

Available Daily

Sandwiches Available Everyday:

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

Entrée Salads Available Everyday

Chef Salad
Buffalo Chicken Salad
(Served with Whole Grain Bread)

"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- Protein Bento Box
Whole Grain Pita Bread, Hard Boiled Egg,
Peanut Butter, Apple Slices & Celery Sticks

Friday- Yogurt Parfait w/ Nut Free
Granola, a Cheese Stick, & Whole Grain
Pretzels

Everyday— (Vegan ,Gluten Free, Nut Free)

Taco Dip Kit:

Sabra Taco Hummus w/ Reduced Fat
Fritos, Honey Roasted Sunflower Seeds,
and Veggie Sticks







MARCH 2020

Newburgh Enlarged City School District K-8 Menu

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

USDA is an equal opportunity employer & provider



Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
Breakfast: "Orbital" UBR 100% Juice Fresh Fruit Milk 	Breakfast: "Celestial" Confetti Pancakes 100% Juice Fresh Fruit Milk 	Breakfast: "Planetary" Pumpkin Bread 100% Juice/Fresh Fruit Milk 	Breakfast: "Cosmic" Chicken Filet on a "Big Bang" Biscuit 100% Juice Fresh Fruit Milk 	Breakfast: "Deep Space" Blueberry Muffin "Milky Way" Stick 100% Juice Fresh Fruit Milk 
Lunch: "Green Eggs & Ham" Sandwich "Who" Hash Browns "Truffula Trees" w/ Dip "Barbaloot's Fruit" "Fun is Good Milk" 	Lunch: NEW! Chicken & Cheese Quesadilla with Assorted Toppings Mexican Street Corn Fresh Fruit & Veggie Bar Choice of Milk	Lunch: Homemade Pepperoni & Cheese French Bread Pizza Garlic Parmesan Zucchini Fresh Fruit & Veggie Bar Choice of Milk	Lunch: Beef or Black Bean Nachos w/ Assorted Toppings Steamed Brown Rice Golden Corn Fresh Fruit & Veggie Bar Choice of Milk	Lunch: Homemade Cheese Pizza Carrot Raisin Salad Chilled Cinnamon Pears Fresh Fruit & Veggie Bar Choice of Milk

Celebrate National School Breakfast Week March 2nd-March 6th #NSBW2020



Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
Breakfast: Zee Zee's Birthday Cake Grahams Low Fat Yogurt 100% Juice/Fresh Fruit Milk	Breakfast: Whole Grain Cinnamon French Toast Sticks 100% Juice/Fresh Fruit Milk	Breakfast: Whole Grain Cinnamon Bread 100% Juice/Fresh Fruit Milk	Breakfast: Egg & Cheese on an English Muffin 100% Juice/Fresh Fruit Milk	Breakfast: Whole Grain Apple Cinnamon Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk
Lunch: All White Meat Boneless Chicken Wings Whole Grain Dinner Roll Whipped Sweet Potatoes Steamed Green Beans Fresh Fruit & Veggie Bar Choice of Milk	Lunch: Cheeseburger on a Whole Wheat Bun Emoji Shaped Potatoes Baked Vegetarian Beans Homemade Cole Slaw Fresh Fruit & Veggie Bar Choice of Milk	Lunch: Golden Breaded Fish Sticks Whole Grain Dinner Roll Baked Confetti Fries Steamed Broccoli Fresh Fruit & Veggie Bar Choice of Milk	Lunch: Crunchy Chicken Tacos with Assorted Toppings Steamed Brown Rice Steamed Carrot Coins Fresh Fruit & Veggie Bar Choice of Milk	Lunch: Homemade Cheese Pizza Fresh Broccoli Salad Homemade Peach Crisp Fresh Fruit & Veggie Bar Choice of Milk

Parmesan Roasted Cabbage Wedges

Ingredients

- 1 medium – cabbage
- 4 tablespoon – oil, avocado
- 2 teaspoon – sea salt
- 1 teaspoon – black pepper, ground
- 1/2 cup – Parmesan cheese, grated

Instructions

Preheat the oven to 425 degrees. Cut the cabbage in half and then quarters, slice out the core to discard (or put into the compost), and then cut the cabbage quarters into 1 to 1 1/2 inch wedges. Place the wedges onto a Silpat or parchment paper lined baking sheet and brush with avocado oil. Sprinkle sea salt and pepper and put about a tablespoon or so of freshly grated parmesan cheese on each wedge and then roast in a 425 degree oven for 25 minutes.

