

## Available Daily

### Sandwiches Available Everyday:

Peanut Butter & Jelly  
 Turkey & Cheese  
 Ham & Cheese  
 (on Whole Wheat Bread)

### Entrée Salad of the Day:

Monday: Tuna Garden Salad  
 Tuesday: Buffalo Chicken Salad  
 Wednesday: Chef Salad  
 Thursday: Chicken Caesar Salad  
 Friday: Spinach Salad

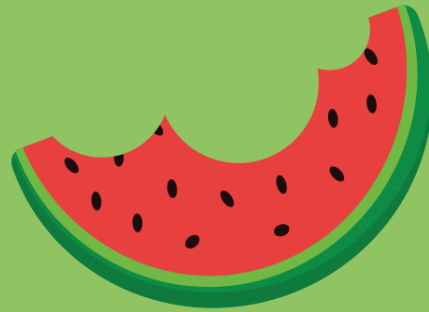
### "Lunch Kit" of the Day:

Monday - Bagel Kit:  
 Whole Wheat Bagel w/ Cream Cheese,  
 Low Fat Yogurt, & a Cheese Stick  
 Tuesday & Thursday - Pizza Kit:  
 Whole Grain Flatbread, Turkey Pepperoni,  
 Mozzarella Cheese & Pizza Sauce  
 Wednesday - Buffalo Chicken Kit:  
 Buffalo Chicken Dip, Baked Tostito Scoops  
 & Veggie Sticks  
 Friday - "Snackable" Kit:  
 Whole Grain Crackers, Sliced Ham,  
 Turkey, & American Cheese

# JUNE 2018

## Newburgh Enlarged City School District K-8 Menu

Breakfast and Lunch are available daily to ALL students for FREE!



Who Can't Wait to  
**TAKE A BITE**  
 Out of Summer?

We are serving summer meals throughout Newburgh and New Windsor!  
 Check the District website for locations, times, and special event programming.

Friday, June 1

### **Breakfast:**

Whole Grain Blueberry Muffin  
 Mozzarella Cheese Stick  
 100% Juice/Fresh Fruit  
 Milk

### **Lunch:**

Homemade Cheese Pizza  
 Broccoli Salad  
 Cinnamon Pears  
 Fresh Fruit & Veggie Bar  
 Choice of Milk

## Produce of the Month: Watermelon

The watermelon can be classed as both a fruit and a vegetable.

By weight, a watermelon contains about 6% sugar and 92% water.

Nutritionally, watermelons contain high levels of vitamin B6 (which increases brainpower), vitamin A (good for eye sight), potassium (which helps in curing heart disease and keeping the heart healthy). The watermelon also contains Vitamin B1, C and manganese which protect against infections.

Monday, June 4

### **Breakfast:**

Cheerios Cereal Bowl or  
 Cheerios Cereal Bar  
 Mozzarella Cheese Stick  
 100% Juice/Fresh Fruit  
 Milk

### **Lunch:**

All White Meat Boneless  
 Chicken Wings w/ a  
 Whole Wheat Dinner Roll  
 Whipped Sweet Potatoes  
 Steamed Broccoli  
 Fresh Fruit & Veggie Bar  
 Choice of Milk

Tuesday, June 5

### **Breakfast:**

Whole Grain Cinnamon  
 French Toast Sticks  
 100% Juice/Fresh Fruit  
 Milk

### **Lunch:**

Crunchy Chicken &  
 Cheese Tacos  
 Steamed Brown Rice  
 Black Bean & Corn Salad  
 Fresh Fruit & Veggie Bar  
 Choice of Milk

Wednesday, June 6

### **Breakfast:**

Whole Grain Banana  
 Bread  
 100% Juice/Fresh Fruit  
 Milk

1/2 Day

**No Lunch Served**

Thursday, June 7

### **Breakfast:**

Whole Grain Bagel w/  
 Cream Cheese  
 100% Juice/Fresh Fruit  
 Milk

### **Lunch:**

Cheeseburger on a  
 Whole Wheat Bun  
 Baked Oven Fries  
 Homemade Cole Slaw  
 Fresh Fruit & Veggie Bar  
 Choice of Milk

Friday, June 8

### **Breakfast:**

Whole Grain Corn Mini  
 Loaf  
 Mozzarella Cheese Stick  
 100% Juice/Fresh Fruit  
 Milk

### **Lunch:**

Homemade Cheese Pizza  
 Carrot Raisin Salad  
 Chilled Applesauce  
 Fresh Fruit & Veggie Bar  
 Choice of Milk

