




OCTOBER 2021: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	EGGSTRAVAGANZA	FROM THE GRIDDLE	NEW YORK THURSDAY	BAKERY FRESH
<p><i>Fresh New York Bagel Stick Assortment</i> Cinnamon Raisin (V) Plain (V)</p> <p><i>Breakfast Bread Assortment</i> Honey Corn (V) Apple Cinnamon (V)</p> <p><i>Muffin Assortment</i> Banana (V) Blueberry (V)</p>			 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Berries (VE)</p>
4	5	6	7	8
<p>Breakfast Bread (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg & Cheese (V) with or without Turkey Sausage on a Buttermilk Biscuit (V)</p> <p>Fresh Cantaloupes or Honeydew (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Watermelon (VE)</p>	<p>Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Assorted Cheese Sticks (V)</p> <p>Fresh New York Apples (VE)</p>	<p>Pillsbury® Mini Blueberry Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Berries (VE)</p>
Indigenous Peoples' Day 11	12	13	14	15
<p>Assorted Muffins (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg & Cheese (V) with or without Turkey Sausage on an English Muffin (VE)</p> <p>Fresh Peaches (VE)</p>	<p>Buttermilk Pancakes (V)</p> <p>Greek Yogurt (V)</p> <p>Seasonal Fresh Berries (VE)</p>	<p>Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Assorted Cheese Sticks (V)</p> <p>Fresh New York Apples (VE)</p>	<p>Egg and Cheese Omelet (V)</p> <p>Croissant (V)</p> <p>Hot Oatmeal (V)</p> <p>Fresh Bananas (VE)</p>
18	19	20	21	22
<p>Assorted Muffins (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg Omelet (V) with or without Turkey Sausage on a Bun (V)</p> <p>Fresh Oranges (VE)</p>	<p>Pillsbury® Mini Maple Pancakes (V)</p> <p>Fresh Plums and Nectarines (VE)</p>	<p>Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Assorted Cheese Sticks (V)</p> <p>Fresh New York Apples (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Berries (VE)</p>
25	26	27	28	29
<p>Breakfast Bread (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg & Cheese (V) with or without Turkey Sausage on a Buttermilk Biscuit (V)</p> <p>Fresh Cantaloupes or Honeydew (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Watermelon (VE)</p>	<p>Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Assorted Cheese Sticks (V)</p> <p>Fresh New York Apples (VE)</p>	<p>Pillsbury® Mini Blueberry Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Berries (VE)</p>

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p>*Alternative options are available upon request</p> <p>(V) Indicates Vegetarian (VE) Indicates Vegan</p>	<p>OFFERED DAILY</p> <p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p>	<p>Cold Cereal Choices Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Cheerios®</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
--	---	--	---	---

ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK



OCTOBER 2021: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	EGGSTRAVAGANZA	FROM THE GRIDDLE	NEW YORK THURSDAY	BAKERY FRESH
			 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	
4	5	6	7	8
<p style="text-align: center;">Fresh New York Bagel Stick Assortment Cinnamon Raisin (V) Plain (V)</p> <p style="text-align: center;">Breakfast Bread Assortment Honey Corn (V) Apple Cinnamon (V)</p> <p style="text-align: center;">Muffin Assortment Banana (V) Blueberry (V)</p>				<p style="text-align: center;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center;">Seasonal Fresh Berries (VE)</p>
4	5	6	7	8
<p style="text-align: center;">Breakfast Bread (V)</p> <p style="text-align: center;">Upstate Farms® Yogurt Choice (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Egg & Cheese (V) with or without Turkey Sausage on a Buttermilk Biscuit (V)</p> <p style="text-align: center;">Fresh Cantaloupes or Honeydew (VE)</p>	<p style="text-align: center;">Cinnamon Burst Pancakes (V)</p> <p style="text-align: center;">Watermelon (VE)</p>	<p style="text-align: center;">Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Assorted Cheese Sticks (V)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Pillsbury® Mini Blueberry Waffles (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center;">Seasonal Fresh Berries (VE)</p>
11	12	13	14	15
<p style="text-align: center;">Assorted Muffins (V)</p> <p style="text-align: center;">Upstate Farms® Yogurt Choice (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Egg & Cheese (V) with or without Turkey Sausage on an English Muffin (VE)</p> <p style="text-align: center;">Fresh Peaches (VE)</p>	<p style="text-align: center;">Buttermilk Pancakes (V)</p> <p style="text-align: center;">Greek Yogurt (V)</p> <p style="text-align: center;">Seasonal Fresh Berries (VE)</p>	<p style="text-align: center;">Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Assorted Cheese Sticks (V)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Egg and Cheese Omelet (V)</p> <p style="text-align: center;">Croissant (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center;">Fresh Bananas (VE)</p>
18	19	20	21	22
<p style="text-align: center;">Assorted Muffins (V)</p> <p style="text-align: center;">Upstate Farms® Yogurt Choice (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Egg Omelet (V) with or without Turkey Sausage on a Bun (V)</p> <p style="text-align: center;">Fresh Oranges (VE)</p>	<p style="text-align: center;">Pillsbury® Mini Maple Pancakes (V)</p> <p style="text-align: center;">Fresh Plums and Nectarines (VE)</p>	<p style="text-align: center;">Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Assorted Cheese Sticks (V)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center;">Seasonal Fresh Berries (VE)</p>
25	26	27	28	29
<p style="text-align: center;">Breakfast Bread (V)</p> <p style="text-align: center;">Upstate Farms® Yogurt Choice (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Egg & Cheese (V) with or without Turkey Sausage on a Buttermilk Biscuit (V)</p> <p style="text-align: center;">Fresh Cantaloupes or Honeydew (VE)</p>	<p style="text-align: center;">Cinnamon Burst Pancakes (V)</p> <p style="text-align: center;">Watermelon (VE)</p>	<p style="text-align: center;">Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Assorted Cheese Sticks (V)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Pillsbury® Mini Blueberry Waffles (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center;">Seasonal Fresh Berries (VE)</p>

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

OFFERED DAILY

Breakfast After the Bell Grab and Go

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)

Cold Cereal Choices
Frosted Mini Wheats
Cinnamon Flakes
Multi-Grain Cheerios
Toasty-Oats
Cheerios®

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2021: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	
<p><i>Breakfast Bread</i> Honey Corn (V) Apple Cinnamon (V)</p> <p><i>Muffin Assortment</i> Banana (V) Blueberry (V)</p>	<p style="text-align: center;">Breakfast May Be Served Warm on Wednesday, Thursday and Friday</p>		<div style="text-align: center;">  <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p> </div>	<p style="text-align: center;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
4	5	6	7	8
<p>Fruity Cheerios® (VE)</p> <p>Graham Crackers (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Yogurt Parfait (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Cinnamon Burst Pancakes (V)</p> <p style="text-align: center;">Fresh Nectarines (VE)</p>	<p style="text-align: center;">Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Assorted Breakfast Bread and Muffins (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
Indigenous Peoples' Day 11	12	13	14	15
<p>Apple Cinnamon Cheerios® (VE)</p> <p>Graham Crackers (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Upstate Farms® Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Craisins (VE)</p> <p style="text-align: center;">Fresh Peaches (VE)</p>	<p style="text-align: center;">Pillsbury® Mini Blueberry Waffles (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Zucchini Loaf (V)</p> <p style="text-align: center;">Fresh Bananas (VE)</p>
18	19	20	21	22
<p>Sun Butter Cup (VE)</p> <p>Graham Crackers (V)</p> <p>Grape Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Upstate Farms® Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Raisins (VE)</p> <p style="text-align: center;">Fresh Oranges (VE)</p>	<p style="text-align: center;">Pillsbury® Mini Maple Pancakes (V)</p> <p style="text-align: center;">Fresh Plums (VE)</p>	<p style="text-align: center;">Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
25	26	27	28	29
<p>Fruity Cheerios® (VE)</p> <p>Graham Crackers (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Yogurt Parfait (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Cinnamon Burst Pancakes (V)</p> <p style="text-align: center;">Fresh Nectarines (VE)</p>	<p style="text-align: center;">Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Assorted Breakfast Bread and Muffins (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

