NEWBURGH GOLDBACKS™

NFA WEST CAMPUS LUNCH MENU

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breaded Chicken Drumstick Homemade Macaroni & Cheese Steamed Broccoli	2 Chicken Wing Bar! Choice of BBQ, Teriyaki, or Buffalo Hot Wings Whole Wheat Garlic Bread Mashed Potatoes Steamed Carrot Coins	3 Italian Combo Panini Baked Fries Steamed Carrot Coins Grab & Go Sandwich Lunches available for Internships	4 PIZZA BAR! Assorted Pizza Slices Steamed Green Beans
7 All White Meat Chicken Tenders Belgian Waffle Baked Sweet Potato Fries Steamed Carrot Coins	8 Superintendent's Conference Day No School For Students	9 Roasted Turkey & Gravy Homemade Stuffing Mashed Potatoes Steamed Green Beans Homemade Apple Crisp	10 Mozzarella Tomato Basil Panini Baked Fries Steamed Broccoli Grab & Go Sandwich Lunches available for Internships	11 Veteran's Day No School
14 Chicken Mashed Potato Bowl Mini Biscuit Golden Corn	15 Grilled Cheese on Whole Wheat Bread Baked Fries Tomato Soup Steamed Green Beans	16 Chicken Wing Bar! Choice of BBQ, Teriyaki, or Buffalo Hot Wings Whole Wheat Garlic Bread Mashed Potatoes Steamed Carrot Coins	17 Buffalo Chicken Panini Baked Fries Steamed Carrot Coins Grab & Go Sandwich Lunches available for Internships	18 Homemade Stromboli Bar! Choose from Buffalo Chicken, Chicken Broccoli Cheddar, or Pepperoni & Cheese Steamed Green Beans
21 Siracha Boneless Wings Whole Wheat Dinner Roll Mashed Potatoes Steamed Green Beans	22 Pulled Pork on a Hard Roll Baked Fries Baked Beans Steamed Carrot Coins	23 Superintendent's Conference Day No School For Students	24 **Thanksgiving Recess**	25
28 General Tso's Chicken Steamed Brown Rice Steamed Broccoli	29 Golden Chicken Parm on A Kaiser Roll Baked Sweet Potato Wedges Homemade Coleslaw	30 Salsa Bar! Choice of Beef, Chicken, or Black Beans Choice of Nacho Chips, Rice Bowl, or Burrito Assorted Toppings Steamed Corn	**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: 1%, Nonfat Chocolate, or Nonfat Strawberry	