

### **DECEMBER 2023: Pre-K - 8 Breakfast Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)  Fresh New York Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.			Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
4	5	6	7	8
Banana Muffin (V)  Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Tasty Waffles (V)  Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V)  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (V)  Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
11	12	13	14	15
Blueberry Muffin (V)  Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V)  Colby Cheese Stick (V)  Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping (V)  Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
18	19	20	21	22
Honey Corn Breakfast Bread (V)  Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V)  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Egg and Cheese (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Banana Muffin (V)  Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Tasty Waffles (V)  Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V)  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (V)  Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)

### Milk

1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request

Breakfast After the Bell **Grab and Go** 

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

### OFFERED DAILY

Options may vary by location **Cold Cereal Choices** 

### **Shredded Wheat**

Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)

#### **Seasonal Fresh Fruit** Apples, Apple Slices, Blueberries, Grapes, **Grapefruit, Nectarines** Oranges, Pears, Bananas,

Strawberries, and Watermelon (VE) **Condiments** Syrup (VE)

#### OFNS has an extensive **Prohibitive Ingredients List**



#### **ATTENTION:**

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey

• Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products







Monday	Tuesday	Wednesday	Thursday	Friday
				1
Fresh New York  Bagel Assortment  Cinnamon Raisin (VE) Plain (VE) Fresh New York  Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE) Breakfast Bar Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (V) Assorted Yogurts (V) Raisins (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.			Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
4	5	6	7	8
Banana Muffin (V)  Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Tasty Waffles (V)  Breakfast Bar  Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V)  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
11	12	13	14	15
Blueberry Muffin (V)  Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V)  Colby Cheese Stick (V)  Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping (V)  Breakfast Bar  Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
18	19	20	21	22
Honey Corn Breakfast Bread (V)  Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Egg and Cheese (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Banana Muffin (V)  Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Tasty Waffles (V)  Breakfast Bar  Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V)  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

Breakfast After the Bell Grab and Go

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

### **OFFERED DAILY**

Options may vary
by location

Cold Cereal Choices
Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)
Cinnamon Flakes (VE)

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)
Condiments

Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List



#### **ATTENTION:**

Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
 Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products







DECEMBER	2023:	<b>Breakfast</b>	<b>Express</b>	Menu
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Monday	Tuesday	Wednesday	Thursday	Friday
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WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	OF THE WYORK			Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
4	5	6	7	8
Honey Cheerios (V)  Honey Graham Cracker (V) or Animal Crackers (V)  Applesauce (VE)	Blueberry Muffin (V)  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
11	12	13	14	15
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V)  Colby Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Frosted Mini Wheats  Honey Graham Cracker (V)  Strawberry Banana Applesauce (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
18	19	20	21	22
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Honey Cheerios (V)  Honey Graham Cracker (V) or Animal Crackers (V)  Applesauce (VE)	Blueberry Muffin (V)  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)

Milk 1% Low-fat (V) Fat Free (V)

Fat Free Chocolate (V)
Alternative options are
available upon request

Breakfast After the Bell Grab and Go

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

### OFFERED DAILY

Options may vary by location

Cold Cereal Choices
Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)
Cinnamon Flakes (VE)

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)
Condiments
Syrup (VE)

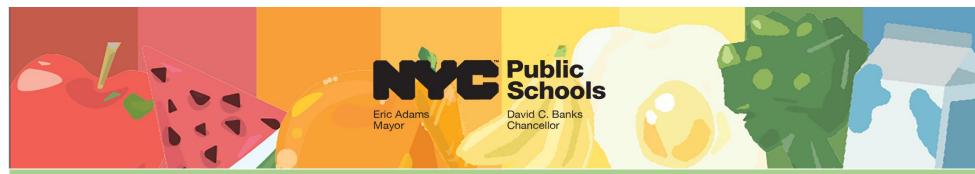
OFNS has an extensive Prohibitive Ingredients List



#### **ATTENTION:**

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
  - Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



Monday	Tuesday	Wednesday	Thursday	Friday
				1
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	OF OR TO			Banana Muffin (V)  Yogurt Choice (V)  Hot Oatmeal (VE)  Fruit Offering  Apple Sauce (VE)
4	5	6	7	8
Blueberry Muffin (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  Fruit Offering Flavored Apple Sauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering  Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V)  Yogurt Choice (V)  Hot Oatmeal (VE)  Fruit Offering  Apple Sauce (VE)
11	12	13	14	15
Blueberry Muffin (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  Fruit Offering Flavored Apple Sauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering  Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V)  Yogurt Choice (V)  Hot Oatmeal (VE)  Fruit Offering  Apple Sauce (VE)
18	19	20	21	22
Blueberry Muffin (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  Fruit Offering Flavored Apple Sauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V)  Yogurt Choice (V)  Hot Oatmeal (VE)  Fruit Offering  Apple Sauce (VE)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Blueberry Muffin (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  Fruit Offering Flavored Apple Sauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering  Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V)  Yogurt Choice (V)  Hot Oatmeal (VE)  Fruit Offering  Apple Sauce (VE)

### <u>Milk</u>

1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)

Alternative options are available upon request

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)
Condiments

Syrup (VE)

### **OFFERED DAILY**

Options may vary by location

Cold Cereal Choices
Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)
Cinnamon Flakes (VE)

#### **Assorted Yogurts**

Alternate Fruit
Peaches, Pineapples
Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List



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

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• Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



### **DECEMBER 2023: Infant - Toddler Breakfast Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	OR TOP OF THE PROPERTY OF THE			Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)  Hot Oatmeal (VE)  Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
4	5	6	7	8
Banana Muffin (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit or Diced Pineapples (VE)	Tasty Waffles (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit or Flavored Applesauce (VE)	Sweet Potato Oatmeal Muffin (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit or	Buttermilk Pancakes (V)  Hot Oatmeal (V)  Assorted Fruits and Applesauce (VE)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)  Hot Oatmeal (VE)
Milk (V)	Milk (V)	Sliced Peaches (VE) Milk (V)	Milk (V)	Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
11	12	13	14	15
Blueberry Muffin (V)	Cinnamon Burst Pancakes (V)	Apple Cinnamon Breakfast Bread (V)	French Toast Sticks (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	` , , , , , , , , , , , , , , , , , , ,
Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Hot Oatmeal (VE)  Seasonal Fresh Fruit  or Diced Pears (VE)  Milk (V)
18	19	20	21	22
Yogurt Choice (V)  Hot Oatmeal (V)	Mini Blueberry Waffles (V)	Zucchini Carrot Breakfast Bread (V)	Whole Grain Croissant With Egg and Cheese (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)
. ,	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (VE)
Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Banana Muffin (V)  Hot Oatmeal (V)	Tasty Waffles (V)  Hot Oatmeal (V)	Sweet Potato Oatmeal Muffin (V)	Buttermilk Pancakes (V)  Hot Oatmeal (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)
Sassanal Erach Erwit or Diag-	` ,	Hot Oatmeal (V)	Assorted Fruits and	Hot Oatmeal (VE)
Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Assorted Fruits and Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
		OFFERED DAILY		OENS has an extensive
Mills	Seasonal Fresh Fruit		Options may vary	OFNS has an extensive Prohibitive Ingredients List

#### Seasonal Fresh Fruit <u>Milk</u>

Alternative options are available upon request

Whole Milk (V)

(V) Indicates Vegetarian (VE) Indicates Vegan

Apple Slices, Blueberries, Oranges, Mandarins, and Bananas (VE)

**Other Fruits** Apple Sauce, Sliced Peaches, **Diced Pears, Pineapples** 

**Cold Cereal Choices Multi-Grain Oats (VE)** Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)

Options may vary by location

**Assorted Yogurts** 

**Condiments** Syrup (VE)



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





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Monday	Tuesday	Wednesday	Thursday	Friday
Monady	raccaay	Wounday	maroday	Tilday
Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)  Fresh New York Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.			Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
4	5	6	7	8
Banana Muffin (V)  Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V)  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
11	12	13	14	15
Blueberry Muffin (V)  Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V)  Colby Cheese Stick (V)  Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
18	19	20	21	22
Honey Corn Breakfast Bread (V)  Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Egg and Cheese (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Banana Muffin (V)  Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Tasty Waffles (V)  Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V)  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)

Milk

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are
available upon request

Breakfast After the Bell Grab and Go

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

### OFFERED DAILY

Options may vary
by location

Cold Cereal Choices

Multi-Grain Oats (VE)