OFFERED DAILY

**Breakfast After the Bell
Grab and Go**

**Alternative Breakfast
Grab and Go
(Cereal, Fruit and Milk)**

Cold Cereal Choices

Frosted Mini Wheats
Cinnamon Flakes
Multi-Grain Cheerios
Toasty-Oats
Cheerios®

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Pears, Grapes,
Peaches, Plums,
Nectarines, Cantaloupes,
Honeydew,
and Watermelon

OFNS has an extensive
Prohibitive Ingredients List
available at:




ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK



OCTOBER 2021: Early Childhood Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>Breakfast Bread</i> Honey Corn (V) Apple Cinnamon (V)</p> <p><i>Muffin Assortment</i> Banana (V) Blueberry (V)</p>			<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Fresh Banana (VE) Milk (V)</p>
4	5	6	7	8
<p>Breakfast Bread (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Apple Sauce (VE) Milk (V)</p>	<p>Egg and Cheese on a Soft Roll (V)</p> <p>Sliced Peaches (VE) Milk (V)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Assorted Cheese Sticks (V)</p> <p>Diced Pears (VE) Milk (V)</p>	<p>Cheese Omelet (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Flavored Apple Sauce (VE) Milk (V)</p>	<p>Pillsbury® Mini Blueberry Waffles (V)</p> <p>Fresh Banana (VE) Milk (V)</p>
Indigenous Peoples' Day 11	12	13	14	15
<p>Assorted Muffins (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Apple Sauce Milk (V)</p>	<p>Egg and Cheese on a Soft Roll (V)</p> <p>Sliced Peaches (VE) Milk (V)</p>	<p>Buttermilk Pancakes (V)</p> <p>Assorted Cheese Sticks (V)</p> <p>Diced Pears (VE) Milk (V)</p>	<p>Cheese Omelet (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Flavored Apple Sauce (VE) Milk (V)</p>	<p>Zucchini Loaf (V)</p> <p>Fresh Banana (VE) Milk (V)</p>
18	19	20	21	22
<p>Assorted Muffins</p> <p>Organic Stonyfield® Yogurt</p> <p>Apple Sauce Milk (V)</p>	<p>Egg and Cheese on a Soft Roll (V)</p> <p>Sliced Peaches (VE) Milk (V)</p>	<p>Pillsbury® Mini Maple Pancakes</p> <p>Assorted Cheese Sticks</p> <p>Diced Pears (VE) Milk (V)</p>	<p>Cheese Omelet (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Flavored Apple Sauce (VE) Milk (V)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Fresh Banana (VE) Milk (V)</p>
25	26	27	28	29
<p>Breakfast Bread (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Apple Sauce (VE) Milk (V)</p>	<p>Egg and Cheese on a Soft Roll (V)</p> <p>Sliced Peaches (VE) Milk (V)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Assorted Cheese Sticks (V)</p> <p>Diced Pears (VE) Milk (V)</p>	<p>Cheese Omelet (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Flavored Apple Sauce (VE) Milk (V)</p>	<p>Pillsbury® Mini Blueberry Waffles (V)</p> <p>Fresh Banana (VE) Milk (V)</p>

<p>Milk* 1% Low-fat Fat Free Whole Milk</p> <p><small>*Alternative options are available upon request</small></p> <p><small>(V) Indicates Vegetarian (VE) Indicates Vegan</small></p>	<p style="text-align: center;">OFFERED DAILY</p> <p><u>Seasonal Fresh Fruit</u></p> <p><u>Assorted Yogurts</u></p>	<p><u>Cold Cereal Choices</u> Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Cheerios®</p>	<p><u>Alternate Fruit</u> Peaches, Pineapples Pears, Applesauce</p>	<p style="text-align: center; color: yellow;">OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;">  </div>
--	---	--	---	---

PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available for youngsters 12 to 24 months. Formula is to be provided by the parent.

Children Between 9 - 12 Months **Cannot** have Juice



OCTOBER 2021: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
			EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Egg Omelet (V) Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
4	5	6	7	8
Blueberry Muffin Upstate Farms® Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Egg Omelet Soft Roll Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Croissant (V) Upstate Farms® Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Banana Muffin (V) Upstate Farms® Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Egg Omelet (V) Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
11	12	13	14	15
Blueberry Muffin Upstate Farms® Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Egg Omelet Soft Roll Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Croissant (V) Upstate Farms® Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Banana Muffin (V) Upstate Farms® Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Egg Omelet (V) Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
18	19	20	21	22
Blueberry Muffin Upstate Farms® Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Egg Omelet Soft Roll Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Croissant (V) Upstate Farms® Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Banana Muffin (V) Upstate Farms® Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Egg Omelet (V) Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
25	26	27	28	29
Blueberry Muffin Upstate Farms® Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Egg Omelet Soft Roll Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Croissant (V) Upstate Farms® Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Banana Muffin (V) Upstate Farms® Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Egg Omelet (V) Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

OFFERED DAILY


Seasonal Fresh Fruit

Assorted Yogurts

Cold Cereal Choices
Frosted Mini Wheats
Cinnamon Flakes
Multi-Grain Cheerios
Toasty-Oats
Cheerios®

Alternate Fruit
Peaches, Pineapples
Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List available at:



Available Daily Upon Request: Other Transitional, Thick Puree or Thin Puree



OCTOBER 2021: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2-Oct	9-Oct	16-Oct	23-Oct	30-Oct
<p>Upstate Farms® Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Milk (V)</p>	<p>Assorted Muffins (V)</p> <p>Milk (V)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Milk (V)</p>	<p>Upstate Farms® Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Milk (V)</p>	<p>Assorted Muffins (V)</p> <p>Milk (V)</p>

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

(V) Indicates Vegetarian
(VE) Indicates Vegan

*Alternative options are
available upon request

Seasonal Fresh Fruit

Apples, Apple Slices,
Blueberries, Oranges,
Pears, Grapes, Peaches,
Plums, Nectarines,
Cantaloupes, Honeydew,
Bananas, and Watermelon

OFNS has an extensive
Prohibitive Ingredients List
available at:





OCTOBER 2021: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2-Oct	9-Oct	16-Oct	23-Oct	30-Oct
Cinnamon Burst Pancakes (V) Fresh Fruit (VE)	Pillsbury® Mini Maple Pancakes (V) Fresh Fruit (VE)	Assorted Muffins (V) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE)	Pillsbury® Mini Maple Pancakes (V) Fresh Fruit (VE)

