

Breakfast & Lunch Menu

Newburgh Free Academy West Campus

October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
	<p>Featured Breakfast: Benefit Bar, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Chicken & Potato Bar Choose 1 each: Protein: Breaded Chicken Drumstick OR Sriracha Boneless Wings OR General Tso's Boneless Wings Grain: Mini Biscuit</p> <p>Fruit & Veggie Sides: Corn on the Cob Baked Oven Fries Baked Sweet Potato Fries Tossed Green Salad</p>	<p>Featured Breakfast: Fruit & Yogurt Parfait Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Italian Bar Choose 1: Twisted Cheese Filled Breadsticks w/ Marinara Sauce OR Chicken Parm on a Roll OR Meatballs on a Roll</p> <p>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</p> <p>Veggie Sides: Steamed Broccoli Oven Baked Fries</p>	<p>Featured Breakfast: WG Berry Bread, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese</p> <p>Add as many as you like: Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos</p> <p>Toppings: Salsa, Corn Salsa, Sour Cream</p>	<p>Featured Breakfast: Bacon, Egg & Cheese on a WG Flatbread Round, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Internship Day Grab & Go Choose 1: Turkey Club 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 Italian Comb Panini (If Remaining on site)</p> <p>Veggie Sides: Steamed Green Beans Oven Baked Fries</p>	<p>Featured Breakfast: Homemade Blueberry Muffin Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza Buffalo Chicken Pizza</p> <p>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</p>
	8	9	10	11	12
<p>Columbus Day</p> <p>No School</p>	<p>Featured Breakfast: Chocolate Chip UBR, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Beef Burger Bar Choose 1 each: Grain: Whole Wheat bun or Pretzel Roll Cheese: Mozzarella, Cheddar, American, Provolone, Swiss</p> <p>Add as many as you like: Shredded Lettuce, Tomatoes, Sautéed Mushrooms & Onions, Jalapenos</p> <p>Sauces: Mayo, Mustard, Ranch, Honey Mustard, Ketchup, Sriracha</p> <p>Veggie Sides: Vegetarian Beans Baked Sweet Potato Fries</p>	<p>Featured Breakfast: Whole Grain Pumpkin Bread, Fresh Fruit, 100% Juice, Milk</p> <p>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</p> <p>Add as many as you like: Shredded Lettuce, Cucumbers, Tomatoes, Onions, Olives, Jalapenos</p> <p>Sauces: Mayo, Mustard, Ranch, Honey Mustard, Oil & Vinegar</p> <p>Veggie Sides: Garbanzo Bean Salad Baked Tater Tots</p>	<p>Featured Breakfast: Sausage Pancake on a Stick, Fresh Fruit, 100% Juice, Milk</p> <p>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 & Cheese Panini (If Remaining on site)</p> <p>Veggie Sides: Steamed Carrots Baked Sweet Potato Fries</p>	<p>Featured Breakfast: Homemade Banana Muffin Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza Chicken Parm Pizza</p> <p>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</p>	



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	<p style="text-align: right;">15</p> <p>Featured Breakfast: Benefit Bar Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Salsa Station Choose 1 each: Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese Add as many as you like: Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos Toppings: Salsa, Corn Salsa, Sour Cream</p>	<p style="text-align: right;">16</p> <p>Featured Breakfast: WG Mini Maple Waffles Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Mediterranean Station Choose 1 each: Grain: Pita, Flatbread Strips, Steamed Brown Rice Protein: Chicken Strips, Beef Gyro Meat, Chickpeas Add as many as you like: Veggies: Romaine Salad Mix, Carrots, Cucumber Tomato Salad, Red Pepper Strips, Onions, Olives, Jalapenos, Chickpeas, Tzatziki Veggie Sides: Cucumber Dill Salad Baked Confetti Fries</p>	<p style="text-align: right;">17</p> <p>Featured Breakfast: Whole Grain Cinnamon Swirl Bread, Fresh Fruit, 100% Juice, Milk</p> <p style="text-align: center;">1/2 Day</p>	<p style="text-align: right;">18</p> <p>Featured Breakfast: Egg & Cheese Flatbread, Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Internship Day Grab & Go Choose 1: Turkey Club 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 Green Beans Oven Baked Fries</p>	<p style="text-align: right;">19</p> <p>Featured Breakfast: Homemade Chocolate Chip Muffin Fruit, 100% Juice, Milk</p> <p>Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza Chicken Bacon Ranch 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</p>
	<p style="text-align: right;">22</p> <p>Featured Breakfast: Cinnamon UBR Fresh Fruit, 100% Juice, Milk</p> <p>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, Broccoli, Red Pepper Strips</p>	<p style="text-align: right;">23</p> <p>Featured Breakfast: Mini Confetti Pancakes Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Asian Flavor Station Choose 1 each: Grain: Asian Noodles, Veggie Fried Rice, Steamed Brown Rice Protein: Chicken Strips, Popcorn Shrimp, Beef Strips 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</p>	<p style="text-align: right;">24</p> <p>Featured Breakfast: WG Banana Bread, Fresh Fruit, 100% Juice, Milk</p> <p>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 Broccoli Oven Baked Fries</p>	<p style="text-align: right;">25</p> <p>Featured Breakfast: Chicken on a Biscuit, Fresh Fruit, 100% Juice, Milk</p> <p>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 Turkey Bacon Cheddar Ranch Panini (If Remaining on site) Veggie Sides: Steamed Carrots Baked Sweet Potato Fries</p>	<p style="text-align: right;">26</p> <p>Featured Breakfast: Homemade Chocolate Muffin Fresh Fruit, 100% Juice, Milk</p> <p>Lunch: Pizza Bar Choose 1: Cheese Pizza Pepperoni Pizza Buffalo 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, Garbanzo Beans</p>



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Featured Breakfast:
Benefit Bar, Fresh Fruit, 100% Juice, Milk

Lunch: Salsa Station
Choose 1 each:
Grain: Tortilla Wrap, Crunchy Taco Shells Steamed Brown Rice
Protein: Chicken Strips, Beef Taco Meat, Shredded Pork, Seasoned Black Beans, Cheddar Cheese
Add as many as you like:
Veggies: Romaine Salad Mix, Tomatoes, Red Pepper Strips, Steamed Corn, Sautéed Onions, Jalapenos
Toppings: Salsa, Corn Salsa, Sour Cream

30

Featured Breakfast:
Fruit & Yogurt Parfait
Fresh Fruit, 100% Juice, Milk

Lunch: Italian Bar
Choose 1:
Twisted Cheese Filled Breadsticks w/ Marinara Sauce
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

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Featured Breakfast:
WG Blueberry Bread, Fresh Fruit, 100% Juice, Milk

1/2 Day



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!