Toasted Oats (VE)

Oat Circles (VE)

Cinnamon Flakes (VE)

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)
Condiments

Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List



#### **ATTENTION:**

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey

• Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



### DECEMBER 2023: Pre-K - 8 Lunch Menu

Manday	Tuesday	Wednesday	Thursday.	Cui al est
Monday	Tuesday	Wednesday	Thursday	Friday
dav				
				TI D 01 111 (1/E)
				Three Bean Chili (VE) with or without Cheese (V)
				Seasoned Wedge Fries (VE
***************************************				
VEW 7				Honey Corn Bread (V)
				Crispy Tortillas (VE)
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN,				Served with Salsa (VE)
HARVESTED OR				Southwest Burrito (V)
PRODUCED FOOD. ALL NEW YORK ITEMS				Salad Bar
ARE HIGHLIGHED IN GREEN.			_	Fresh Tomato Salad (V)
4	5	6	7	
				_ ,
				Roasted Adobo Chickpeas (VE)*
	Socomo Voggio		BBQ Chicken Melt	Sofrito Rice (VE)*
	Sesame Veggie Nuggets (VE)	White Bean and Pasta Primavera (VE)	On Ciabatta Bread	` '
French Bread Pizza (V)		Pasta Pilliavera (VE)	Grab & Go Salad	Fresh Cilantro Healthy Coleslaw (V)
Garlicky Green Bean (VE)	Chicken Dumplings	Mozzarella Sticks (V)		Sweet Plantains (VE)
	Ginger Carrots (V)	with marinara sauce (VE)	Seasoned Wedge Fries (VE)	
	Pineapple Rice Medley (V)*	Crispy Broccoli (V)		Southwest Burrito (V)
	., .,			New York Cookie Treat (V
Salad Bar Balsamic Chickpea Salad (V)	Salad Bar Asian Red Cabbage Slaw (V)	<i>Salad Bar</i> Kale Caesar Salad (V)	Salad Bar Marinated Bean Salad (VE)	Salad Bar Mixed Greens Salad (V)
11	12	` '	14	. ,
				Rajma (VE)
				served with Naan (VE)
	Fiesta Quesadilla (V)	Crispy		Kachumber Salad <sup>*</sup>
	Toolses Osses dille	Chicken Bites	Chicken Thighs with	(Spiced Cucumber
Sicilian Slice Pizza (V)	Turkey Quesadilla	With Dipping Sauce	Peach BBQ Sauce	and Tomato Salad) (VE)
Green Garden Salad (VE)	Street Style Corn (V)	Grab & Go Salad	Jollof Cauliflower (V)*	Veggie Nuggets (VE)
	Crispy Tortillas (VE)	Honey Butternut Squash (V)	Dinner Roll (V)	Dipping Sauce
	Served with Salsa (VE) and Guacamole (VE)	Garlic Knot (V)	New York Cookie Treat (V)	Heart Shaped Pretzels (VE)
	. ,	Curilo Kilot (V)	New York Gookle Treat (V)	` '
Salad Bar	Salad Bar Spinach, Tomato,	Salad Bar	Salad Bar	Salad Bar Roasted Broccoli & Cauliflow
White Bean Salad (VE)	Red Pepper Salad (V)	Classic Potato Salad (V)	Carrot Raisin Salad (V)	(VE)
18	19	20	21	
	Veggie Burger (VE)			
	Veggie Cheeseburger (V)	<u>Plastic Free</u>		Three Bean Chili (VE)
	Whole Wheat Bun	<u>Lunch Day</u>	International Roasted	with or without Cheese (V
	Turkey Burger	Pad White and Green	Chicken Drumsticks	Seasoned Wedge Fries (VE
Pizza by the Slice (V)	Turkey Cheeseburger	Red White and Green Panini (V)	Grab & Go Salad	
Kid Friendly Kale Salad (V)	Whole Wheat Bun	, ,	Confetti Corn (VE)	Honey Corn Bread (V)
<b>,</b>	Sweet Potato Waffle Fries (VE)	Caribbean Style Beef Patty	Buttermilk Biscuit (V)	Crispy Tortillas (VE) Served with Salsa (VE)
	` '	Ť	Buttermiik biscuit (V)	` '
	Baked Beans (VE)	Baby Carrots (VE)		Southwest Burrito (V)
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Broccoli Salad (V) Winter Recess 25	Pickles, Lettuce and Tomato (VE)  Winter Recess 26	Veggie Dipper (VE) Winter Recess 27	Lemon Arugula Salad (V) Winter Recess 28	Fresh Tomato Salad (V) Winter Recess
William Recess 20	William Recoss 20	William Recess 27	Willel Recess 20	Willer Recess
				Roasted Adobo
				Chickpeas (VE)*
	Sesame Veggie	White Bean and	BBQ Chicken Melt On Ciabatta Bread	Sofrito Rice (VE)*
French Bread Pizza (V)	Nuggets (VE)	Pasta Primavera (VE)	On Clabatta Bread	Fresh Cilantro
, <i>,</i>	Chicken Dumplings	Mozzarella Sticks (V)	Grab & Go Salad	Healthy Coleslaw (V)
Garlicky Green Bean (VE)	Ginger Carrots (V)	with marinara sauce (VE)	Seasoned Wedge Fries (VE)	Sweet Plantains (VE)
		Crispy Broccoli (V)		Southwest Burrito (V)
	Pineapple Rice Medley (V)*			` '
Salad Bar	Salad Bar	Salad Bar	Salad Bar	New York Cookie Treat (V Salad Bar
Balsamic Chickpea Salad (V)	Asian Red Cabbage Slaw (V)	Kale Caesar Salad (V)	Marinated Bean Salad (VE)	Mixed Greens Salad (V)
<u>/////////////////////////////////////</u>	Tuesday  • Peanut Butter and/or Sunflower		Thursday • Peanut Butter and/or	Friday • Peanut Butter and/or
	- Camilo II Ci		Sunflower Seed Butter &	Sunflower Seed Butter & Jelly (VE)
	Seed Butter &			TAUV AVIET
lelly (VE)	Seed Butter & Jelly (VE) • Hummus Grab & Go (V)		Jelly (VE) • Hummus Grab & Go (V)	• Hummus Lunch Pack (VE)
lelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese	Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese	Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese	<ul><li>Hummus Grab &amp; Go (V)</li><li>Hot or Cold Cheese</li></ul>	<ul><li>Hummus Lunch Pack (VE)</li><li>Assorted Vegan Wraps (VE)</li></ul>
Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Assorted Vegetarian	Jelly (VE) • Hummus Grab & Go (V)	Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V)	• Hummus Grab & Go (V)	• Hummus Lunch Pack (VE)
Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich  ATTENTION:	Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V)	<ul><li>Hummus Grab &amp; Go (V)</li><li>Hot or Cold Cheese</li><li>Sandwich (V)</li></ul>	<ul> <li>Hummus Lunch Pack (VE)</li> <li>Assorted Vegan Wraps (VE)</li> <li>Hot or Cold Cheese</li> <li>Sandwich (V)</li> </ul> OFNS has an extensive
Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Assorted Vegetarian	Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V)	<ul><li>Hummus Grab &amp; Go (V)</li><li>Hot or Cold Cheese</li><li>Sandwich (V)</li></ul>	<ul><li>Hummus Lunch Pack (VE)</li><li>Assorted Vegan Wraps (VE)</li><li>Hot or Cold Cheese</li><li>Sandwich (V)</li></ul>

Chicken Patty
Chicken Bites

**Chicken with Bones** 

Pre-K Chicken Choices
Chicken Tenders

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available When available Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)

Prohibitive Ingredients Lis available at:

\* Recipes created in collaboration with OFNS and the Chef Council

Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
 Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

Fat Free (V)
Fat Free Chocolate (V)

Alternative options are available upon request



### **DECEMBER 2023: Pre-K - 8 Express Cold Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	5	6	7	Italian Veggie Grab & Go Salad (VE)  Italian Marinated Cucumber Salad (VE)  Heart Shaped Pretzels (VE)
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Crispy Tortillas (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE)  Fresh Cilantro Healthy Coleslaw (V)  New York Cookie Treat (V)
11	12	13	14	15
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) Pinto Bean Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
18	19	20	21	22
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce  Marinated Bean Salad (VE)  Lemon Arugula Salad (V)	Superhero Spinach Wrap (V) Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE)  Italian Marinated Cucumber Salad (VE)  Heart Shaped Pretzels (VE)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Crispy Tortillas (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE)  Fresh Cilantro Healthy Coleslaw (V)  New York Cookie Treat (V)
Jelly (VE)	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich  ATTENTION:	Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Cheese Sandwich (V)  OFNS has an extensive