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

(V) Indicates Vegetarian
(VE) Indicates Vegan

*Alternative options are available upon request

Seasonal Fresh Fruit

Apples, Apple Slices, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, Bananas, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2021: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	CHICKEN	CULINARY	NEW YORK THURSDAY	VEGGIE
1				
<p><u>Lunch Specials Offered Every Day</u></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus Grab & Go (VE) <p><u>Only Tuesday, Wednesday and Thursday</u></p> <ul style="list-style-type: none"> • Tuna or Turkey Sandwich <p><u>Only Monday and Friday</u></p> <ul style="list-style-type: none"> • Southwest Burrito (V) • Chickpea Wrap (V) 			<p style="font-size: 8px; text-align: center; margin-top: 5px;">EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Pasta Primavera (V)</p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Green Garden Salad (VE)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>White Bean Salad (VE)</p>
4	5	6	7	8
<p>Manicotti (V)</p> <p>Chickpea Salad (V)</p> <p>Pizza (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Broccoli and Cranberry Salad (VE)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Corn on the Cob (VE)</p> <p>Garlic Toast (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Carrot and Lemon Salad (VE)</p>	<p>Turkey Burger Deluxe Ciabatta Bread</p> <p>Spinach and Cranberry Salad (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Pickles, Lettuce and Tomato (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p style="color: #00a0e3; font-weight: bold; font-size: 10px;">Fresh New York Apples (VE)</p> <p style="color: #00a0e3; font-weight: bold; font-size: 10px;">New York Cookie Treat (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Caesar Salad (V)</p>	<p>Vegetarian Chili (V) served over Baked Sweet Potato Waffle Fries (VE)</p> <p>Seasoned Bread Knot (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Fresh Diced Onion and Tomato (VE)</p>
National School Lunch Week				
Indigenous Peoples' Day 11	12	13	14	World Food Day 15
<p>Penne Pasta with Marinara (VE)</p> <p>Chickpea and Pimento Salad (VE)</p> <p>PIZZA (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Greek Zucchini Salad (VE)</p>	<p>Roasted Chicken Drumsticks</p> <p>Fresh Seasoned Green Beans (VE)</p> <p>Buttermilk Biscuit (V) Gravy (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Confetti Corn Salad</p>	<p>Teriyaki Chicken With Broccoli</p> <p>Rice Medley (VE)</p> <p>Orange Ginger Carrots (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Asian Slaw (VE)</p>	<p>New York Hamburgers & Cheeseburgers Deluxe</p> <p>Baked New York French Fries (VE)</p> <p style="color: #00a0e3; font-weight: bold; font-size: 10px;">Fresh New York Apples (VE)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Pickles, Lettuce and Tomato (VE)</p>	<p>Vegetable Quesadilla (V) served with Pico de Gallo (VE)</p> <p>Black Beans and Yellow Rice (V)</p> <p>Cilantro Slaw (VE)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Veggie Cup (VE)</p>
18	19	20	21	22
<p>Stuffed Shells (V)</p> <p>Marinated Bean Salad (V)</p> <p>PIZZA (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Spinach, Tomato & Roasted Red Pepper Salad (V)</p>	<p>BRUNCH BUFFET</p> <p>Waffles (V)</p> <p>Chicken Tenders</p> <p>Sweet Potato Home Fries (VE)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Cinnamon Apple Topping (VE)</p>	<p>Southwest Fish Sandwich served with Chipotle Ranch Dressing</p> <p>Street Style Corn (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Black Bean Salsa (VE)</p>	<p>Chicken Dumplings</p> <p>Rice Medley (VE)</p> <p>Fresh Teriyaki Green Beans (VE)</p> <p style="color: #00a0e3; font-weight: bold; font-size: 10px;">Fresh New York Apples (VE)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Orange Ginger Kale (VE)</p>	<p>Pasta Primavera (V)</p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Green Garden Salad (VE)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>White Bean Salad (VE)</p>
25	26	27	28	29
<p>Manicotti (V)</p> <p>Chickpea Salad (V)</p> <p>Pizza (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Broccoli and Cranberry Salad (VE)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Corn on the Cob (VE)</p> <p>Garlic Toast (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Carrot and Lemon Salad (VE)</p>	<p>Turkey Burger Deluxe Ciabatta Bread</p> <p>Spinach and Cranberry Salad (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Pickles, Lettuce and Tomato (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p style="color: #00a0e3; font-weight: bold; font-size: 10px;">Fresh New York Apples (VE)</p> <p style="color: #00a0e3; font-weight: bold; font-size: 10px;">New York Cookie Treat (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Caesar Salad (V)</p>	<p>Vegetarian Chili (V) served over Baked Sweet Potato Waffle Fries (VE)</p> <p>Seasoned Bread Knot (V)</p> <p style="color: #e91e63; font-weight: bold; font-size: 10px;">Eat Your Colors</p> <p>Fresh Diced Onion and Tomato (VE)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones



OCTOBER 2021: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1				
<p>Lunch Specials Offered Every Day</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus Grab & Go (VE) <p>Only Tuesday, Wednesday and Thursday</p> <ul style="list-style-type: none"> • Tuna or Turkey Sandwich <p>Only Monday and Friday</p> <ul style="list-style-type: none"> • Chickpea Wrap (V) 			 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Mozzarella Sticks (V) Marinara Dipping Sauce (VE)</p> <p>Superhero Spinach (V)</p> <p>Baked! Tostitos® Scoops® (VE)</p>
4	5	6	7	8
<p>Manicotti (V)</p> <p>PIZZA (V)</p> <p>Chickpea Salad (V)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Confetti Corn (VE)</p> <p>Garlic Toast (V)</p>	<p>Turkey Burger Deluxe</p> <p>Sautéed Spinach (V)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p>Fresh New York Apples (VE)</p> <p>New York Cookie Treat (V)</p>	<p>Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Waffle Fries (VE)</p>
National School Lunch Week				
Indigenous Peoples' Day 11	12	13	14	World Food Day 15
<p>Southwest Burrito (V)</p> <p>PIZZA (V)</p> <p>Three Bean Salad (V)</p>	<p>Roasted Chicken Drumsticks</p> <p>Mashed Potatoes with Gravy (V)</p> <p>Buttermilk Biscuit (V)</p>	<p>Teriyaki Chicken With Broccoli</p> <p>Rice Medley (VE)</p> <p>Orange Ginger Carrots (V)</p>	<p>New York Hamburgers & Cheeseburgers Deluxe</p> <p>Baked New York French Fries (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Vegetable Quesadilla (V) served with Pico de Gallo (VE)</p> <p>Black Beans and Yellow Rice (V)</p> <p>Cilantro Slaw (VE)</p>
18	19	20	21	22
<p>Stuffed Shells (V)</p> <p>PIZZA (V)</p> <p>Marinated Bean Salad (VE)</p>	<p>BRUNCH BUFFET</p> <p>Waffles (V)</p> <p>Chicken Tenders</p> <p>Sweet Potato Home Fries (VE)</p>	<p>Southwest Fish Sandwich served with Chipotle Ranch</p> <p>Street Style Corn (VE)</p> <p>Carrot Snackers (VE)</p>	<p>Chicken Dumplings</p> <p>Rice Medley (VE)</p> <p>Fresh Teriyaki Green Beans (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Mozzarella Sticks (V) Marinara Dipping Sauce (VE)</p> <p>Superhero Spinach (V)</p> <p>Baked! Tostitos® Scoops® (VE)</p>
25	26	27	28	29
<p>Manicotti (V)</p> <p>PIZZA (V)</p> <p>Chickpea Salad (V)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Confetti Corn (VE)</p> <p>Garlic Toast (V)</p>	<p>Turkey Burger Deluxe</p> <p>Sautéed Spinach (V)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p>Fresh New York Apples (VE)</p> <p>New York Cookie Treat (V)</p>	<p>Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Waffle Fries (VE)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK



OCTOBER 2021: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>Daily Lunch Specials</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus Grab & Go (VE) 			 <p style="font-size: small; margin: 5px 0;">EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Red, White and Green Pannini (V)</p> <p>Fresh Tomato Salad (VE)</p> <p>Rold Gold® Hartzels (V)</p>
4	5	6	7	8
<p>Green Garden Salad (VE)</p> <p>Chickpea Wrap (V)</p> <p>Confetti Corn Salad (VE)</p>	<p>Mediterranean Chicken Pasta Salads</p> <p>Balsamic Chickpeas (V)</p>	<p>Assorted Cold Sandwiches</p> <p>Broccoli Cranberry Salad (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Italian Green Bean Salad (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Crunchy Carrot Sticks (VE)</p>
11	12	13	14	15
<p>Green Garden Salad (VE)</p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p>	<p>Chicken Salad Sandwich</p> <p>Potato Salad (V)</p> <p>Pickle Chips (VE)</p>	<p>Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Corn, Peas and Carrots (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Red, White and Green Pannini (V)</p> <p>Fresh Tomato Salad (VE)</p> <p>Rold Gold® Hartzels (V)</p>
18	19	20	21	22
<p>Green Garden Salad (VE)</p> <p>Chickpea Wrap (V)</p> <p>Confetti Corn Salad (VE)</p>	<p>Mediterranean Chicken Pasta Salads</p> <p>Balsamic Chickpeas (V)</p>	<p>Assorted Cold Sandwiches</p> <p>Broccoli Cranberry Salad (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Italian Green Bean Salad (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Crunchy Carrot Sticks (VE)</p>
25	26	27	28	29
<p>Green Garden Salad (VE)</p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p>	<p>Chicken Salad Sandwich</p> <p>Potato Salad (V)</p> <p>Pickle Chips (VE)</p>	<p>Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Corn, Peas and Carrots (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Red, White and Green Pannini (V)</p> <p>Fresh Tomato Salad (VE)</p> <p>Rold Gold® Hartzels (V)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:




ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK



OCTOBER 2021: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1				
<p>Daily Lunch Specials</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus Grab & Go (VE) • 8 oz. Yogurt Grab & Go (V) • Chickpea Wrap (V) 			 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Pasta Primavera (V)</p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Superhero Spinach (V)</p> <p><i>Eat Your Colors</i> White Bean Salad</p>
4	5	6	7	8
<p>Manicotti (V)</p> <p>Chickpea Salad (V)</p> <p>Pizza (V)</p> <p><i>Eat Your Colors</i> Broccoli and Cranberry Salad (VE)</p>	<p>Veggie Tacos (V) on Soft Tortilla or Baked! Tostitos® Scoops® served with Salsa (V)</p> <p><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>	<p>Zesty Chickpea Stew (V)</p> <p>Slow Roasted Carrots (V)</p> <p>Flat Bread (V)</p> <p><i>Eat Your Colors</i> Fresh Marinated Vegetable Salad (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Baked French Fries (VE)</p> <p>Fresh New York Apples (VE)</p> <p>New York Cookie Treat (V)</p> <p><i>Eat Your Colors</i> Carrot and Lemon Salad (VE)</p>	<p>Vegetarian Chili (V) served over Baked Sweet Potato Waffle Fries (VE)</p> <p>Seasoned Bread Knot (V)</p> <p><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>
National School Lunch Week				
Indigenous Peoples' Day 11	12	13	14	World Food Day 15
<p>Penne Pasta with Marinara (V)</p> <p>Chickpea and Pimento Salad (VE)</p> <p>PIZZA (V)</p> <p><i>Eat Your Colors</i> Greek Zucchini Salad (VE)</p>	<p>Mashed Potato Bowl (V)</p> <p>Brooklyn Baked Beans (VE)</p> <p>Mashed Potatoes (V)</p> <p>Mixed Vegetables (VE)</p> <p>Buttermilk Biscuit (V)</p> <p><i>Eat Your Colors</i> Confetti Corn Salad (VE)</p>	<p>Southwest Burrito (V) Served with Salsa (VE)</p> <p>Sweet Potato Waffle Fries (VE)</p> <p><i>Eat Your Colors</i> Kid Friendly Kale (VE)</p>	<p>Red White and Green Panini (V)</p> <p>Seasoned Roasted Potato Wedges (V)</p> <p><i>Eat Your Colors</i> Celery and Apple Salad (V)</p>	<p>Vegetable Quesadilla (V) served with Pico de Gallo (VE)</p> <p>Black Beans and Yellow Rice (V)</p> <p>Cilantro Slaw (VE)</p> <p><i>Eat Your Colors</i> Veggie Cup (VE)</p>
18	19	20	21	22
<p>Stuffed Shells (V)</p> <p>Marinated Bean Salad (V)</p> <p>PIZZA (V)</p> <p><i>Eat Your Colors</i> Spinach, Tomato & Roasted Red Pepper Salad (V)</p>	<p>BRUNCH BUFFET (V)</p> <p>Waffles (V) Egg Omelets (V) Sweet Potato Home Fries (VE)</p> <p><i>Eat Your Colors</i> Cinnamon Apple Topping</p>	<p>Grilled Cheese (V)</p> <p>Roasted Grape Tomatoes (VE)</p> <p><i>Eat Your Colors</i> Caesar Salad (V)</p>	<p>Black Bean Rice Bowl (V)</p> <p>Sweet Plantains (VE)</p> <p>Pico de Gallo (VE)</p> <p><i>Eat Your Colors</i> Veggie Cup (VE)</p>	<p>Pasta Primavera (V)</p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Superhero Spinach (V)</p> <p><i>Eat Your Colors</i> White Bean Salad</p>
25	26	27	28	29
<p>Manicotti (V)</p> <p>Chickpea Salad (V)</p> <p>Pizza (V)</p> <p>New York Cookie Treat (V)</p> <p><i>Eat Your Colors</i> Broccoli and Cranberry Salad (VE)</p>	<p>Veggie Tacos (V) on Soft Tortilla or Baked! Tostitos® Scoops® served with Salsa (V)</p> <p><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>	<p>Zesty Chickpea Stew (V)</p> <p>Slow Roasted Carrots (V)</p> <p>Flat Bread (V)</p> <p><i>Eat Your Colors</i> Fresh Marinated Vegetable Salad (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Baked French Fries (VE)</p> <p>Fresh New York Apples (VE)</p> <p><i>Eat Your Colors</i> Carrot and Lemon Salad (VE)</p>	<p>Vegetarian Chili (V) served over Baked Sweet Potato Waffle Fries (VE)</p> <p>Seasoned Bread Knot (V)</p> <p><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p>	<p>OFFERED DAILY</p> <p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p> <p>(V) Indicates Vegetarian (VE) Indicates Vegan</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
--	--	---	---



OCTOBER 2021: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	CHICKEN	CULINARY	NEW YORK THURSDAY	VEGGIE
1				
<p>Lunch Specials Offered Every Day</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus Grab & Go (VE) <p><u>Only Tuesday, Wednesday and Thursday</u></p> <ul style="list-style-type: none"> • Tuna or Turkey Sandwich <p><u>Only Monday and Friday</u></p> <ul style="list-style-type: none"> • Southwest Burrito (V) • Chickpea Wrap (VE) 			 <p style="font-size: small; text-align: center; margin-top: 10px;"> EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN </p>	<p>Pasta Primavera (V)</p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Green Garden Salad (VE)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> White Bean Salad (VE)</p>
4	5	6	7	8
<p>Manicotti (V)</p> <p>Chickpea Salad (V)</p> <p>Pizza (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Broccoli and Cranberry Salad (VE)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Corn on the Cob (VE)</p> <p>Garlic Toast (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Carrot and Lemon Salad (VE)</p>	<p>Turkey Burger Deluxe Ciabatta Bread</p> <p>Spinach and Cranberry Salad (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Pickles, Lettuce and Tomato (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p style="color: #4caf50; font-size: small;">Fresh New York Apples (VE)</p> <p style="color: #4caf50; font-size: small;">New York Cookie Treat (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Caesar Salad (V)</p>	<p>Vegetarian Chili (V) served over Baked Sweet Potato Waffle Fries (VE)</p> <p>Seasoned Bread Knot (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>
National School Lunch Week				
Indigenous Peoples' Day 11	12	13	14	World Food Day 15
<p>Penne Pasta with Marinara (VE)</p> <p>Chickpea and Pimento Salad (VE)</p> <p>PIZZA (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Greek Zucchini Salad (VE)</p>	<p>Roasted Chicken Thighs</p> <p>Mashed Potatoes with Gravy (V)</p> <p>Fresh Seasoned Green Beans (VE)</p> <p>Buttermilk Biscuit (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Confetti Corn Salad</p>	<p>Teriyaki Chicken With Broccoli</p> <p>Rice Medley (VE)</p> <p>Orange Ginger Carrots (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Asian Slaw (VE)</p>	<p>New York Hamburgers & Cheeseburgers Deluxe</p> <p>Baked New York French Fries (VE)</p> <p style="color: #4caf50; font-size: small;">Fresh New York Apples (VE)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Pickles, Lettuce and Tomato (VE)</p>	<p>Vegetable Quesadilla (V) served with Pico de Gallo (VE)</p> <p>Black Beans and Yellow Rice (V)</p> <p>Cilantro Slaw (VE)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Veggie Cup (VE)</p>
18	19	20	21	22
<p>Stuffed Shells (V)</p> <p>Marinated Bean Salad (V)</p> <p>PIZZA (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Spinach, Tomato & Roasted Red Pepper Salad (V)</p>	<p>BRUNCH BUFFET</p> <p>Waffles (V)</p> <p>Chicken Tenders</p> <p>Sweet Potato Home Fries (VE)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Cinnamon Apple Topping (VE)</p>	<p>Southwest Fish Sandwich served with Chipotle Ranch Dressing</p> <p>Street Style Corn (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Black Bean Salsa (VE)</p>	<p>Chicken Dumplings</p> <p>Rice Medley (VE)</p> <p>Fresh Teriyaki Green Beans (VE)</p> <p style="color: #4caf50; font-size: small;">Fresh New York Apples (VE)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Orange Ginger Kale (VE)</p>	<p>Pasta Primavera (V)</p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Green Garden Salad (VE)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> White Bean Salad (VE)</p>
25	26	27	28	29
<p>Manicotti (V)</p> <p>Chickpea Salad (V)</p> <p>Pizza (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Broccoli and Cranberry Salad (VE)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Corn on the Cob (VE)</p> <p>Garlic Toast (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Carrot and Lemon Salad (VE)</p>	<p>Turkey Burger Deluxe Ciabatta Bread</p> <p>Spinach and Cranberry Salad (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Pickles, Lettuce and Tomato (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p style="color: #4caf50; font-size: small;">Fresh New York Apples (VE)</p> <p style="color: #4caf50; font-size: small;">New York Cookie Treat (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Caesar Salad (V)</p>	<p>Vegetarian Chili (V) served over Baked Sweet Potato Waffle Fries (VE)</p> <p>Seasoned Bread Knot (V)</p> <p style="color: #e91e63; font-size: small;"><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>

