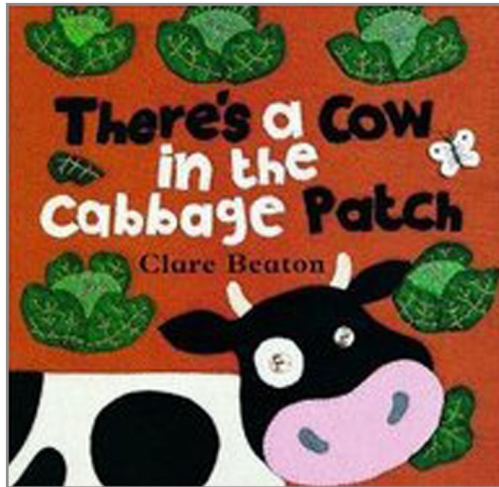


Pre-K Book of the Month









MARCH 2020

Newburgh Enlarged City School District Pre-K 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 Fresh, Canned, or Dried Fruit 1% Milk 	Breakfast: "Celestial" Confetti Pancakes Fresh, Canned, or Dried Fruit 1% Milk 	Breakfast: "Planetary" Pumpkin Bread Fresh, Canned, or Dried Fruit 1% Milk 	Breakfast: "Big Bang" Biscuit w/ Butter & Jelly Fresh, Canned, or Dried Fruit 1% Milk 	Breakfast: "Deep Space" Blueberry Muffin "Milky Way" Stick Fresh, Canned, or Dried Fruit 1% Milk 
Lunch: "Green Eggs & Ham" Sandwich "Who" Hash Browns "Barbaloot's Fruit" "Fun is Good Milk" 	Lunch: Chicken & Cheese Quesadilla Steamed Corn Warm Cinnamon Peaches 1% Milk	Lunch: Pizza Kit! Whole Grain Flatbread Mozzarella Cheese Turkey Pepperoni Pizza Sauce Broccoli Florets Chilled Applesauce 1% Milk	Lunch: Beef & Cheese Nachos Steamed Brown Rice Golden Corn Fresh Fruit 1% Milk	Lunch: French Bread Cheese Pizza Carrot Raisin Salad Chilled Cinnamon Pears Fresh Fruit & Veggie Bar 1% 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 Fresh, Canned, or Dried Fruit 1% Milk	Breakfast: Whole Grain Cinnamon French Toast Sticks Fresh, Canned, or Dried Fruit 1% Milk	Breakfast: Whole Grain Cinnamon Bread Fresh, Canned, or Dried Fruit 1% Milk	Breakfast: Egg & Cheese on an English Muffin Fresh, Canned, or Dried Fruit 1% Milk	Breakfast: Whole Grain Apple Cinnamon Muffin Mozzarella Cheese Stick Fresh, Canned, or Dried Fruit 1% Milk
Lunch: Golden Baked Chicken Nuggets Whole Grain Dinner Roll Whipped Sweet Potatoes Chilled Pears 1% Milk	Lunch: Cheeseburger on a Whole Wheat Bun Emoji Shaped Potatoes Fresh Fruit 1% Milk	Lunch: Golden Breaded Fish Sticks Whole Grain Dinner Roll Baked Confetti Fries Chilled Applesauce 1% Milk	Lunch: Crunchy Chicken Tacos Steamed Brown Rice Steamed Carrot Coins Fresh Fruit 1% Milk	Lunch: Homemade Cheese Pizza Fresh Broccoli Salad Chilled Peaches 1% Milk



@NBNYSchoolMeals

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
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

All White Meat Chicken Filet
Whole Wheat Dinner Roll
Steamed Green Beans
Chilled Mixed Fruit
1% Milk

Tuesday, March 17

Breakfast:

Turkey Bacon Egg & Cheese Stuffed Croissant
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Grilled Cheese on Whole Wheat Bread
Steamed Carrot Coins
Fresh Fruit
1% Milk

Wednesday, March 18

Breakfast:

Whole Grain Blueberry Bread
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Sweet & Sour Chicken
Vegetable "Fried" Rice
Steamed Broccoli
Fresh Fruit
1% Milk

Thursday, March 19

Breakfast:

Whole Grain Mini Maple Waffles
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Homemade Meat Sauce over Whole Grain Pasta
Steamed Green Beans
Chilled Applesauce
1% Milk

Friday, March 20

Breakfast:

Whole Grain Banana Muffin
Mozzarella Cheese Stick
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

French Bread Cheese Pizza
Garbanzo Bean Salad
Fresh Fruit
1% Milk

Monday, March 23

Breakfast:

Zee-Zee's Birthday Cake Bar
Low Fat Yogurt
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Hot Ham & Cheese on a Whole Wheat Roll
Steamed Green Beans
Warm Cinnamon Peaches
1% Milk

Tuesday, March 24

Breakfast:

NEW! Breakfast Sausage on a Croissant
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

BBQ Chicken & Cheese Slider
Oven Baked Fries
Chilled Pears
1% Milk

Wednesday, March 25

Breakfast:

Whole Grain Banana Bread
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Homemade Macaroni & Cheese
Steamed Broccoli
Fresh Fruit
1% Milk

Thursday, March 26

Breakfast:

Whole Grain Bagel w/ Cream Cheese
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Soft Beef Taco
Steamed Carrot Coins
Fresh Fruit
1% Milk

Friday, March 27

Breakfast:

Whole Grain Cornbread Mini Loaf
Mozzarella Cheese Stick
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Homemade Cheese Pizza
Fresh Cucumber Coins
Chilled Applesauce
1% Milk

Monday, March 30

Breakfast:

Frozen II Grahams
Low Fat Yogurt
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Breaded Chicken over Mashed Potatoes w/ Gravy
Whole Grain Mini Biscuit
Fresh Fruit
1% Milk

Tuesday, March 31

Breakfast:

Whole Grain Confetti Pancakes
Fresh, Canned, or Dried Fruit
1% Milk

Lunch:

Bagel Kit!
Whole Grain Bagel w/ Cream Cheese
Low Fat Yogurt
Mozzarella Cheese Stick
Carrot Sticks w/ Dip
Fresh Fruit
1% Milk

We're Hiring!

The NECSD Food Service Department is looking for dedicated individuals to add to our team!

Please call for more information on this exciting opportunity.

563-3424



We Say Every Day
Is A Good Day
TO LOVE GREEN