**All Pre-K Students CANNOT** be Offered Chocolate Milk **Chocolate Chip Cookies or Chicken with Bones** 

**Pre-K Chicken Choices Chicken Tenders Chicken Patty Chicken Bites** 

**OFNS Menus Support Seasonal Fresh Fruit and** Vegetables when available

**Seasonal Fresh Fruit** Apples, Apple Slices, Blueberries, Grapes, **Grapefruit, Nectarines** Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)

#### **OFNS** has an extensive **Prohibitive Ingredients List**



\* Recipes created in collaboration with OFNS and the Chef Council

- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

<u>Milk</u>

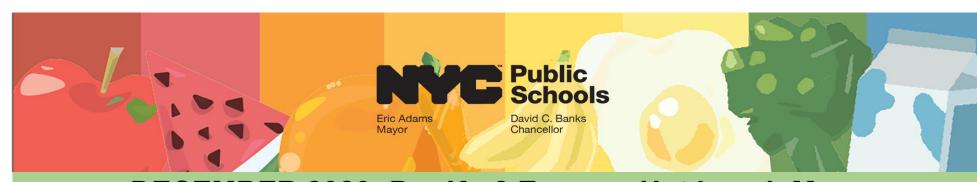
1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are

available upon request



### **DECEMBER 2023: Pre-K - 8 Express Hot Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Thurs Boar Obili (VE)
				Three Bean Chili (VE)
				Seasoned Wedge Fries (VE)
NEW 10				Honey Corn Bread (V)
WE PROUDLY SUPPORT				Homemade Grilled Cheese (V)
GROWN, HARVESTED OR				Crispy Tortillas (VE)
PRODUCED FOOD. ALL NEW YORK ITEMS				Served with Salsa (VE)
ARE HIGHLIGHED IN GREEN.	5	6	7	8
				Roasted Adobo Chickpeas (VE)*
Sigilian Sliga Dizza (V)	Chicken Dumplings	Mozzarella Sticks (V)		. , ,
Sicilian Slice Pizza (V)	Pineapple Rice Medley (V)*	with marinara sauce (VE)	BBQ Chicken Sliders	Sofrito Rice (VE)*
Garlicky Green Bean (VE)	Ginger Carrots (V)	Crispy Broccoli (V)	Home Fries (VE)	Plantains (VE)
	omgor ourrote (t)	Marinated White Beans (VE)		Southwest Burrito (V)
				New York Cookie Treat (V)
11	12	13	14	15
				Kidney Bean
		Crispy		Rajma (VE)
Sicilian Slice Pizza (V)	Hamburgers	Chicken Bites	Chicken Thighs with Peach BBQ Sauce	served with Naan (VE)
Parmigiana Spinach (V)	Cheeseburgers Whole Wheat Bun	Honey Butternut Squash (V)	Jollof Cauliflower (V)*	Crispy Broccoli (V)
Hot Bean Salad (VE)	Seasoned Wedge Fries (VE)	Garlic Knot (V)	Dinner Roll (V)	Three Cheese Grilled Cheese (V)
		Crispy Tortillas (VE) Served with Salsa (VE)		Heart Shaped
				Pretzels (VE)
18	19	20	21	22
				Three Bean Chili (VE)
	Turkey Burger Turkey Cheeseburger		International Roasted	Seasoned Wedge Fries (VE)
Sicilian Slice Pizza (V)	Whole Wheat Bun	Caribbean	Chicken Drumsticks	Honey Corn Bread (V)
December 17 control (ME)	Crisp Sweet Potato	Style Beef Patty	Confetti Corn (VE)	Homemade
Roasted Zucchini (VE)	Waffle Fries (VE)	Sauteed Spinach (VE)	Buttermilk Biscuit (V)	Grilled Cheese (V)
	Baked Beans (VE)			Crispy Tortillas (VE) Served with Salsa (VE)
No.		NP 4 5		
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
				Roasted Adobo Chickpeas (VE)*
0: ::: 0!: 5: 40	Chicken Dumplings	Mozzarella Sticks (V)		Cilickpeas (VE)
Sicilian Slice Pizza (V)	Pineapple Rice Medley (V)*	with marinara sauce (VE)	BBQ Chicken Sliders	Sofrito Rice (VE)*
Garlicky Green Bean (VE)	Ginger Carrots (V)	Crispy Broccoli (V)	Home Fries (VE)	Plantains (VE)
	5go. canoto (*)	Marinated White Beans (VE)		Southwest Burrito (V)
				New York Cookie Treat (V)
Monday • Peanut Butter and/or	Tuesday • Peanut Butter and/or	Wednesday • Peanut Butter and/or	Thursday • Peanut Butter and/or	Friday • Peanut Butter and/or
Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter &	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)
Hummus Grab & Go (V)     Hot or Cold Cheese	• Hummus Grab & Go (V) • Hot or Cold Cheese	Hummus Grab & Go (V)     Hot or Cold Cheese		Hummus Lunch Pack (VE)     Assorted Vegan Wraps (VE)
Sandwich (V)  Assorted Vegetarian	Sandwich (V) Tuna Sandwich	Sandwich (V) Tuna Sandwich	Sandwich (V)  Tuna Sandwich	Hot or Cold Cheese Sandwich (V)
Wraps (V)		Tana Canawich	Tana Sanawich	Southwest Burrito (V)
	ATTENTION: All Pre-K Students CANNOT			OFNS has an extensive

Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)

Pre-K Chicken Choices Alternative options are available upon request

**All Pre-K Students CANNOT** be Offered Chocolate Milk **Chocolate Chip Cookies or Chicken with Bones** 

**Chicken Tenders Chicken Patty Chicken Bites** 

**OFNS Menus Support** Seasonal Fresh Fruit and Vegetables when available

**Seasonal Fresh Fruit** Apples, Apple Slices, Blueberries, Grapes, **Grapefruit, Nectarines** Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)



\* Recipes created in collaboration with OFNS and the Chef Council

- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

Menu subject to change. Our menus are pork free.



### **DECEMBER 2023: Puree Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<ul> <li>Daily Lunch Specials</li> <li>Hummus and Soft Roll (VE)</li> <li>8 oz. Yogurt (V)</li> <li>Tuna</li> <li>Options may vary by location</li> </ul>	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	OR TON		Manicotti (V)  Marinated White Beans (VE)  Fruit Offering Bananas (VE)
4	5	6	7	8
Fish & Cheese Sandwich  Broccoli With Garlic & Oil (VE)  Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE)  Fruit Offering Peaches (VE)	Italian Chicken Tenders  Soft Cooked Penne (VE)  Roasted Cauliflower (VE)  Fruit Offering  Apple Sauce (VE)	Manicotti (V)  Marinated White Beans (VE)  Fruit Offering Bananas (VE)
11	12	13	14	15
Braised Tuna with Tomato Sauce  Broccoli With Garlic & Oil (VE)  Soft Roll (VE)  Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE)  Fruit Offering Peaches (VE)	Ranch Chicken Tenders  Soft Cooked Penne (VE)  Roasted Cauliflower (VE)  Fruit Offering  Apple Sauce (VE)	Manicotti (V)  Marinated White Beans (VE)  Fruit Offering Bananas (VE)
18	19	20	21	22
Fish & Cheese Sandwich  Broccoli With Garlic & Oil (VE)  Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich  Sweet Plantains (VE)  Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Honey Butternut Squash (V)  Fruit Offering Peaches (VE)	Italian Chicken Tenders  Soft Cooked Penne (VE)  Roasted Cauliflower (VE)  Fruit Offering  Apple Sauce (VE)	Manicotti (V)  Marinated White Beans (VE)  Fruit Offering Bananas (VE)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Braised Tuna with Tomato Sauce  Broccoli With Garlic & Oil (VE)  Soft Roll (VE)  Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Honey Butternut Squash (V)  Fruit Offering Peaches (VE)	Ranch Chicken Tenders  Soft Cooked Penne (VE)  Roasted Cauliflower (VE)  Fruit Offering  Apple Sauce (VE)	Manicotti (V)  Marinated White Beans (VE)  Fruit Offering Bananas (VE)
				OFNS has an extensive

