

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 - 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

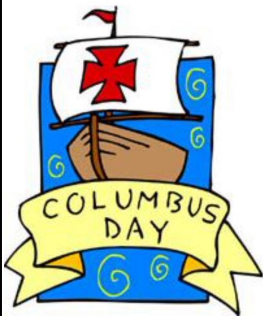
October 2018

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

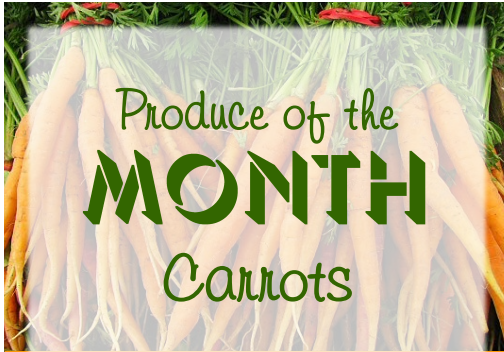


Monday, October 1	Tuesday, October 2	Wednesday, October 3	Thursday, October 4	Friday, October 5
<p>Breakfast: NEW! Jurassic Park Grahams Low Fat Yogurt 100% Juice/Fresh Fruit Milk</p> <p>Lunch: All Beef Hotdog w/ Assorted Toppings Baked Oven Fries Baked Beans Steamed Carrot Coins Fresh Fruit & Veggie Bar Choice of Milk</p>	<p>Breakfast: Whole Grain Bagel w/ Cream Cheese 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Hot Ham and Cheese on a Pretzel Roll Baked Sweet Potato Wedges Steamed Green Beans Fresh Fruit & Veggie Bar Choice of Milk</p>	<p>Breakfast: Whole Grain Pumpkin Bread 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Baked Ziti w/ a Twisted Cheese Filled Breadstick Steamed Broccoli Fresh Fruit & Veggie Bar Choice of Milk</p>	<p>Breakfast: All White Meat Chicken Filet on a Biscuit 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Crunchy Chicken Tacos w/ Assorted Toppings Steamed Brown Rice Black Bean & Corn Salad Fresh Fruit & Veggie Bar Choice of Milk</p>	<p>Breakfast: Whole Grain Banana Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Cheese Pizza Fresh Carrot Raisin Salad Chilled Cinnamon Pears Fresh Fruit & Veggie Bar Choice of Milk</p>
<p>Monday, October 8</p> <p></p> <p>No School Today</p>	<p>Breakfast: Cinnamon UBR 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Beef Cheeseburger on a Whole Wheat Bun Baked Confetti Fries Steamed Green Beans Fresh Fruit & Veggie Bar Choice of Milk</p>	<p>Breakfast: Whole Grain Zucchini Bread 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Roasted Chicken Drumstick Homemade Macaroni & Cheese Steamed Broccoli Fresh Fruit & Veggie Bar Choice of Milk</p>	<p>Breakfast: Sausage & Pancake on a Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Beef or Black Bean Nachos w/ Assorted Toppings Steamed Brown Rice Golden Corn Fresh Fruit & Veggie Bar Choice of Milk</p>	<p>Breakfast: NEW! Whole Grain Cranberry Orange Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Cheese Pizza Fresh Tomato Cucumber Salad Chilled Applesauce Fresh Fruit & Veggie Bar Choice of Milk</p>

Here's to
DISCOVERING
Some New Foods

HAPPY COLUMBUS DAY





Produce of the MONTH Carrots

The carrot is a root vegetable with the most commonly eaten part being the taproot.

The carrot is usually orange in color although purple, red, white, and yellow varieties also exist.

The actual plant of a carrot (greens above ground) can grow up to 3.2 feet tall and flowers around June to August with a bright white flower.

Baked Carrots

Ingredients

- 3 cups – carrots, raw, sliced
- 3/4 cup – water
- 1 TBSP – butter, lightly salted
- 1 tsp – granulated sugar
- 1/2 tsp – ground nutmeg
- 1/2 tsp – salt

Instructions

1. Steam fresh sliced carrots for 4 minutes. Steam until tender but not mushy.
2. In a casserole dish sprayed with non-stick spray, mix the sugar nutmeg and salt with water.
3. Add the carrots and dab with butter.
4. Bake at 350 degrees for 10 minutes, stirring after 5 minutes.

Monday, October 15

Breakfast:

Strawberry Crisp
Zee Zees Mini Bar
Lowfat Yogurt
100% Juice/Fresh Fruit
Milk

Lunch:

All White Meat Boneless
Chicken Wings
Whole Wheat Dinner Roll
Whipped Sweet Potatoes
Steamed Green Beans
Fresh Fruit &
Veggie Bar
Choice of Milk



Tuesday, October 16

Breakfast:

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

Lunch:

Teriyaki Chicken &
Broccoli
Veggie Egg Roll
Steamed Brown Rice
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, October 17

Breakfast:

NEW! Whole Grain
Mixed Berry Bread
100% Juice/Fresh Fruit
Milk

1/2 Day

**Sandwich Lunches
Available**

Thursday, October 18

Breakfast:

Whole Grain Mini Waffles
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Meatballs
over Pasta Marinara
Steamed Broccoli
Fresh Fruit & Veggie Bar
Choice of Milk

Friday, October 19

Breakfast:

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

Lunch:

Homemade Cheese Pizza
Fresh Spinach Salad
Apple Crisp
Fresh Fruit & Veggie Bar
Choice of
Milk



National School Lunch Week #NSLW18 #lots2love

Monday, October 22

Breakfast:

Make your own Parfait!
Lowfat Yogurt
Nut Free Granola
100% Juice/Fresh Fruit
Milk

Lunch:

Breaded Chicken
Drumstick
Whole Grain Mini Biscuit
Corn on the Cob
Fresh Fruit & Veggie Bar
Choice of Milk

Tuesday, October 23

Breakfast:

Whole Grain Confetti
Mini Pancakes
100% Juice/Fresh Fruit
Milk

Lunch:

Golden Baked Fish
Nuggets
Whole Wheat Dinner Roll
Baked Sweet Potato Fries
Steamed Broccoli
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, October 24

Breakfast:

Whole Grain Banana
Bread
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Pepperoni &
Cheese French Bread
Pizza
Garlic Parmesan Zucchini
Fresh Fruit & Veggie Bar
Choice of Milk

Try a Sample of our
Veggie of the Month
Recipe Today!



Thursday, October 25

Breakfast:

Egg & Cheese on a
Whole Wheat Roll
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, October 26

Breakfast:

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

Lunch:

Homemade Cheese Pizza
Fresh Cucumber Dill
Salad
Chilled Applesauce
Fresh Fruit & Veggie Bar
Choice of Milk

Monday, October 29

Breakfast:

Cinnamon Crisp
Zee Zees Mini Bar
Lowfat 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, October 30

Breakfast:

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

Lunch:

Twisted Cheese
Breadsticks w/ Marinara
Dipping Sauce
Garlic Parmesan Zucchini
Fresh Fruit & Veggie Bar
Choice of Milk

Wednesday, October 31

Breakfast:

Whole Grain Pumpkin
Bread
100% Juice/Fresh Fruit
Milk

1/2 Day

**Sandwich Lunches
Available**

At the **HEART** of every
SCHOOL CAFETERIA



We love National School Lunch Week!
#NSLW18 #lots2love