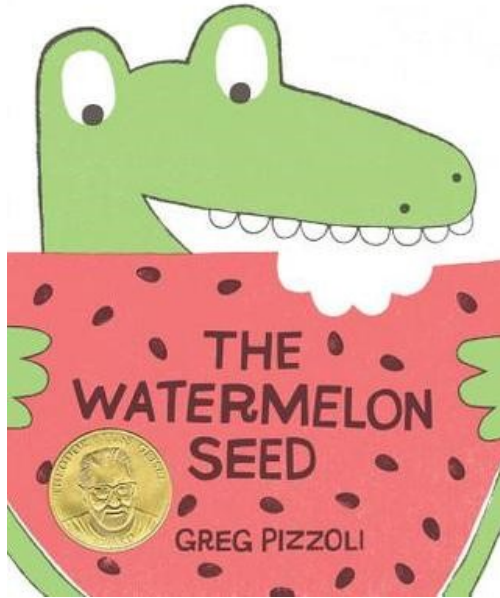


Pre-K Book of the Month



JUNE 2018

Newburgh Enlarged City School District Pre-K 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
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
Steamed Carrot Coins
Chilled Applesauce
Choice of Milk

Wednesday, June 6

Breakfast:
Whole Grain Banana Bread
100% Juice/Fresh Fruit
Milk

Lunch:
Cheeseburger on a Whole Wheat Bun
Baked Oven Fries
Homemade Cole Slaw
Fresh Fruit
Choice of Milk

Thursday, June 7

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

Lunch:
Beef & Cheese Nachos
Steamed Brown Rice
Golden Corn
Chilled Peaches
Choice of Milk

Friday, June 8

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

Lunch:
Mini Cheese Pizza Bagels
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-12 pm)

South Middle School
33-63 Monument Street,
Newburgh (12:15pm-1:15 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
Breakfast: Make Your Own Parfait! Low Fat Yogurt Nut Free Granola 100% Juice/Fresh Fruit Milk Lunch: Breaded Chicken & Gravy over Mashed Potatoes Whole Grain Mini Biscuit Steamed Carrot Coins Fresh Fruit Choice of Milk	Breakfast: Whole Grain Mini Maple Waffles 100% Juice/Fresh Fruit Milk Lunch: Golden Baked Fish Nuggets Whole Wheat Dinner Roll Steamed Carrot Coins Fresh Fruit Choice of Milk	Breakfast: Whole Grain Blueberry Bread 100% Juice/Fresh Fruit Milk Lunch: NEW!! Cheesy Flatbread Strips with Marinara Dipping Sauce Steamed Broccoli Chilled Peaches Choice of Milk	Breakfast: Sausage & Cheese on a Biscuit 100% Juice/Fresh Fruit Milk Lunch: All Beef Hot Dog on a Whole Wheat Roll Corn on the Cob Fresh Watermelon Slices Frozen 100% Juice Cup Choice of Milk	Breakfast: Whole Grain Apple Cinnamon Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk Lunch: Homemade Cheese Pizza Garbanzo Bean Salad Homemade Pear Crisp Choice of Milk
Monday, June 18	Tuesday, June 19	Wednesday, June 20	Thursday, June 21	Friday, June 22
Breakfast: Mini Benefit Bar Low Fat Yogurt 100% Juice/Fresh Fruit Milk Lunch: Breaded Chicken Drumstick Oven Baked Fries Steamed Green Beans Chilled Pears Choice of Milk	Breakfast: Manager's Choice Hot Breakfast 100% Juice/Fresh Fruit Milk Lunch: Teriyaki Chicken & Broccoli Steamed Brown Rice Fresh Fruit Choice of Milk	Breakfast: Manager's Choice Whole Grain Bread 100% Juice/Fresh Fruit Milk Lunch: Homemade Pepperoni & Cheese French Bread Pizza Manager's Choice Veggie Chilled Applesauce Choice of Milk	Breakfast: Manager's Choice Hot Breakfast 100% Juice/Fresh Fruit Milk Lunch: BBQ Chicken & Cheese Nachos Steamed Brown Rice Golden Corn Fresh Fruit Choice of Milk	Breakfast: Manager's Choice Whole Grain Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk Lunch: Turkey & Cheese Sandwich on Whole Wheat Bread Carrot Sticks & Dip Frozen 100% Juice Cup 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



Kindergarten

Here We Come!