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)

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,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List



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





### **DECEMBER 2023: Infant - Toddler Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>6</b>			1
• Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (VE) • 4 oz. Yogurt (V)	WE PROUDLY SUPPORT			Veggie Burger (V) Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or
Tuna Sandwich     Options may vary by location	LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.			Flavored Applesauce (VE) Milk (V)
4	5	6	7	8
French Bread Pizza (V)  Garlicky Green Bean (VE)  Seasonal Fresh Fruit or Applesauce (VE)  Milk (V)	Steamed Chicken Dumplings  Steamed Carrot Coins (VE)  Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Steamed Broccoli (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Tenders and Waffles Home Fries (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Homemade Grilled Cheese (VE) Seasoned Chickpeas (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
11	12	13	14	15
Sicilian Slice Pizza (V)  Steamed Broccoli (VE)  Seasonal Fresh Fruit or Applesauce (VE)	Soft Turkey Taco  Black Bean Salsa (VE)  Seasonal Fresh Fruit or Diced Pears (VE)	Chicken Bites with Dipping Sauce  Honey Butternut Squash (V)  Seasonal Fresh Fruit or Diced Pineapples (VE)	Hamburger, Cheeseburger or Whole Wheat Bun  Seasoned Wedge Fries (VE)  Seasonal Fresh Fruit or	Veggie Nuggets (VE) with Dipping Sauce Italian Marinated Cucumber Salad (VE) Seasonal Fresh Fruit or
Milk (V)	Milk (V)	Milk (V)	Sliced Peaches (VE) Milk (V)	Flavored Applesauce (VE) Milk (V)
18	19	20	21	22
Pizza by the Slice (V)  Seasoned Pinto Beans (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Turkey Burger Whole Wheat Bun  Steamed Carrot Coins (VE)  Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Caribbean Style Beef Patty  Steamed Green Bean (VE)  Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Sliders  Steamed Broccoli (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Burger (V)  Seasoned Wedge Fries (VE)  Seasonal Fresh Fruit or Flavored Applesauce (VE)  Milk (V)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
French Bread Pizza (V)  Garlicky Green Bean (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Steamed Chicken Dumplings  Steamed Carrot Coins (VE)  Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Steamed Broccoli (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Tenders and Waffles Home Fries (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Homemade Grilled Cheese (VE) Seasoned Chickpeas (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)

## Milk\* Whole Milk (V)

\*Alternative options are available upon request

#### ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk Chocolate Chip Cookies or Chicken with Bones

# OFNS Menus Support Seasonal Fresh Fruit and Ma Vegetables

### Seasonal Fresh Fruit

Apple Slices, Oranges, Mandarins, and Bananas (VE)

### Other Fruits Apple Sauce, Sliced Peaches,

Apple Sauce, Sliced Peaches, Diced Pears, Pineapples (VE)

### OFNS has an extensive Prohibitive Ingredients List



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

when available

Consistencies upon request: puree, mashed and finely chopped.

\* Recipes created in collaboration with OFNS and the Chef Council

- **Vegan Item (VE)**: A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

O.F.N.S. TIFOOD



## DECEMBER 2023: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
QE ON				Three Bean Chili (VE) with or without Cheese (V)
				Seasoned Wedge Fries (VE)
The state of the s				Honey Corn Bread (V)
WE PROJULY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR				Crispy Tortillas (VE) Served with Salsa (VE)
PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.				Salad Bar Diced Onions and Tomatoes (VE)
4	5	6	7	8
	Teriyaki Veggie Nuggets (VE)	White Bean and		Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)*
French Bread Pizza (V)	Grab & Go Salad	Pasta Primavera (VE)	Red White and Green Panini (V)	Fresh Cilantro
Garlicky Green Bean (VE)	Ginger Carrots (V)	Mozzarella Sticks (V) with marinara sauce (VE)	Seasoned Wedge Fries (VE)	Healthy Coleslaw (V)
	Pineapple Rice Medley (V)*	Crispy Broccoli (V)	Balsamic Chickpea	Sweet Plantains (VE)
			Salad (V)	Southwest Burrito (V)
Salad Bar Balsamic Chickpea Salad (V)	Salad Bar Asian Red Cabbage Slaw (V)	Salad Bar Kale Caesar Salad (V)	Salad Bar Marinated Bean Salad (VE)	New York Cookie Treat (V)  Salad Bar  Mixed Greens Salad (V)
11	12	13	14	15
	Big City Bean Taco (VE)  Grab & Go Salad			Kidney Bean Rajma (VE) served with Naan (VE)
Sicilian Slice Pizza (V)	Roasted Fresh Tomatoes (VE)	Black Bean and Plantain Power Bowl (VE) with Cilantro Rice (VE)	Manicotti (V) with Marinara Sauce (VE) Superhero Spinach (VE)	Kachumber Salad (VE)* (Spiced Cucumber and Tomato Salad)
Green Garden Salad (VE)	Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE)	and Pico de Gallo (VE)  Hot Confetti Corn (VE)	Green Garden Salad (VE)	Heart Shaped Pretzels (VE)
<i>Salad Bar</i> White Bean Salad (VE)	Salad Bar Spinach, Tomato, Red Pepper Salad (V)	Salad Bar Classic Potato Salad (V)	<i>Salad Bar</i> Carrot Raisin Salad (V)	Salad Bar Roasted Broccoli & Cauliflower (VE)
18	19	20	21	22
	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun	Plastic Free	Zucchini Parmigiana (V)	Three Bean Chili (VE) with or without Cheese (V)
Pizza by the Slice (V)	Baked Beans (VE)	Lunch Day	Grab & Go Salad	Seasoned Wedge Fries (VE)
Kid Friendly Kale Salad (V)	Fresh Cilantro Healthy	Quesadillas (VE)	Spaghetti Marinara (VE)	Honey Corn Bread (V)
	Coleslaw (V)	Baby Carrots (VE)	Basil Corn Salad (VE)	Crispy Tortillas (VE) Served with Salsa (VE)
Salad Bar	Salad Bar Pickles, Lettuce	Salad Bar	Salad Bar Italian Marinated	Salad Bar Diced Onions
Broccoli Salad (V) Winter Recess 25	and Tomato (VE) Winter Recess 26	Veggie Dipper Winter Recess 27	Cucumber Salad (VE) Winter Recess 28	and Tomatoes (VE) Winter Recess 29
viillei Necess 25	Teriyaki	willer Recess 27	vviiller Recess 28	Roasted Adobo
	Veggie Nuggets (VE)	White Bean and Pasta Primavera (VE)	Pad White and Orean	Chickpeas (VE)*
French Bread Pizza (V)	Grab & Go Salad	,	Red White and Green Panini (V)	Sofrito Rice (VE)*
Garlicky Green Bean (VE)	Ginger Carrots (V)	Mozzarella Sticks (V) with marinara sauce (VE)	Seasoned Wedge Fries (VE)	Fresh Cilantro Healthy Coleslaw (V)
	Pineapple Rice Medley (V)*	Crispy Broccoli (V)	Balsamic Chickpea Salad (V)	Sweet Plantains (VE)  Southwest Burrito (V)
Salad Bar Balsamic Chickpea Salad (V)	Salad Bar Asian Red Cabbage Slaw (V)	Salad Bar Kale Caesar Salad (V)	Salad Bar Marinated Bean Salad (VE)	New York Cookie Treat (V)  Salad Bar
Monday • Peanut Butter and/or	<u>Tuesday</u> • Peanut Butter and/or	<u>Wednesday</u> • Peanut Butter and/or	Peanut Butter and/or	<u>Friday</u> • Peanut Butter and/or
Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)		Sunflower Seed Butter & Jelly (VE)
Hummus Grab & Go (V)     Hot or Cold Cheese	Hummus Grab & Go (V)     Hot or Cold Cheese	Hummus Grab & Go (V)     Hot or Cold Cheese	• Hummus Grab & Go (V)	Hummus Lunch Pack (VE)     Assorted Vegan Wraps (VE)

### OFFERED DAILY

Hot or Cold Cheese

Chickpea Wrap (V)

Sandwich (V)

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

Hot or Cold Cheese

Assorted Vegetarian

Sandwich (V)

Wraps (V)

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Hot or Cold Cheese

Chickpea Wrap (V)

Sandwich (V)

Assorted Dressings

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)

Hot or Cold Cheese

Chickpea Wrap (V)

Sandwich (V)

OFNS has an extensive Prohibitive Ingredients List

Assorted Vegan Wraps (VE)

Hot or Cold Cheese

Southwest Burrito (V)

Sandwich (V)



\* Recipes created in collaboration with OFNS and the Chef Council

• **Vegan Item (VE)**: A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey

• Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

O.F.N.S. Office of Food & Nutrition Services

Menu subject to change.
Our menus are pork free.