# Join us for FREE Summer Meals for Kids!

Monday – Friday  
July 2nd - August 31st

**Church of Unity Holy Trinity**  
44 Chambers Street, Newburgh  
(11 am-1pm)

**Center for Hope**  
206-210 Broadway, Newburgh  
(11:30 am-1:30 pm)

**Newburgh Free Library**  
124 Grand Street, Newburgh  
(10:30 am-1:30 pm)

**Newburgh Armory Unity Center**  
321 South Williams St, Newburgh  
(11 am-12:20 pm)

**City of Newburgh Pool**  
Robinson Ave & Washington St,  
Newburgh, (10:30 am-1:30 pm)

**Lake Street Apartment Complex**  
311-398 Lake Drive, Newburgh  
(11 am-1 pm)

**Vails Gate School**  
400 Old Forge Hill Road,  
Vails Gate (11 am-11:25 am)

**South Middle School**  
33-63 Monument Street,  
Newburgh (12:10pm-12:35 pm)

**Salvation Army**  
234 Vaness Street, Newburgh  
(8:00-8:30am Breakfast)  
(12:00-12:30 pm Lunch)



@NBNSchoolMeals

Monday, June 11	Tuesday, June 12	Wednesday, June 13	Thursday, June 14	Friday, June 15
<b>Breakfast:</b> Make Your Own Parfait! Low Fat Yogurt Nut Free Granola 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Chicken Mashed Potato Bowl Whole Grain Mini Biscuit Steamed Carrot Coins Fresh Fruit & Veggie Bar Choice of Milk	<b>Breakfast:</b> Whole Grain Mini Maple Waffles 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Golden Baked Fish Nuggets Whole Wheat Dinner Roll Baked Confetti Fries Steamed Carrot Coins Fresh Fruit & Veggie Bar Choice of Milk	<b>Breakfast:</b> Whole Grain Blueberry Bread 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> NEW!! Cheesy Flatbread Strips with Marinara Dipping Sauce Steamed Broccoli Fresh Spinach Salad Fresh Fruit & Veggie Bar Choice of Milk	<b>Breakfast:</b> Sausage & Pancake on a Stick 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> All Beef Hot Dog on a Whole Wheat Roll Corn on the Cob Fresh Watermelon Slices Frozen 100% Juice Cup Fresh Fruit & Veggie Bar Choice of Milk	<b>Breakfast:</b> Whole Grain Apple Cinnamon Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Homemade Cheese Pizza Garbanzo Bean Salad Homemade Pear Crisp Fresh Fruit & Veggie Bar Choice of Milk
Monday, June 18	Tuesday, June 19	Wednesday, June 20	Thursday, June 21	Friday, June 22
<b>Breakfast:</b> Mini Benefit Bar Low Fat Yogurt 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Breaded Chicken Drumstick Whole Grain Mini Biscuit Oven Baked Fries Steamed Green Beans Fresh Fruit & Veggie Bar Choice of Milk	<b>Breakfast:</b> Manager's Choice Hot Breakfast 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Teriyaki Chicken & Broccoli Veggie Egg Roll Steamed Brown Rice Fresh Fruit & Veggie Bar Choice of Milk	<b>Breakfast:</b> Manager's Choice Whole Grain Bread 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Homemade Pepperoni & Cheese French Bread Pizza Manager's Choice Veggie Fresh Fruit & Veggie Bar Choice of Milk	<b>Breakfast:</b> Manager's Choice Hot Breakfast 100% Juice/Fresh Fruit Milk  <p style="text-align: center;"><b>1/2 Day</b> <b>No Lunch Served</b></p>	<b>Breakfast:</b> Manager's Choice Whole Grain Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk  <b>Lunch:</b> Assorted Deli Sandwiches on Whole Grain Club Rolls Homemade Veggie Pasta Salad Frozen 100% Juice Cup Fresh Fruit & Veggie Bar Choice of Milk

## Watermelon Feta Salad

### Ingredients

- 1/4 c. extra-virgin olive oil
- 2 tbsp. red wine vinegar
- 1/2 tsp. kosher salt
- 3 c. cubed seedless watermelon
- 1 c. medium cucumber, chopped
- 1/2 c. red onion, thinly sliced
- 1/2 c. coarsely chopped mint
- 1 c. crumbled feta

### Instructions

1. In a small bowl, whisk together olive oil, red wine vinegar, and salt.
2. In a large serving bowl, combine watermelon, cucumber, red onion, and mint. Pour over dressing, tossing to combine.
3. Garnish with feta, more mint, and flaky sea salt.

Recipe courtesy of [www.delish.com](http://www.delish.com)