Milk*

1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan


OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2021: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>Daily Lunch Specials</i></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus Grab & Go (VE) 			 <p style="color: green; font-weight: bold; font-size: small;">EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Red, White and Green Panini (V)</p> <p>Fresh Tomato Salad (VE)</p> <p>Rold Gold® Hartzels (V)</p>
4	5	6	7	8
<p>Green Garden Salad (VE)</p> <p>Chickpea Wrap (V)</p> <p>Confetti Corn Salad (VE)</p>	<p>Mediterranean Chicken Pasta Salads</p> <p>Balsamic Chickpeas (V)</p>	<p>Assorted Cold Sandwiches</p> <p>Broccoli Cranberry Salad (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Italian Green Bean Salad (VE)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Crunchy Carrot Sticks (VE)</p>
Indigenous Peoples' Day 11	12	13	14	15
<p>Green Garden Salad (VE)</p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p>	<p>Chicken Salad Sandwich</p> <p>Potato Salad (V)</p> <p>Pickle Chips (VE)</p>	<p>Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Corn, Peas and Carrots (VE)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p>Red, White and Green Panini (V)</p> <p>Fresh Tomato Salad (VE)</p> <p>Rold Gold® Hartzels (V)</p>
18	19	20	21	22
<p>Green Garden Salad (VE)</p> <p>Chickpea Wrap (V)</p> <p>Confetti Corn Salad (VE)</p>	<p>Mediterranean Chicken Pasta Salads</p> <p>Balsamic Chickpeas (V)</p>	<p>Assorted Cold Sandwiches</p> <p>Broccoli Cranberry Salad (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Italian Green Bean Salad (VE)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Crunchy Carrot Sticks (VE)</p>
25	26	27	28	29
<p>Green Garden Salad (VE)</p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p>	<p>Chicken Salad Sandwich</p> <p>Potato Salad (V)</p> <p>Pickle Chips (VE)</p>	<p>Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Corn, Peas and Carrots (VE)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p>Red, White and Green Panini (V)</p> <p>Fresh Tomato Salad (VE)</p> <p>Rold Gold® Hartzels (V)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2021: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1				
<p>Lunch Specials Offered Every Day</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus Grab & Go (VE) <p>Only Tuesday, Wednesday and Thursday</p> <ul style="list-style-type: none"> • Tuna or Turkey Sandwich <p>Only Monday and Friday</p> <ul style="list-style-type: none"> • Chickpea Wrap (VE) 			 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Mozzarella Sticks (V) Marinara Dipping Sauce (VE)</p> <p>Superhero Spinach (V)</p> <p>Baked! Tostitos® Scoops® (VE)</p>
4	5	6	7	8
<p>Manicotti (V)</p> <p>PIZZA (V)</p> <p>Chickpea Salad (V)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Confetti Corn (VE)</p> <p>Garlic Toast (V)</p>	<p>Turkey Burger Deluxe</p> <p>Sautéed Spinach (V)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p>Fresh New York Apples (VE)</p> <p>New York Cookie Treat (V)</p>	<p>Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Waffle Fries (VE)</p>
National School Lunch Week				
Indigenous Peoples' Day 11	12	13	14	World Food Day 15
<p>Southwest Burrito (V)</p> <p>PIZZA (V)</p> <p>Three Bean Salad (V)</p>	<p>Roasted Chicken Drumsticks</p> <p>Mashed Potatoes with Gravy (V)</p> <p>Buttermilk Biscuit (V)</p>	<p>Teriyaki Chicken With Broccoli</p> <p>Rice Medley (VE)</p> <p>Orange Ginger Carrots (V)</p>	<p>New York Hamburgers & Cheeseburgers Deluxe</p> <p>Baked New York French Fries (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Vegetable Quesadilla (V) served with Pico de Gallo (VE)</p> <p>Black Beans and Yellow Rice (V)</p> <p>Cilantro Slaw (VE)</p>
18	19	20	21	22
<p>Stuffed Shells (V)</p> <p>PIZZA (V)</p> <p>Marinated Bean Salad (VE)</p>	<p>BRUNCH BUFFET</p> <p>Waffles (V)</p> <p>Chicken Tenders</p> <p>Sweet Potato Home Fries (VE)</p>	<p>Southwest Fish Sandwich served with Chipotle Ranch</p> <p>Street Style Corn (VE)</p> <p>Carrot Snackers (VE)</p>	<p>Chicken Dumplings</p> <p>Rice Medley (VE)</p> <p>Fresh Teriyaki Green Beans (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Mozzarella Sticks (V) Marinara Dipping Sauce (VE)</p> <p>Superhero Spinach (V)</p> <p>Baked! Tostitos® Scoops® (VE)</p>
25	26	27	28	29
<p>Manicotti (V)</p> <p>PIZZA (V)</p> <p>Chickpea Salad (V)</p> <p>New York Cookie Treat (V)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Confetti Corn (VE)</p> <p>Garlic Toast (V)</p>	<p>Turkey Burger Deluxe</p> <p>Sautéed Spinach (V)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Waffle Fries (VE)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2021: High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	CHICKEN	CULINARY	NEW YORK THURSDAY	VEGGIE

<p>Lunch Specials Offered Every Day</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus Grab & Go (VE) • Assorted Grab-n-Go Salads <p>Only Tuesday, Wednesday and Thursday</p> <ul style="list-style-type: none"> • Tuna or Turkey Sandwich <p>Only Monday and Friday</p> <ul style="list-style-type: none"> • Southwest Burrito (V) • Chickpea Wrap (VE) 			 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Pasta Primavera (V)</p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Green Garden Salad (VE)</p> <p><i>Eat Your Colors</i> White Bean Salad (VE)</p>
---	--	--	---	---

<p>Manicotti (V)</p> <p>Chickpea Salad (V)</p> <p>Pizza (V)</p> <p><i>Eat Your Colors</i> Broccoli and Cranberry Salad (VE)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Corn on the Cob (VE)</p> <p>Garlic Toast (V)</p> <p><i>Eat Your Colors</i> Carrot and Lemon Salad (VE)</p>	<p>Turkey Burger Deluxe <i>Ciabatta Bread</i></p> <p>Spinach and Cranberry Salad (V)</p> <p><i>Eat Your Colors</i> Pickles, Lettuce and Tomato (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p>Fresh New York Apples (VE)</p> <p>New York Cookie Treat (V)</p> <p><i>Eat Your Colors</i> Caesar Salad (V)</p>	<p>Vegetarian Chili (V) served over Baked Sweet Potato Waffle Fries (VE)</p> <p>Seasoned Bread Knot (V)</p> <p><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>
--	---	--	---	--