DECEMBED COOK		
DECEMBER 2023:	J. H.S. & Middle School	I I iinch Menii

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Monday	Tuesday	Wednesday	Thursday	Friday
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				The Dec. (0.11) (0.15)
	dow			Three Bean Chili (VE) with or without Cheese (V)
				, ,
	OF SET ON			Seasoned Wedge Fries (VE)
				Honey Corn Bread (V)
				a.=
WE PROUBLY OURDON	10			Crispy Tortillas (VE) Served with Salsa (VE)
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN,	VEW !			· ·
HARVESTED OR				Southwest Burrito (V)
PRODUCED FOOD. ALL NEW YORK ITEMS				Salad Bar
ARE HIGHLIGHED IN GREEN.				Fresh Tomato Salad (V)
4	5	6	7	8
				Roasted Adobo
				Chickpeas (VE)*
	Sesame Veggie	White Bean and	BBQ Chicken Melt	Sofrito Rice (VE)*
French Bread Pizza (V)	Nuggets (VE)	Pasta Primavera (VE)	On Ciabatta Bread	Fresh Cilantro
Treffell breau Fizza (V)	Chicken Dumplings		Grab & Go Salad	Healthy Coleslaw (V)
Garlicky Green Bean (VE)	Chicken Dumplings	Mozzarella Sticks (V)		Sweet Plantains (VE)
Frozen Fruit Ice (VE)	Ginger Carrots (V)	with marinara sauce (VE)	Seasoned Wedge Fries (VE)	oweet riantains (VL)
110201111411100 (12)		Crispy Broccoli (V)		Southwest Burrito (V)
	Pineapple Rice Medley (V)*			New York Cookin Treet (10
Salad Bar	Salad Bar	Salad Bar	Salad Bar	New York Cookie Treat (V)  Salad Bar
Balsamic Chickpea Salad(V)	Asian Red Cabbage Slaw (V)	Kale Caesar Salad (V)	Marinated Bean Salad (VE)	Mixed Greens Salad (V)
11	12	13	14	15
				Kidney Bean
				Rajma (VE)
				served with Naan (VE)
	Fiesta Quesadilla (V)	Crispy		Kachumber Salad <sup>*</sup>
	Turkov Ougodilla	Chicken Bites	Chicken Thighs with	(Spiced Cucumber
Sicilian Slice Pizza (V)	Turkey Quesadilla	With Dipping Sauce	Peach BBQ Sauce	and Tomato Salad) (VE)
Olcillati Olice Pizza (V)	Street Style Corn (V)	Grab & Go Salad	Jollof Cauliflower (V)*	Veggie Nuggets (VE)
Green Garden Salad (VE)	Criony Tortillos (VE)		D. D. H.40	Dipping Sauce
	Crispy Tortillas (VE) Served with Salsa (VE)	Honey Butternut Squash (V)	Dinner Roll (V)	Southwest Burrito (V)
	and Guacamole (VE)	Garlic Knot (V)	New York Cookie Treat (V)	Heart Shaped
	Colod Dov			Pretzels (VE)
Salad Bar	Salad Bar Spinach, Tomato,	Salad Bar	Salad Bar	Salad Bar Roasted Broccoli & Cauliflower
White Bean Salad (VE)	Red Pepper Salad (V)	Classic Potato Salad (V)	Carrot Raisin Salad (V)	(VE)
18	19	20	21	22
	Voggio Burgor (VE)			
	Veggie Burger (VE) Veggie Cheeseburger (V)			
	Whole Wheat Bun	<u>Plastic Free</u>		Three Bean Chili (VE)
		<u>Lunch Day</u>	International Roasted	with or without Cheese (V)
	Turkey Burger		Chicken Drumsticks	Second Medea Fries (VE)
Pizza by the Slice (V)	Turkey Cheeseburger Whole Wheat Bun	Red White and Green	Grab & Go Salad	Seasoned Wedge Fries (VE)
1 122a by the once (v)	Whole Wheat Ball	Panini (V)	Grab a Go Garad	Honey Corn Bread (V)
Kid Friendly Kale Salad (V)	Sweet Potato	Caribbean Style Beef	Confetti Corn (VE)	Crispy Tortillas (VE)
	Waffle Fries (VE)	Patty	Buttermilk Biscuit (V)	Served with Salsa (VE)
	Baked Beans (VE)	•		· ·
	Solod Por	Baby Carrots (VE)		Southwest Burrito (V)
Salad Bar	Salad Bar Pickles, Lettuce	Salad Bar	Salad Bar	Salad Bar
Broccoli Salad (V)	and Tomato (VE)	Veggie Dipper (VE)	Lemon Arugula Salad (V)	Fresh Tomato Salad (V)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
				Roasted Adobo
				Chickpeas (VE)*
	Consume Value		BBQ Chicken Melt	Sofrito Rice (VE)*
	Sesame Veggie Nuggets (VE)	White Bean and	On Ciabatta Bread	` '
French Bread Pizza (V)	Huggets (VE)	Pasta Primavera (VE)		Fresh Cilantro
Carlialas Organ Barro (1/5)	Chicken Dumplings	Mozzarella Sticks (V)	Grab & Go Salad	Healthy Coleslaw (V)
Garlicky Green Bean (VE)		with marinara sauce (VE)	Seasoned Wedge Fries (VE)	Sweet Plantains (VE)
Frozen Fruit Ice (VE)	Ginger Carrots (V)	, ,	_ ,	Southwest Purrits (1)
	Pineapple Rice Medley (V)*	Crispy Broccoli (V)		Southwest Burrito (V)
				New York Cookie Treat (V)
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Balsamic Chickpea Salad(V)	Asian Red Cabbage Slaw (V)	Kale Caesar Salad (V)	Marinated Bean Salad (VE)	Mixed Greens Salad (V)
Monday • Peanut Butter and/or	Tuesday  • Peanut Butter and/or	Wednesday • Peanut Butter and/or	Thursday • Peanut Butter and/or	<u>Friday</u> • Peanut Butter and/or
Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &
Jelly (VE)  • Hummus Grab & Go (V)	Jelly (VE) • Hummus Grab & Go (V)	Jelly (VE) • Hummus Grab & Go (V)	Jelly (VE) • Hummus Grab & Go (V)	Jelly (VE) • Hummus Lunch Pack (VE)
<ul> <li>Hot or Cold Cheese Sandwich</li> </ul>	Hot or Cold Cheese Sandwich	Hot or Cold Cheese Sandwich	Hot or Cold Cheese Sandwich	Assorted Vegan Wraps (VE)
(V)	(V)	(V)	(V)	<ul> <li>Hot or Cold Cheese Sandwich</li> </ul>
<ul><li>Assorted Vegetarian Wraps (V)</li></ul>	• Tuna Sandwich	• Tuna Sandwich	• Tuna Sandwich	(V)
	ATTENTION:			
	All Pre-K Students CANNOT be			OFNS has an extensive
Milk	Offered Chocolate Milk Chocolate Chip Cookies or		Seasonal Fresh Fruit	Prohibitive Ingredients List available at:
1% Low-fat (V)	Chicken with Bonce	OFNS Menus Support Seasonal	Apples, Apple Slices,	a valiable at.

