

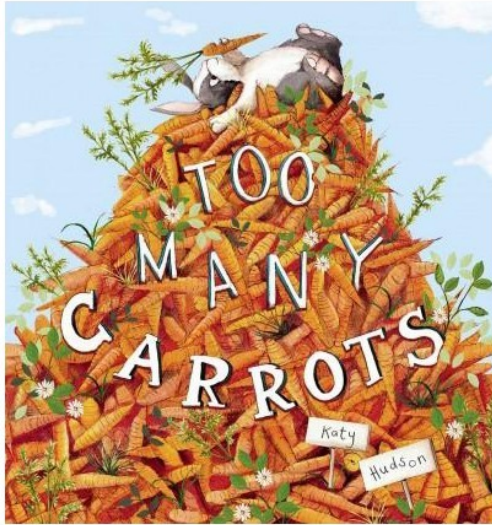
Pre-K Book of the Month

October 2018

Newburgh Enlarged City School District Pre-K Menu

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

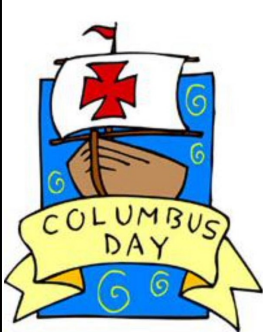
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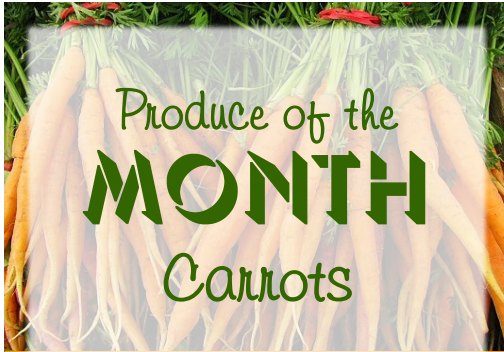


@NBNSchoolMeals



Feeding Bodies.
Fueling Minds.
SCHOOL NUTRITION ASSOCIATION

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: BBQ Chicken & Cheese on a Whole Grain Bun Baked Oven Fries Steamed Carrot Coins Fresh Fruit 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 Steamed Green Beans Fresh Fruit Choice of Milk</p>	<p>Breakfast: Whole Grain Pumpkin Bread 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Baked Ziti Steamed Broccoli Chilled Peaches 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 Steamed Brown Rice Black Bean & Corn Salad Fresh Fruit Choice of Milk</p>	<p>Breakfast: Whole Grain Banana Muffin Mozzarella Cheese Stick 100% Juice/Fresh Fruit Milk</p> <p>Lunch: French Bread Cheese Pizza Fresh Carrot Raisin Salad Chilled Cinnamon Pears Choice of Milk</p>
Monday, October 8	Tuesday, October 9	Wednesday, October 10	Thursday, October 11	Friday, October 12
<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 Fresh Fruit Choice of Milk</p>	<p>Breakfast: Whole Grain Zucchini Bread 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Homemade Macaroni & Cheese Steamed Broccoli Chilled Pears Choice of Milk</p>	<p>Breakfast: Turkey Sausage on a Biscuit 100% Juice/Fresh Fruit Milk</p> <p>Lunch: Beef & Cheese Nachos Steamed Brown Rice Golden Corn Fresh Fruit 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 Choice of Milk</p>



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:

Roasted Chicken Chunks with Gravy
Whole Wheat Dinner Roll
Mashed Potatoes
Steamed Green Beans
Fresh Fruit
Choice of Milk



Tuesday, October 16

Breakfast:

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

Lunch:

Teriyaki Chicken & Broccoli
Steamed Brown Rice
Chilled Pears
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 Meat Sauce over Pasta
Steamed Broccoli
Fresh Fruit
Choice of Milk

Friday, October 19

Breakfast:

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

Lunch:

French Bread Cheese Pizza
Fresh Spinach Salad
Apple Crisp
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:

All White Meat Mini Chicken Filet on a Whole Grain Bun
Corn on the Cob
Fresh Fruit
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
Chilled Pears
Choice of Milk

Wednesday, October 24

Breakfast:

Whole Grain Banana Bread
100% Juice/Fresh Fruit
Milk

Lunch:

Homemade Pepperoni & Cheese French Bread Pizza
Steamed Broccoli
Chilled Peaches
Choice of Milk

Thursday, October 25

Breakfast:

Egg & Cheese on a Whole Wheat Roll
100% Juice/Fresh Fruit
Milk

Lunch:

Soft Beef Taco
"Refried" Beans
Steamed Carrot Coins
Fresh Fruit
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
Choice of Milk

Monday, October 29

Breakfast:

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

Lunch:

Breaded Chicken w/ Gravy over Mashed Potatoes
Whole Grain Mini Biscuit
Steamed Green Beans
Fresh Fruit
Choice of Milk

Tuesday, October 30

Breakfast:

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

Lunch:

Twisted Cheese Breadstick w/ Marinara Dipping Sauce
Steamed Broccoli
Chilled Applesauce
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