National School Lunch Week

Indigenous Peoples' Day 11	12	13	14	World Food Day 15
<p>Penne Pasta with Marinara (VE)</p> <p>Chickpea and Pimento Salad (VE)</p> <p>PIZZA (V)</p> <p><i>Eat Your Colors</i> Greek Zucchini Salad (VE)</p>	<p>Roasted Chicken Thighs</p> <p>Mashed Potatoes with Gravy (V)</p> <p>Fresh Seasoned Green Beans (VE)</p> <p>Buttermilk Biscuit (V)</p> <p><i>Eat Your Colors</i> Confetti Corn Salad</p>	<p>Teriyaki Chicken With Broccoli</p> <p>Rice Medley (VE)</p> <p>Orange Ginger Carrots (V)</p> <p><i>Eat Your Colors</i> Asian Slaw (VE)</p>	<p>New York Hamburgers & Cheeseburgers Deluxe</p> <p>Baked New York French Fries (VE)</p> <p>Fresh New York Apples (VE)</p> <p><i>Eat Your Colors</i> Pickles, Lettuce and Tomato (VE)</p>	<p>Vegetable Quesadilla (V) served with Pico de Gallo (VE)</p> <p>Black Beans and Yellow Rice (V)</p> <p>Cilantro Slaw (VE)</p> <p><i>Eat Your Colors</i> Veggie Cup (VE)</p>

18	19	20	21	22
<p>Stuffed Shells (V)</p> <p>Marinated Bean Salad (V)</p> <p>PIZZA (V)</p> <p><i>Eat Your Colors</i> Spinach, Tomato & Roasted Red Pepper Salad (V)</p>	<p>BRUNCH BUFFET</p> <p>Waffles (V)</p> <p>Chicken Tenders</p> <p>Sweet Potato Home Fries (VE)</p> <p><i>Eat Your Colors</i> Cinnamon Apple Topping (VE)</p>	<p>Southwest Fish Sandwich served with Chipotle Ranch Dressing</p> <p>Street Style Corn (V)</p> <p><i>Eat Your Colors</i> Black Bean Salsa (VE)</p>	<p>Chicken Dumplings</p> <p>Rice Medley (VE)</p> <p>Fresh Teriyaki Green Beans (VE)</p> <p>Fresh New York Apples (VE)</p> <p><i>Eat Your Colors</i> Orange Ginger Kale (VE)</p>	<p>Pasta Primavera (V)</p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Green Garden Salad (VE)</p> <p><i>Eat Your Colors</i> White Bean Salad (VE)</p>

25	26	27	28	29
<p>Manicotti (V)</p> <p>Chickpea Salad (V)</p> <p>Pizza (V)</p> <p><i>Eat Your Colors</i> Broccoli and Cranberry Salad (VE)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Corn on the Cob (VE)</p> <p>Garlic Toast (V)</p> <p><i>Eat Your Colors</i> Carrot and Lemon Salad (VE)</p>	<p>Turkey Burger Deluxe <i>Ciabatta Bread</i></p> <p>Spinach and Cranberry Salad (V)</p> <p><i>Eat Your Colors</i> Pickles, Lettuce and Tomato (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p>Fresh New York Apples (VE)</p> <p>New York Cookie Treat (V)</p> <p><i>Eat Your Colors</i> Caesar Salad (V)</p>	<p>Vegetarian Chili (V) served over Baked Sweet Potato Waffle Fries (VE)</p> <p>Seasoned Bread Knot (V)</p> <p><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit


Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2021: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
			EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Vegetarian Chili (V) served over Baked Sweet Potato Waffle Fries (VE) Seasoned Bread Knot (V)
4	5	6	7	8
Stuffed Shells (V) Seasoned Broccoli (V)	BRUNCH BUFFET (V) Waffles (V) Egg Omelets (V) Sweet Potato Home Fries (VE)	Southwest Fish Sandwich served with Chipotle Ranch Dressing Black Bean Salsa (VE)	Chicken Dumplings Fresh Teriyaki Green Beans (VE) Fresh New York Apples (VE)	Vegetarian Quesadilla (V) served with Salsa Cup (VE) Green Garden Salad (VE)

National School Lunch Week

Indigenous Peoples' Day 11	12	13	14	World Food Day 15
Manicotti (V) Creamed Spinach (V) Garlic Toast (V)	Roasted Chicken Buttermilk Biscuit (V) Mashed Potatoes (V)	Turkey Burger Deluxe Chickpea Salad (V)	New York Beef Hamburgers & Cheeseburgers Baked Sweet Potato Waffle Fries (V) Fresh New York Apples (VE)	Vegetarian Chili (V) served with Pico de Gallo (VE) Black Beans and Yellow Rice (V) Cilantro Slaw (VE)
18	19	20	21	22
Stuffed Shells (V) Seasoned Broccoli (V)	BRUNCH BUFFET (V) Waffles (V) Egg Omelets (V) Sweet Potato Home Fries (VE)	Southwest Fish Sandwich served with Chipotle Ranch Dressing Black Bean Salsa (VE)	Chicken Dumplings Fresh Teriyaki Green Beans (VE) Fresh New York Apples (VE)	Vegetarian Quesadilla (V) served with Salsa Cup (VE) Green Garden Salad (VE)
25	26	27	28	29
Manicotti (V) Creamed Spinach (V) Garlic Toast (V)	Roasted Chicken Buttermilk Biscuit (V) Mashed Potatoes (V)	Turkey Burger Deluxe Chickpea Salad (V)	New York Beef Hamburgers & Cheeseburgers Healthy Cole Slaw (V) Fresh New York Apples (VE)	Vegetarian Chili (V) served over Baked Sweet Potato Waffle Fries (VE) Seasoned Bread Knot (V)

BREAKFAST

LUNCH

<p>Cold Cereal Choices Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Cheerios</p> <p>Bagel Bar An Assortment of Bagel Varieties & Spreads including Hummus, Peanut Butter, Cream Cheeses and Jelly</p> <p>Daily Egg Sandwich Plain Egg Omelet with Cheese on a Soft Bun, English Muffin, Croissant or Buttermilk Biscuit</p> <p><small>*Alternative options are available upon request</small></p>	<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p>Yogurt Granola Craisins Raisins</p> <p>Seasonal Fresh Fruit Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p>	<p>Entree Alternatives • Peanut Butter & Jelly*(VE) • Cheese Sandwich (V) • Hummus Grab & Go (VE)</p> <p>Grab and Go Salads Popular Varieties of Salads Deliciously Blending Protein, Veggies & Grains (No meat available on Monday or Friday)</p> <p>Daily Wrap & Sandwich Choices (No meat available on Monday) Various Meats, Cheeses & Vegetables in Sandwiches & Wraps</p>	<p>Daily Hot Entrees</p> <p>Pizza</p> <p>Southwest Burrito</p> <p>Chicken Tenders (No meat available on Monday and Friday) Baked Mozzarella Sticks and Mac -n- Cheese on Monday and Friday</p> <p>Daily Veggie French Fries (VE)</p> <p>Seasonal Fresh Fruit</p> <p>Milk*</p>	<p>Assorted Condiments Dipping Sauces and Dressings are Available Daily</p> <p>(V) Indicates Vegetarian (VE) Indicates Vegan</p> <p>OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;">  </div>
---	--	--	---	--



OCTOBER 2021: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
				1	
Daily Lunch Specials					
<ul style="list-style-type: none"> • Hummus Grab & Go (VE) • 8 oz. Yogurt (V) • Tuna 					
			 <p style="font-size: small; text-align: center; margin-top: 5px;"> EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN </p>		8
4	5	6	7	8	
Manicotti (V) Broccoli With Garlic & Oil (V) <i>Fruit Offering</i> Bananas (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Fish & Cheese Sandwich Chickpea Salad (V) <i>Fruit Offering</i> Pears (VE)	Ranch Chicken Tenders Soft Cooked Rotini (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Peaches (VE)	Caribbean Style Beef Patty Soft Roll (VE) Mashed Potatoes (V) <i>Fruit Offering</i> Apple Sauce (VE)	
Indigenous Peoples' Day 11	12	13	14	15	
Stuffed Shells (V) Broccoli With Garlic & Oil (V) <i>Fruit Offering</i> Bananas (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Turkey Burger Mashed Potatoes (V) <i>Fruit Offering</i> Pears (V)	Italian Chicken Tenders Soft Cooked Rotini (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Peaches (VE)	Macaroni and Cheese (V) Chickpea Salad (V) <i>Fruit Offering</i> Apple Sauce (VE)	
18	19	20	21	22	
Manicotti (V) Broccoli With Garlic & Oil (V) <i>Fruit Offering</i> Bananas (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Fish & Cheese Sandwich Chickpea Salad (V) <i>Fruit Offering</i> Pears (VE)	Ranch Chicken Tenders Soft Cooked Rotini (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Peaches (VE)	Caribbean Style Beef Patty Soft Roll (VE) Mashed Potatoes (V) <i>Fruit Offering</i> Apple Sauce (VE)	
25	26	27	28	29	
Stuffed Shells (V) Broccoli With Garlic & Oil (V) <i>Fruit Offering</i> Bananas (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Turkey Burger Mashed Potatoes (V) <i>Fruit Offering</i> Pears (V)	Italian Chicken Tenders Soft Cooked Rotini (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Peaches (VE)	Macaroni and Cheese (V) Chickpea Salad (V) <i>Fruit Offering</i> Apple Sauce (VE)	