1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are

available upon request

**Chicken with Bones** 

**Pre-K Chicken Choices** Chicken Tenders Chicken Patty Chicken Bites

**OFNS Menus Support Seasonal** Fresh Fruit and Vegetables when available

Apples, Apple Slices, Blueberries, Grapes, **Grapefruit, Nectarines** Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)



\* Recipes created in collaboration with OFNS and the Chef Council

• Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey

• Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



<b>DECEMBER 2023: High School Lunch Men</b>	ıu
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		20. High ocho		
Monday	Tuesday	Wednesday	Thursday	Friday
dra.				1
				Three Bean Chili (VE)
OF ON				with or without Cheese (V)
ROMA *				Seasoned Wedge Fries (VE)
*				- , ,
VEW 40				Honey Corn Bread (V)
				Crispy Tortillas (VE)
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN,				Served with Salsa (VE)
HARVESTED OR				Southwest Burrito (V)
PRODUCED FOOD. ALL NEW YORK ITEMS				Salad Bar
ARE HIGHLIGHED IN GREEN.				Fresh Tomato Salad (VE)
4	5	6	7	3
				Roasted Adobo
				Chickpeas (VE)*
	Sesame Veggie	White Bean and	BBQ Chicken Melt	Sofrito Rice (VE)*
French Bread Pizza (V)	Nuggets (VE)	Pasta Primavera (VE)	On Ciabatta Bread	Fresh Cilantro
` ,	Chicken Dumplings	Mozzarella Sticks (V)	Grab & Go Salad	Healthy Coleslaw (V)
Garlicky Green Bean (VE)		with marinara sauce (VE)	Seasoned Wedge Fries (VE)	Sweet Plantains (VE)
	Ginger Carrots (V)	Crispy Broccoli (V)		Southwest Burrito (V)
	Pineapple Rice Medley (V)*	Crispy Broccoli (V)		` '
Salad Bar	Salad Bar	Salad Bar	Salad Bar	New York Cookie Treat (V)  Salad Bar
Balsamic Chickpea Salad(V)	Asian Red Cabbage Slaw (V)	Kale Caesar Salad (V)	Marinated Bean Salad (VE)	Mixed Greens Salad (V)
11	12	13	14	
				Kidney Bean
				Rajma (VE) served with Naan (VE)
	Fiesta Quesadilla (V)	Criony		
	Tioota Quoodama (1)	Crispy Chicken Bites	Chicken Thighs with	Kachumber Salad* (Spiced Cucumber
0: III 0II B: 40	Turkey Quesadilla	With Dipping Sauce	Peach BBQ Sauce	and Tomato Salad) (VE)
Sicilian Slice Pizza (V)	Street Style Corn (V)	Grab & Go Salad	Jollof Cauliflower (V)*	Veggie Nuggets (VE)
Green Garden Salad (VE)	Crispy Tortillas (VE)			Dipping Sauce
	Served with Salsa (VE)	Honey Butternut Squash (V)	Dinner Roll (V)	Southwest Burrito (V)
	and Guacamole (VE)	Garlic Knot (V)	New York Cookie Treat (V)	Heart Shaped
	Salad Bar			Pretzels (VE) Salad Bar
Salad Bar White Bean Salad (VE)	Spinach, Tomato, Red Pepper Salad (V)	Salad Bar Classic Potato Salad (V)	<i>Salad Bar</i> Carrot Raisin Salad (V)	Roasted Broccoli & Cauliflower
white Bean Salad (VE)		` '		(VE)
	Veggie Burger (VE)			
	Veggie Burger (V)	Dia etta P		
	Whole Wheat Bun	Plastic Free	International Roasted	Three Bean Chili (VE)
	Turkey Burger	<u>Lunch Day</u>	Chicken Drumsticks	with or without Cheese (V)
Pizza by the Slice (V)	Turkey Cheeseburger	Red White and Green		Seasoned Wedge Fries (VE)
Kid Friendly Kale Salad (V)	Whole Wheat Bun	Panini (V)	Grab & Go Salad	Honey Corn Bread (V)
Thoraly Raio Galad (V)	Sweet Potato	Caribbean Style Beef	Confetti Corn (VE)	
	Waffle Fries (VE)	Patty	Buttermilk Biscuit (V)	Crispy Tortillas (VE) Served with Salsa (VE)
	Baked Beans (VE)	•		Southwest Burrito (V)
	Salad Bar	Baby Carrots (VE)		Journwest Buffild (V)
Salad Bar	Pickles, Lettuce	Salad Bar	Salad Bar	Salad Bar
Broccoli Salad (V) Winter Recess 25	and Tomato (VE) Winter Recess 26	Veggie Dipper (VE) Winter Recess 27	Lemon Arugula Salad (V) Winter Recess 28	Fresh Tomato Salad (VE) Winter Recess 29
Willer Necess 20	Willel 1/60635 20	Willer Necess 21	William Necess 20	VIII.01 1.00035 25
				Roasted Adobo
				Chickpeas (VE)*
	Sesame Veggie	Mileita Daamanal	BBQ Chicken Melt	Sofrito Rice (VE)*
	Nuggets (VE)	White Bean and Pasta Primavera (VE)	On Ciabatta Bread	Fresh Cilantro
French Bread Pizza (V)	Chieken Dumulium	` ,	Grab & Go Salad	Healthy Coleslaw (V)
Garlicky Green Bean (VE)	Chicken Dumplings	Mozzarella Sticks (V)		Sweet Plantains (VE)
	Ginger Carrots (V)	with marinara sauce (VE)	Seasoned Wedge Fries (VE)	` '
	Pineapple Rice Medley (V)*	Crispy Broccoli (V)		Southwest Burrito (V)
	· mouppio ruos mouloy (1)			New York Cookie Treat (V)
Salad Bar Balsamic Chickpea Salad(V)	Salad Bar Asian Red Cabbage Slaw (V)	<i>Salad Bar</i> Kale Caesar Salad (V)	Salad Bar Marinated Bean Salad (VE)	Salad Bar Mixed Greens Salad (V)
Monday	Tuesday	Wednesday	Thursday	Friday
Peanut Butter and/or	<ul> <li>Peanut Butter and/or Sunflower</li> </ul>	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or
Sunflower Seed Butter & Jelly (VE)	Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)
<ul><li>Hummus Grab &amp; Go (V)</li><li>Hot or Cold Cheese Sandwich</li></ul>	Hummus Grab & Go (V)     Hot or Cold Cheese Sandwich	<ul><li>Hummus Grab &amp; Go (V)</li><li>Hot or Cold Cheese Sandwich</li></ul>	<ul><li>Hummus Grab &amp; Go (V)</li><li>Hot or Cold Cheese Sandwich</li></ul>	Hummus Lunch Pack (VE)     Assorted Vegan Wraps (VE)
(V)	(V)	(V)	(V)	<ul> <li>Hot or Cold Cheese Sandwich</li> </ul>
<ul><li>Assorted Vegetarian</li><li>Wraps (V)</li></ul>	• Tuna Sandwich	• Tuna Sandwich	• Tuna Sandwich	(V)
	ATTENTION:			
	All Pre-K Students CANNOT be			OFNS has an extensive

C

All Pre-K Students CANNOT be Offered Chocolate Milk Chocolate Chip Cookies or Chicken with Bones

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

OFNS Menus Support Seasonal
Fresh Fruit and Vegetables
when available

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



\* Recipes created in collaboration with OFNS and the Chef Council

• Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and

animal products. Vegan also excludes honey
• Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

Milk 1% Low-fat (V) Fat Free (V)

Fat Free Chocolate (V)

Alternative options are

available upon request



### **DECEMBER 2023: High School Express Cold Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.				Italian Veggie Grab & Go Salad (VE)  Italian Marinated Cucumber Salad (VE)  Heart Shaped Pretzels (VE)
4	5	6	7	8
Assorted Cold Vegetarian Option (V)  Crunchy Carrot Sticks (VE)  Crispy Tortillas (VE)  Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden (VE)	Chickpea and Pimento Wrap (VE)  Fresh Cilantro Healthy Coleslaw (V)  New York Cookie Treat (V)
11	12	13	14	15
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Black Bean Wrap (VE)  Fresh Tomato Salad (V)  Crispy Tortillas (VE)  Served with Salsa (VE)  Cheese Sandwich (V)
18	19	20	21	22
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce  Marinated Bean Salad (VE)  Lemon Arugula Salad (V)	Superhero Spinach Wrap (V) Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE)  Italian Marinated Cucumber Salad (VE)  Heart Shaped Pretzels (VE)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Assorted Cold Vegetarian Option (V)  Crunchy Carrot Sticks (VE)  Crispy Tortillas (VE)  Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden (VE)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V) New York Cookie Treat (V)
Monday	Tuesday	Wednesday	Thursday	Friday
<ul> <li>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>Hummus Grab &amp; Go (V)</li> <li>Cheese Sandwich (V)</li> <li>Assorted Vegetarian</li> </ul>	<ul> <li>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>Hummus Grab &amp; Go (V)</li> <li>Hot or Cold Cheese Sandwich (V)</li> <li>Tuna Sandwich</li> </ul>	Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich OFFERED DAILY	<ul> <li>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>Hummus Grab &amp; Go (V)</li> <li>Hot or Cold Cheese Sandwich (V)</li> <li>Tuna Sandwich</li> </ul>	<ul> <li>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>Hummus Lunch Pack (VE)</li> <li>Assorted Vegan Wraps (VE)</li> <li>Cheese Sandwich (V)</li> </ul>

