

NEWBURGH GOLDBACKS™

NFA WEST CAMPUS LUNCH MENU

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Additional Options Available Daily: Deli Bar Featuring Boar's Head Deli Meat – Choice of Wraps and Breads with Choice of Protein and Toppings Choice of Milk: Skim, 1%, Nonfat Chocolate,		1 Chicken Wing Bar! Choice of BBQ, Teriyaki, or Buffalo Hot Wings Whole Wheat Garlic Bread Mashed Potatoes Steamed Carrot Coins	2 Buffalo Chicken Panini Baked Fries Steamed Carrot Coins Grab & Go Sandwich Lunches available for Internships	3 PIZZA BAR! Assorted Pizza Slices Steamed Green Beans
6 All White Meat Chicken Tenders Belgian Waffle Baked Sweet Potato Fries Steamed Carrot Coins	7 Burger Bar! All Beef Burgers Topped with your Choice of Cheese, Veggies, Toppings, and Sauces Baked Fries Vegetarian Baked Beans	8 Salsa Bar! Choice of Beef, Chicken, or Black Beans Choice of Nacho Chips, Rice Bowl, or Burrito Assorted Toppings Steamed Corn	9 Turkey Bacon Cheddar Ranch Panini Baked Fries Steamed Carrot Coins Grab & Go Sandwich Lunches available for Internships	10 Ramen Noodle Bar! Choice of Protein, Veggies, and Sauces Served with a Veggie Egg Roll
13 Chicken & Vegetable Potstickers Veggie "Fried" Rice Steamed Broccoli	14 Baked Potato Bar Choice of White or Sweet Potato Choice of Beef Taco Meat, Pulled Pork, Black Beans, Cheese, and Broccoli Whole Wheat Dinner Roll	15 Chicken Wing Bar! Choice of BBQ, Teriyaki, or Buffalo Hot Wings Whole Wheat Garlic Bread Mashed Potatoes Steamed Carrot Coins	16 Italian Combo Panini Baked Fries Steamed Broccoli Grab & Go Sandwich Lunches available for Internships	17 Homemade Stromboli Bar! Choose from Buffalo Chicken, Chicken Broccoli Cheddar, or Pepperoni & Cheese Steamed Green Beans
20 Chicken Mashed Potato Bowl Mini Biscuit Golden Corn	21 Cheesesteak Bar! Choice of Beef or Chicken with Assorted Toppings Baked Fries Steamed Broccoli	22 Breaded Chicken Drumstick Homemade Macaroni & Cheese Steamed Broccoli	23 Mozzarella Tomato Basil Panini Baked Fries Steamed Carrot Coins Grab & Go Sandwich Lunches available for Internships	24 Twisted Cheese Filled Breadsticks w/ Marinara Dipping Sauce Steamed Green Beans
27 General Tso's Chicken & Broccoli Steamed Brown Rice	28 Grilled Cheese on Whole Wheat Bread Baked Fries Tomato Soup Steamed Green Beans	29 Chicken Wing Bar! Choice of BBQ, Teriyaki, or Buffalo Hot Wings Whole Wheat Garlic Bread Mashed Potatoes Steamed Carrot Coins	30 Buffalo Chicken Panini Baked Fries Steamed Carrot Coins Grab & Go Sandwich Lunches available for Internships	3 PIZZA BAR! Assorted Pizza Slices Steamed Green Beans