Recipe courtesy of www.superhealthykids.com

Produce of the Month CABBAGE

Cabbage is an excellent source of vitamin K, vitamin C and vitamin B6

Cabbage is high in fiber

Cabbage can be steamed, boiled, braised, microwaved, stuffed, or stir-fried, and eaten raw

Cabbage is one of the oldest vegetables in existence and continues to be a dietary staple throughout the world

Monday, March 16

Breakfast:

Make Your Own Parfait!
Low Fat Yogurt
Nut-Free Granola
100% Juice/Fresh Fruit
Milk

Lunch:

Breaded Chicken
Drumstick
Whole Grain Mini Biscuit
Baked Confetti Fries
Steamed Green Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, March 17

Breakfast:

Turkey Bacon Egg &
Cheese Stuffed Croissant
100% Juice/Fresh Fruit
Milk

Lunch:

Grilled Cheese on Whole
Wheat Bread
Homemade Lentil Soup
Oven Baked Fries
Steamed Carrot Coins
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, March 18

Breakfast:

Whole Grain Blueberry
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

Sweet & Sour Chicken
Vegetable "Fried" Rice
Steamed Broccoli
Fortune Cookie
Fresh Fruit & Veggie Bar
Choice of Milk

Thursday, March 19

Breakfast:

Whole Grain Mini Maple
Waffles
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Meatballs
Whole Grain Pasta
Marinara
Steamed Green Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Friday, March 20

Breakfast:

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

Lunch:

Homemade Cheese Pizza
Fresh Spinach Salad
Oven Roasted Chickpeas
Fresh Fruit & Veggie Bar
Choice of Milk

Monday, March 23

Breakfast:

Zee-Zee's Birthday Cake
Bar
Low Fat Yogurt
100% Juice/Fresh Fruit
Milk

Lunch:

Mini Chicken Corndogs
with Assorted Dipping
Sauces
Whole Grain Dinner Roll
Sweet Potato Fries
Baked Vegetarian Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, March 24

Breakfast:

NEW! Breakfast Sausage
on a Croissant
100% Juice/Fresh Fruit
Milk

Lunch:

BBQ Chicken & Cheese
Sliders
Oven Baked Fries
Steamed Corn
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, March 25

Breakfast:

Whole Grain Banana
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

Oven Roasted Chicken
Drumstick
Homemade Macaroni &
Cheese
Steamed Broccoli
Fresh Fruit & Veggie Bar
Choice of Milk

Thursday, March 26

Breakfast:

Sausage & Pancake on
a Stick
100% Juice/Fresh Fruit
Milk

Lunch:

Soft Beef Taco w/
Assorted Toppings
"Refried" Beans
Steamed Carrot Coins
Fresh Fruit & Veggie Bar
Choice of Milk

Friday, March 27

Breakfast:

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

Lunch:

Homemade Cheese Pizza
Cucumber Dill Salad
Chocolate Hummus w/
Apple Slices
Fresh Fruit & Veggie Bar
Choice of Milk

Monday, March 30

Breakfast:

Frozen II Grahams
Low Fat Yogurt
100% Juice/Fresh Fruit
Milk

Lunch:

Chicken Mashed Potato
Bowl
Whole Grain Mini Biscuit
Steamed Green Beans
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, March 31

Breakfast:

Whole Grain Confetti
Pancakes
100% Juice/Fresh Fruit
Milk

Lunch:

Hot Ham & Cheese on a
Pretzel Roll
Oven Baked Fries
Steamed Carrot Coins
Fresh Fruit
Choice of Milk