#### **OFFERED DAILY**

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

**Assorted Dressings** 

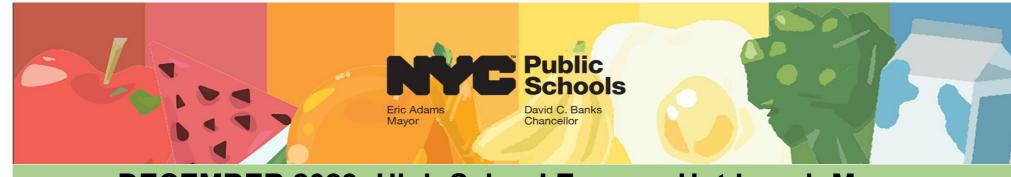
Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



#### \* Recipes created in collaboration with OFNS and the Chef Council

- **Vegan Item (VE)**: A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



### **DECEMBER 2023: High School Express Hot Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.		6	7	Three Bean Chili (VE)  Seasoned Wedge Fries (VE)  Honey Corn Bread (V)  Homemade Grilled Cheese (V)  Crispy Tortillas (VE) Served with Salsa (VE)
				Roasted Adobo
Sicilian Slice Pizza (V)  Garlicky Green Bean (VE)	Chicken Dumplings  Pineapple Rice Medley (V)*  Ginger Carrots (V)	Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Marinated White Beans (VE)	BBQ Chicken Sliders  Home Fries (VE)	Chickpeas (VE)*  Sofrito Rice (VE)*  Plantains (VE)  Southwest Burrito (V)  New York Cookie Treat (V)
11	12	13	14	15
Sicilian Slice Pizza (V) Hot Bean Salad (VE)	Hamburgers Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE)	Crispy Chicken Bites  Honey Butternut Squash (V)  Garlic Knot (V)  Crispy Tortillas (VE) Served with Salsa (VE)	Chicken Thighs with Peach BBQ Sauce Jollof Cauliflower (V)* Dinner Roll (V)	Kidney Bean Rajma (VE) served with Naan (VE)  Crispy Broccoli (V)  3 Cheese Grilled Cheese (V)  Heart Shaped Pretzels (VE)
18	19	20	21	22
Sicilian Slice Pizza (V)  Roasted Zucchini (VE)	Turkey Burger Turkey Cheeseburger Whole Wheat Bun  Crisp Sweet Potato Waffle Fries (VE)  Baked Beans (VE)	Caribbean Style Beef Patty Sauteed Spinach (VE)	International Roasted Chicken Drumsticks Confetti Corn (VE) Buttermilk Biscuit (V)	Three Bean Chili (VE)  Seasoned Wedge Fries (VE)  Honey Corn Bread (V)  Homemade Grilled Cheese (V)  Crispy Tortillas (VE) Served with Salsa (VE)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Sicilian Slice Pizza (V)  Garlicky Green Bean (VE)	Chicken Dumplings  Pineapple Rice Medley (V)*  Ginger Carrots (V)	Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Marinated White Beans (VE)	BBQ Chicken Sliders  Home Fries (VE)	Roasted Adobo Chickpeas (VE)*  Sofrito Rice (VE)*  Plantains (VE)  Southwest Burrito (V)  New York Cookie Treat (V)
Monday  • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)  • Hummus Grab & Go (V)  • Hot or Cold Cheese Sandwich (V)  • Assorted Vegetarian Wraps (V)	Tuesday  • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)  • Hummus Grab & Go (V)  • Hot or Cold Cheese Sandwich (V)  • Tuna Sandwich	Wednesday  • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)  • Hummus Grab & Go (V)  • Hot or Cold Cheese Sandwich (V)  • Tuna Sandwich	Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

#### ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk Chocolate Chip Cookies or Chicken with Bones

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



\* Recipes created in collaboration with OFNS and the Chef Council

- **Vegan Item (VE)**: A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

Milk

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are

available upon request



DECEMBER 2023: Food Court Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	OF THE WYON			Three Bean Chili (VE) with or without Cheese (V) Seasoned Wedge Fries (VE) Honey Corn Bread (V)
4	5	6	7	8
Veggie Nuggets (VE) With Dipping Sauce  Marinated White Beans (VE)  Bread Stick (VE)	Chicken Dumplings Pineapple Rice Medley (V)* Ginger Carrots (V)	BBQ Chicken Sliders Crispy Broccoli (VE)	Hamburgers & Cheeseburgers on Ciabatta Bread  Crisp Sweet Potato Wedge Fries (VE)	Roasted Adobo Chickpeas (VE)*  Sofrito Rice (VE)*  Sweet Plantains (VE)  New York Cookie Treat (V)
11	12	13	14	15
Cheese Quesadilla (V) Fiesta Black Beans (VE) Salsa (VE)	Spicy Chicken Sandwich Whole Wheat Bun  Crisp Sweet Potato Wedge Fries (VE)	Fish and Cheese Sandwich Whole Wheat Bun Roasted Broccoli (VE)	Caribbean Spiced Jerk Chicken Thigh*  Confetti Corn (VE)  Dinner Roll (V)	Kidney Bean Rajma (VE) served with Naan (VE)  Kachumber Salad (VE)* (Spiced Cucumber and Tomato Salad)
18	19	20	21	22
Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Baked Beans (VE)	Turkey Burger Turkey Cheeseburger on Ciabatta Bread Roasted Zucchini (VE)	Caribbean Style Beef Patty  Glazed Carrots (VE)	International Roasted Chicken Drumsticks Superhero Spinach (VE) Buttermilk Biscuit (V)	Three Bean Chili (VE) with or without Cheese (V) Seasoned Wedge Fries (VE) Honey Corn Bread (V)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Veggie Nuggets (VE) With Dipping Sauce  Marinated White Beans (VE)  Bread Stick (VE)	Chicken Dumplings Pineapple Rice Medley (V)* Ginger Carrots (V)	BBQ Chicken Sliders Crispy Broccoli (VE)	Hamburgers & Cheeseburgers on Ciabatta Bread Crisp Sweet Potato Wedge Fries (VE)	Roasted Adobo Chickpeas (VE)*  Sofrito Rice (VE)*  Sweet Plantains (VE)  New York Cookie Treat (V)
Monday Pizza (V) Baked Mozzarella Sticks (V) Southwest Burrito (V) Grab and Go Salads (V) Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Assorted Vegetarian Wraps (V) Seasoned Wedge Fries (VE)	Tuesday Pizza (V) Baked Mozzarella Sticks (V) Chicken Tenders Southwest Burrito (V) Grab and Go Salads Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich Assorted Wraps and Sandwiches Seasoned Wedge Fries (VE)	Wednesday Pizza (V) Baked Mozzarella Sticks (V) Chicken Tenders Southwest Burrito (V) Grab and Go Salads Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich Assorted Wraps and Sandwiches Seasoned Wedge Fries (VE)	Thursday Pizza (V) Baked Mozzarella Sticks (V) Chicken Tenders Southwest Burrito (V) Grab and Go Salads Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich Assorted Wraps and Sandwiches Seasoned Wedge Fries (VE)	Friday  • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)  • Hummus Lunch Pack (VE)  • Assorted Vegan Wraps (VE)  • Hot or Cold Cheese Sandwich (V)  • Southwest Burrito (V)  • Grab and Go Salads (VE)  •Seasoned Wedge Fries (VE)

Cold Cereal Choices
Shredded Wheat **Multi-Grain Oats (VE)** Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)

#### **Breakfast Bar Assorted Berries (H)** & Fresh Cut Fruit (VE) (H) Assorted Yogurts (V) (H)

\*Alternative options are available upon request

Raisins (VE) (H)