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Pears, Grapes,
Peaches, Plums,
Nectarines, Cantaloupes,
Honeydew,
and Watermelon

OFNS has an extensive
Prohibitive Ingredients List
available at:



Available Daily Upon Request: Other Transitional, Thick Puree or Thin Puree



OCTOBER 2021: Early Childhood Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>Daily Lunch Specials</i></p> <ul style="list-style-type: none"> • Toasted Cheese (V) • Hummus Grab & Go (V) • 8 oz. Yogurt (V) • Tuna 			 <p style="color: green; font-size: small;">EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p style="text-align: center;">Baked Mozzarella Sticks (V) with Marinara Dipping Sauce</p> <p style="text-align: center;">Steamed Broccoli (VE)</p> <p style="text-align: center;">Milk (V) Flavored Apple Sauce (V)</p>
4	5	6	7	8
<p style="text-align: center;">PIZZA (V)</p> <p>Garlicky Green Beans (VE)</p> <p style="text-align: center;">Milk (V) Sliced Peaches (VE)</p>	<p style="text-align: center;">Crispy Chicken Tenders</p> <p>Mashed Potatoes (V)</p> <p style="text-align: center;">Milk (V) Diced Pears (V)</p>	<p style="text-align: center;">Manicotti (V)</p> <p>Steamed Carrots (VE)</p> <p style="text-align: center;">Milk (V) Apple Sauce (V)</p>	<p style="text-align: center;">Turkey Burger</p> <p>Baked French Fries (VE)</p> <p style="text-align: center;">Milk (V) Fresh Banana (VE)</p>	<p style="text-align: center;">Mac-n-Cheese (V)</p> <p>Warm Dinner Roll (V)</p> <p>Steamed Broccoli (VE)</p> <p style="text-align: center;">Milk (V) Flavored Apple Sauce (V)</p>
Indigenous Peoples' Day 11	12	13	14	15
<p style="text-align: center;">PIZZA (V)</p> <p>Garlicky Green Beans (VE)</p> <p style="text-align: center;">Milk (V) Sliced Peaches (VE)</p>	<p style="text-align: center;">Sliced Turkey with Gravy</p> <p>Soft Roll (V)</p> <p>Mashed Potatoes (V)</p> <p style="text-align: center;">Milk (V) Diced Pears (V)</p>	<p style="text-align: center;">Grilled Cheese Sandwich (V)</p> <p>Steamed Carrots (VE)</p> <p style="text-align: center;">Milk (V) Apple Sauce (V)</p>	<p style="text-align: center;">New York Hamburgers & Cheeseburgers</p> <p style="color: green; font-size: small;">Baked New York French Fries (V)</p> <p style="text-align: center;">Milk (V) Fresh Banana (VE)</p>	<p style="text-align: center;">Vegetarian Quesadilla (V)</p> <p>Hot Confetti Corn (V)</p> <p style="text-align: center;">Milk (V) Flavored Apple Sauce (V)</p>
18	19	20	21	22
<p style="text-align: center;">PIZZA (V)</p> <p>Garlicky Green Beans (VE)</p> <p style="text-align: center;">Milk (V) Sliced Peaches (VE)</p>	<p style="text-align: center;">Crispy Chicken Tenders</p> <p>Mashed Potatoes (V)</p> <p style="text-align: center;">Milk (V) Diced Pears (V)</p>	<p style="text-align: center;">Fish and Cheese Sandwich</p> <p>Corn, Peas and Carrots (VE)</p> <p style="text-align: center;">Milk (V) Apple Sauce (V)</p>	<p style="text-align: center;">Stuffed Shells (V)</p> <p>Steamed Carrots (VE)</p> <p style="text-align: center;">Milk (V) Fresh Banana (VE)</p>	<p style="text-align: center;">Baked Mozzarella Sticks (V) with Marinara Dipping Sauce</p> <p style="text-align: center;">Steamed Broccoli (VE)</p> <p style="text-align: center;">Milk (V) Flavored Apple Sauce (V)</p>
25	26	27	28	29
<p style="text-align: center;">PIZZA (V)</p> <p>Garlicky Green Beans (VE)</p> <p style="text-align: center;">Milk (V) Sliced Peaches (VE)</p>	<p style="text-align: center;">Crispy Chicken Tenders</p> <p>Mashed Potatoes (V)</p> <p style="text-align: center;">Milk (V) Diced Pears (V)</p>	<p style="text-align: center;">Manicotti (V)</p> <p>Steamed Carrots (VE)</p> <p style="text-align: center;">Milk (V) Apple Sauce (V)</p>	<p style="text-align: center;">Turkey Burger</p> <p>Baked French Fries (VE)</p> <p style="text-align: center;">Milk (V) Fresh Banana (VE)</p>	<p style="text-align: center;">Mac-n-Cheese (V)</p> <p>Warm Dinner Roll (V)</p> <p>Steamed Broccoli (VE)</p> <p style="text-align: center;">Milk (V) Flavored Apple Sauce (V)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:



PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available for youngsters 12 to 24 months. Formula is to be provided by the parent.



OCTOBER 2021: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2-Oct	9-Oct	16-Oct	23-Oct	30-Oct
Assorted Cold Sandwiches Ranch Carrot Snacker (V) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches Confetti Corn Salad (V) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches Marinated Green Beans (V) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches Ranch Carrot Snacker (V) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches Confetti Corn Salad (V) Fresh Fruit (VE) Milk (V)

OFFERED DAILY

Milk*
 1% Low-fat
 Fat Free
 Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
 (VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
 Oranges, Pears, Grapes,
 Peaches, Plums,
 Nectarines, Cantaloupes,
 Honeydew,
 and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2021: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2-Oct	9-Oct	16-Oct	23-Oct	30-Oct
<p>Turkey Burger Deluxe</p> <p>Baked Sweet Potato Waffle Fries</p> <p>Fresh Fruit Milk</p>	<p>Baked Mozzarella Sticks (V) with Marinara Dipping Sauce</p> <p>Baked Broccoli</p> <p>Fresh Fruit Milk</p>	<p>Grilled Cheese Sandwich</p> <p>French Fries</p> <p>Fresh Fruit Milk</p>	<p>Turkey Burger Deluxe</p> <p>Baked Sweet Potato Waffle Fries</p> <p>Fresh Fruit Milk</p>	<p>Baked Mozzarella Sticks (V) with Marinara Dipping Sauce</p> <p>Baked Broccoli</p> <p>Fresh Fruit Milk</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit


Apples, Apple Slices,
Oranges, Pears, Grapes,
Peaches, Plums,
Nectarines, Cantaloupes,
Honeydew,
and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2021: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
			EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	(2) Ranch Carrot Snackers (V) Milk (V)
4	5	6	7	8
Animal Crackers (V) Milk (V)	Land O'Lakes® Cheddar Cheese Stick (V) 100% Fruit Juice & Fresh Fruit (VE)	Rold Gold® Hartzels (VE) Hummus Cup (VE) 100% Fruit Juice & Fresh Fruit (VE)	Baked! Tostitos® Scoops® (VE) 100% Fruit Juice & Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Milk (V)
Indigenous Peoples' Day 11	12	13	14	15
Hummus Cup (VE) Whole Wheat Crackers (VE) Milk (V)	Land O'Lakes® Colby Cheese Stick (V) 100% Fruit Juice & Fresh Fruit (VE)	Animal Crackers (V) Milk (V)	Baked! Tostitos® Scoops® (VE) Salsa Cup (VE) Milk (V)	Upstate Farms® Yogurt (V) 100% Fruit Juice & Raisins (VE)
18	19	20	21	22
Honey Graham Biscuits (V) Milk (V)	Land O'Lakes® Mozzarella Cheese Stick (V) 100% Fruit Juice & Fresh Fruit (VE)	Upstate Farms® Yogurt (V) 100% Fruit Juice & Craisins (VE)	Rold Gold® Hartzels (VE) Milk (V)	(2) Ranch Carrot Snackers (V) Milk (V)
25	26	27	28	29
Animal Crackers (V) Milk (V)	Land O'Lakes® Cheddar Cheese Stick (V) 100% Fruit Juice & Fresh Fruit (VE)	Rold Gold® Hartzels (VE) Hummus Cup (VE) 100% Fruit Juice & Fresh Fruit (VE)	Baked! Tostitos® Scoops® (VE) 100% Fruit Juice & Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Milk (V)

