jalapenos	Turkey Bacon Cheddar Ranch Panini	
Baked Sweet Potato Fries	Cucumber Dill Salad	Toppings: Salsa, Corn Salsa, Sour	(If Remaining on site)	
Tossed Green Salad	Baked Confetti Fries	Cream	Veggie Sides:	
			Steamed Carrot Coins	
			Baked Sweet Potato Fries	
23	24	25	26	27
20	27			
Foatured Broakfast	Footured Broakfast:	Footured Broakfast		Footured Broakfast
Featured Breakfast:	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:	Featured Breakfast:
Benefit Bar	All White Meat Chicken Filet on a	Fruit & Yogurt Smoothie	Featured Breakfast: Sausage, Egg & Cheese Flatbread	Homemade Blueberry Muffin
	All White Meat Chicken Filet on a Biscuit	Fruit & Yogurt Smoothie with a Cereal Bar	Featured Breakfast:	
Benefit Bar Fresh Fruit, 100% Juice, Milk	All White Meat Chicken Filet on a	Fruit & Yogurt Smoothie	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each:	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1:
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each:	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar Choose 1:	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1:	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips Protein: Chicken Strips, Beef Taco	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each:	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks,	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll OR	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order:
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll OR Chicken Parm on a Roll	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like:
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese,	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar,	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll OR	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita,	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers,
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese, Mozzarella Cheese	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers,	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll OR Chicken Parm on a Roll OR Meatballs on a Roll	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese, Mozzarella Cheese Toppings: Steamed Broccoli, Gravy	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll OR Chicken Parm on a Roll OR Meatballs on a Roll Fresh Salad Tossed to Order:	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita,	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers,
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese, Mozzarella Cheese Toppings: Steamed Broccoli, Gravy Fresh Salad Tossed to Order:	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch,	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Ifalian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll OR Chicken Parm on a Roll OR Meatballs on a Roll Fresh Salad Tossed to Order: Add as many as you like:	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese, Mozzarella Cheese Toppings: Steamed Broccoli, Gravy Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots,	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll OR Chicken Parm on a Roll OR Meatballs on a Roll Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Mozzarella, Tomato, Basil Panini (If Remaining on site)	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese, Mozzarella Cheese Toppings: Steamed Broccoli, Gravy Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers,	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides:	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll OR Chicken Parm on a Roll OR Meatballs on a Roll Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Mozzarella, Tomato, Basil Panini (If Remaining on site) Veggie Sides:	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese, Mozzarella Cheese Toppings: Steamed Broccoli, Gravy Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots,	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides: Garbanzo Bean Salad	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Ifalian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll OR Chicken Parm on a Roll OR Meatballs on a Roll Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Mozzarella, Tomato, Basil Panini (If Remaining on site) Veggie Sides: Steamed Corn	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese, Mozzarella Cheese Toppings: Steamed Broccoli, Gravy Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots,	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides:	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Italian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll OR Chicken Parm on a Roll OR Meatballs on a Roll Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans Veggie Sides:	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Mozzarella, Tomato, Basil Panini (If Remaining on site) Veggie Sides:	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
Benefit Bar Fresh Fruit, 100% Juice, Milk Lunch: Potato Bar Choose 1 each: Potato: Mashed or Baked Grain: Flatbread Strips Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese, Mozzarella Cheese Toppings: Steamed Broccoli, Gravy Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots,	All White Meat Chicken Filet on a Biscuit Fresh Fruit, 100% Juice, Milk Lunch: Deli Bar Choose 1 each: Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar Veggie Sides: Garbanzo Bean Salad	Fruit & Yogurt Smoothie with a Cereal Bar Fresh Fruit, 100% Juice, Milk Lunch: Ifalian Bar Choose 1: Mozzarella Sticks w/ Marinara Sauce and a Dinner Roll OR Chicken Parm on a Roll OR Meatballs on a Roll Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Garbanzo Beans Veggie Sides: Steamed Green Beans	Featured Breakfast: Sausage, Egg & Cheese Flatbread Fresh Fruit, 100% Juice, Milk Lunch: Internship Day Grab & Go Choose 1: Turkey & Cheese Wrap OR Peanut Butter & Jelly served with Carrot Sticks, Fresh Fruit & Milk OR Protein Box: Hard Boiled Egg, Cheese Stick, Peanut Butter, Whole Grain Pita, Apple Slices & Veggie Sticks OR Mozzarella, Tomato, Basil Panini (If Remaining on site) Veggie Sides: Steamed Corn	Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza BBQ Chicken Pizza Fresh Salad Tossed to Order: Add as many as you like: Romaine Salad Mix, Cucumbers, Tomatoes, Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips,
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Featured Breakfast: Cinnamon UBR Fresh Fruit, 100% Juice, Milk

Lunch: Deli Bar Choose 1 each:

Grain: Tortilla Wrap or Club Roll Meat: Golden Breaded Chicken, Hot & Spicy Chicken, Turkey, Ham Cheese: Mozzarella, Cheddar, American, Provolone, Swiss

Add as many as you like:

Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos

Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar

Veggie Sides: Steamed Green Beans Garbanzo Bean Salad Oven Baked Fries

Featured Breakfast: Mini Confetti Pancakes Fresh Fruit, 100% Juice, Milk 31

Lunch: Asian Flavor Station Choose 1 each:

Grain: Asian Noodles, Veggie Fried Rice, Steamed Brown Rice Protein: Chicken Strips or Popcorn Shrimp,

Sauce: Teriyaki, Sweet & Sour, Spicy Szechwan

Add as many as you like:

Veggies: Cabbage, Carrots, Snow Peas, Broccoli, Red Pepper Strips, Green Onions, Baby Corn, Edamame

NFA West "Pop Up" Action Station Menu!

Design your own meal using the choices and flavors listed each day! Remember you can always create a salad using the veggies and proteins of the day!

NEW! Add your own combination of spices, seasonings, and condiments to compliment your meal from the Flavor Station in the cafeteria.

Also Offered Daily: Selection of Fresh and Canned Fruit

Choice of Milk: 1%, Nonfat Chocolate, or Nonfat Strawberry

Additional Breakfast Options Available Daily: Assorted Cereals and Cereal Bars, Mozzarella Cheese Sticks, and Low fat Yogurt

Breakfast and Lunch is available to all students at No Cost!