#### **Daily Breakfast** <u>Offerings</u>

**Assorted Berries** & Fresh Cut Fruit (VE)

Yogurt (V)

Granola (V)

Raisins (VE)

#### **Seasonal Fresh Fruit**

Apples, Apple Slices, Blueberries, Grapes, **Grapefruit, Nectarines** Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)

#### <u>Milk</u> 1% Low-fat (V) Fat Free (V) **Fat Free Chocolate (V)**

**Assorted Condiments Dipping Sauces and Dressings are Available** Daily

**OFNS** has an extensive **Prohibitive Ingredients List** available at:



\* Recipes created in collaboration with OFNS and the Chef Council

- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



### **DECEMBER 2023: After School Snack Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	OF TOP OF THE WAY			Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)
4	5	6	7	8
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
11	12	13	14	15
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Yogurt Choice (V) Blueberry Granola (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)
18	19	20	21	22
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cinnamon Flakes (VE) Milk (V)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

All Fruit
Offerings are 1 cup

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)



- **Vegan Item (VE)**: A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



### **DECEMBER 2023: After School Infant - Toddler Snack Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	OF TOP OF THE WAY			Multi-Grain Oats (VE) Milk (V)
4	5	6	7	8
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
11	12	13	14	15
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	Yogurt Choice (V)  Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)
18	19	20	21	22
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)

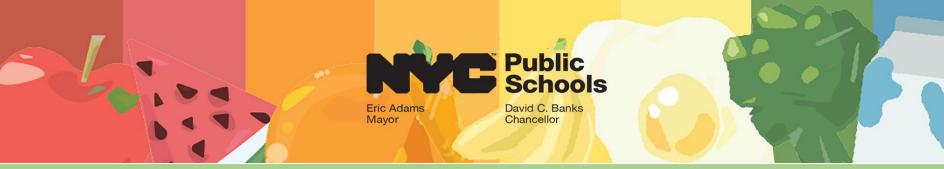
Milk
Whole Milk (V)
Alternative options are
available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available OFNS has an extensive Prohibitive Ingredients List



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.

- **Vegan Item (VE)**: A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



Monday	Tuesday	Wednesday	Thursday	Friday
				1
Daily Supper Specials  • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)  • Hot or Cold Cheese Sandwich (V)  • Hummus and Pretzels Grab & Go (V)  Options may vary by location	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.			Black Bean Wrap (VE) Fresh Tomato Salad (V)
4	5	6	7	8
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Balsamic Chicken Grab and Go Salad Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE)  Italian Marinated Cucumber Salad (VE)  Heart Shaped Pretzels (VE)
11	12	13	14	15
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Mediterranean Chicken Pasta Salad Green Garden (V)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V) New York Cookie Treat (V)
18	19	20	21	22
Superhero Spinach Wrap (V) Broccoli Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Balsamic Chicken Grab and Go Salad Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Heart Shaped Pretzels (VE)

### **OFFERED DAILY**

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

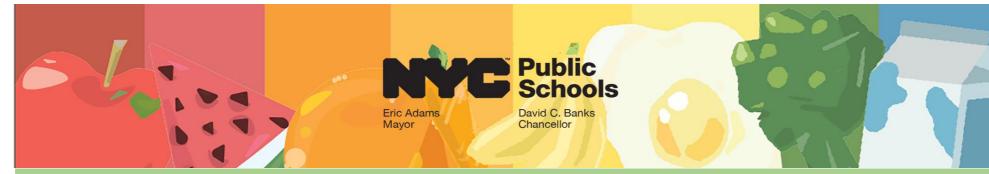
**Assorted Dressings** 

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



- **Vegan Item (VE)**: A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



DECEMBER 2023:	<b>After School</b>	I Hot Supper	Menu
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Monday	Tuesday	Wednesday	Thursday	Friday
Daily Supper Specials  • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (V)  Options may vary by location	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.			Southwest Burrito (V)  Street Style Corn (V)  Crispy Tortillas (VE)
4	5	6	7	8
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	BBQ Chicken Sliders  Confetti Corn (VE)  New York Cookie Treat (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Pizza (V) Green Garden Salad (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
11	12	13	14	15
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Fish and Cheese Sandwich Whole Wheat Bun Baked Sweet Potato Wedge Fries (VE)	Pizza (V) Roasted Zucchini (VE)	Chicken Tenders  Slow Roasted Baby Carrots (V)  Dinner Roll (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
18	19	20	21	22
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Chicken Dumplings  Seasoned Fresh Green Beans (V)	Turkey Burger Whole Wheat Bun  Crisp Sweet Potato Waffle Fries (VE)	Pizza (V) Superhero Spinach (VE)	Southwest Burrito (V)  Street Style Corn (V)  Crispy Tortillas (VE)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	BBQ Chicken Sliders  Confetti Corn (VE)  New York Cookie Treat (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Pizza (V) Green Garden Salad (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)

### **OFFERED DAILY**

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

**Assorted Dressings** 

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)



- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products





### **DECEMBER 2023: After School Vegetarian Supper Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Supper Specials  • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)  • Hot or Cold Cheese Sandwich (V)  • Hummus and Pretzels Grab & Go (V)  Options may vary by location  4  Homemade	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.  5	6	7	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Big City Bean Taco (VE)  Green Garden Salad (VE)	Pizza (V) Roasted Zucchini (VE)	with Dipping Sauce (V)  Seasoned Wedge Fries (VE)  Dinner Roll (VE)
11	12	13	14	15
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Super Hero Spinach Wrap (V) Baked Beans (VE)	Pizza (V)  Roasted Chickpeas With  Basil Pesto (V)	Southwest Burrito (V)  Street Style Corn (V)  New York Cookie Treat (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
18	19	20	21	22
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE)  Seasoned Fresh Green Beans (V)  Dinner Roll (V)	Black Bean and Plantain Power Bowl (VE) with Cilantro Rice (VE) Crispy Tortillas (VE)	Pizza (V) Crispy Broccoli (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
Winter Recess 25	Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Big City Bean Taco (VE)  Green Garden Salad (VE)	Pizza (V) Roasted Zucchini (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)

#### **OFFERED DAILY**

<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are

**OFNS Menus Support Seasonal Fresh Fruit and** Vegetables when available available upon request

**Assorted Dressings** 

Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapes, **Grapefruit, Nectarines** Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)



- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products







### **DECEMBER 2023: Saturday Cold Morning Snack Menu**

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
Honey Corn Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Mini Blueberry Waffles (V) Fresh Fruit (VE) Milk (V)	Blueberry Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Whole Grain Croissant (V) served with Jelly (VE) Fresh Fruit (VE) Milk (V)

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are

available upon request

(V) Indicates Vegetarian(VE) Indicates Vegan

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)











### **DECEMBER 2023: Saturday Hot Morning Snack Menu**

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
Honey Corn Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Mini Blueberry Waffles (V) Fresh Fruit (VE) Milk (V)	Blueberry Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Whole Grain Croissant (V) served with Jelly (VE) Fresh Fruit (VE) Milk (V)

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are

available upon request

(V) Indicates Vegetarian(VE) Indicates Vegan

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)











### **DECEMBER 2023: Saturday Cold Lunch Menu**

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
Assorted Cold Sandwiches and Wraps Confetti Corn Salad (VE)	Assorted Cold Sandwiches and Wraps Italian Green Beans (VE)	Assorted Cold Sandwiches and Wraps Carrot Sticks (VE)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V)	Assorted Cold Sandwiches and Wraps Italian Marinated Cucumber Salad (VE)
Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)

#### **OFFERED DAILY**

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

(V) Indicates Vegetarian(VE) Indicates Vegan

**Assorted Dressings** 

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)











### **DECEMBER 2023: Saturday Hot Lunch Menu**

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
Grilled Cheese Sandwich (V) Seasoned Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Hamburgers & Cheeseburgers  Baked Sweet Potato Waffle Fries (VE)  Fresh Fruit (VE) Milk (V)	Baked Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V) Fresh Fruit (VE) Milk (V)	Crispy Chicken Sandwich Whole Wheat Bun Seasoned Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Pizza Choice (V)  Roasted Zucchini (VE)  Fresh Fruit (VE)  Milk (V)

#### **OFFERED DAILY**

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are

available upon request

(V) Indicates Vegetarian(VE) Indicates Vegan

**Assorted Dressings** 

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Nectarines
Oranges, Pears, Bananas,
Strawberries, and
Watermelon (VE)