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

All Fruit Offerings are 1 cup
If Juice is served there must ALSO be a Fruit

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2021: After School Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (V) • Cheese Sandwich (V) • Hummus Grab & Go (VE) 			<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p style="text-align: center;">Green Garden Salad (VE)</p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p style="text-align: center;">Ranch Carrot Sticks (V)</p>
4	5	6	7	8
<p>Red, White and Green Pannini (V)</p> <p>Fresh Tomato Salad (VE)</p> <p>Rold Gold® Hartzels (V)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Corn, Peas and Carrots (VE)</p>	<p style="text-align: center;">Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p style="text-align: center;">Chicken Salad Sandwich</p> <p>Potato Salad (V)</p> <p>Pickle Chips (VE)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Green Garden Salad (VE)</p> <p>Chickpea Wrap (V)</p> <p>Confetti Corn Salad (VE)</p>
Indigenous Peoples' Day 11	12	13	14	15
<p>Superhero Spinach Wrap (V)</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Italian Green Bean Salad (VE)</p>	<p style="text-align: center;">Assorted Cold Sandwiches</p> <p>Broccoli Cranberry Salad (VE)</p>	<p style="text-align: center;">Mediterranean Chicken Pasta Salads</p> <p>Balsamic Chickpeas (V)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Green Garden Salad (VE)</p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p style="text-align: center;">Ranch Carrot Sticks (V)</p>
18	19	20	21	22
<p>Red, White and Green Pannini (V)</p> <p>Fresh Tomato Salad (VE)</p> <p>Rold Gold® Hartzels (V)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Corn, Peas and Carrots (VE)</p>	<p style="text-align: center;">Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p style="text-align: center;">Chicken Salad Sandwich</p> <p>Potato Salad (V)</p> <p>Pickle Chips (VE)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Green Garden Salad (VE)</p> <p>Chickpea Wrap (V)</p> <p>Confetti Corn Salad (VE)</p>
25	26	27	28	29
<p>Superhero Spinach Wrap (V)</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Italian Green Bean Salad (VE)</p>	<p style="text-align: center;">Assorted Cold Sandwiches</p> <p>Broccoli Cranberry Salad (VE)</p>	<p style="text-align: center;">Mediterranean Chicken Pasta Salads</p> <p>Balsamic Chickpeas (V)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Green Garden Salad (VE)</p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p style="text-align: center;">Ranch Carrot Sticks (V)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2021: After School Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Daily Supper Specials • Peanut Butter & Jelly* (V) • Cheese Sandwich (V) • Hummus Grab & Go (VE)			EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	PIZZA (V) Green Garden Salad (VE) Fresh Fruit (VE) Milk (V)
	4	5	6	7
Southwest Burrito (V) Served with Salsa Cup (VE) Baked! Tostitos® Scoops® (VE) Confetti Corn (VE) Fresh Fruit (VE) Milk (V)	Fish & Cheese Sandwich Seasoned Roasted Potato Wedges (VE) Fresh Fruit (VE) Milk (V)	Mozzarella Sticks (V) Marinara Sauce (VE) Superhero Spinach (V) Fresh Fruit (VE) Milk (V)	Chicken Tenders Baked Sweet Potato Wedge Fries (VE) Dinner Roll (V) Fresh Fruit (VE) Milk (V)	PIZZA (V) Green Garden Salad (VE) Fresh Fruit (VE) Milk (V)
Indigenous Peoples' Day 11	12	13	14	15
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Chicken Dumplings Fresh Seasoned Green Beans (VE) Fresh Fruit (VE) Milk (V)	Caribbean Style Beef Patty Baked French Fries (VE) Fresh Fruit (VE) Milk (V)	Manicotti (V) Dinner Roll (VE) Baked Broccoli (V) Fresh Fruit (VE) Milk (V)	PIZZA (V) Green Garden Salad (VE) Fresh Fruit (VE) Milk (V)
18	19	20	21	22
Mac-n-Cheese (V) Roasted Zucchini (V) Garlic Knot (V) Fresh Fruit (VE) Milk (V)	BBQ Chicken Drumstick Buttermilk Biscuit (V) Seasoned Roasted Potato Wedges (VE) Fresh Fruit (VE) Milk (V)	New York Hamburgers & Cheeseburgers Deluxe Baked French Fries (VE) Fresh Fruit (VE) Milk (V)	Hot Sliced Turkey Served with Gravy Mashed Potatoes (V) Warm Dinner Roll (VE) Fresh Fruit (VE) Milk (V)	PIZZA (V) Green Garden Salad (VE) Fresh Fruit (VE) Milk (V)
25	26	27	28	29
Southwest Burrito (V) Served with Salsa Cup (VE) Baked! Tostitos® Scoops® (VE) Confetti Corn (VE) Fresh Fruit (VE) Milk (V)	Fish & Cheese Sandwich Seasoned Roasted Potato Wedges (VE) Fresh Fruit (VE) Milk (V)	Mozzarella Sticks (V) Marinara Sauce (VE) Superhero Spinach (V) Fresh Fruit (VE) Milk (V)	Chicken Tenders Baked Sweet Potato Wedge Fries (VE) Dinner Roll (V) Fresh Fruit (VE) Milk (V)	PIZZA (V) Green Garden Salad (VE) Fresh Fruit (VE) Milk (V)

OFFERED DAILY

Milk*
 1% Low-fat
 Fat Free
 Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
 Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
 (VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2021: After School Early Childhood Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
			EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Land O'Lakes® Cheese Stick (V) Apple Sauce (VE)
4	5	6	7	8
Multigrain Cheerios (VE) Milk (V)	Upstate Farms® Yogurt Choice (V) Diced Peaches (VE)	Whole Wheat Crackers (V) Milk (VE)	Fresh Banana (VE) Milk (V)	Land O'Lakes® Cheese Stick (V) Apple Sauce (VE)
Indigenous Peoples' Day 11	12	13	14	15
Multigrain Cheerios (VE) Milk (V)	Upstate Farms® Yogurt Choice (V) Diced Peaches (VE)	Whole Wheat Crackers (V) Milk (VE)	Fresh Banana (VE) Milk (V)	Land O'Lakes® Cheese Stick (V) Apple Sauce (VE)
18	19	20	21	22
Multigrain Cheerios (VE) Milk (V)	Upstate Farms® Yogurt Choice (V) Diced Peaches (VE)	Whole Wheat Crackers (V) Milk (VE)	Fresh Banana (VE) Milk (V)	Land O'Lakes® Cheese Stick (V) Apple Sauce (VE)
25	26	27	28	29
Multigrain Cheerios (VE) Milk (V)	Upstate Farms® Yogurt Choice (V) Diced Peaches (VE)	Whole Wheat Crackers (V) Milk (VE)	Fresh Banana (VE) Milk (V)	Land O'Lakes® Cheese Stick (V) Apple Sauce (VE)

Milk*
 1% Low-fat
 Fat Free
 Whole Milk

OFNS Menu Support
 Seasonal Fresh Fruit and
 Vegetables
 when available

*Alternative options are available upon request

(V) Indicates Vegetarian
 (VE) Indicates Vegan

OFNS has an extensive Prohibitive Ingredients List available at:



PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available for youngsters 12 to 24 months. Formula is to be provided by the parent.