



DECEMBER 2024: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Egg & Cheese on a Bagel (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Colby Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
9	10	11	12	13
Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Breakfast Quesadilla (V) with Salsa (VE) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
16	17	18	19	20
Egg and Cheese on a Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Egg & Cheese on a Bagel (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Colby Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
Winter Recess 30	Winter Recess 31			
Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Yogurt Choice (V) Seasonal Fresh Fruit (VE)		WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)

OFFERED DAILY

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)

Options may vary by location

Cold Cereal Choices

Shredded Wheat
 Multi-Grain Oats (VE)
 Toasted Oats (VE)
 Oat Circles (VE)

Seasonal Fresh Fruit
 Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

Condiments

Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

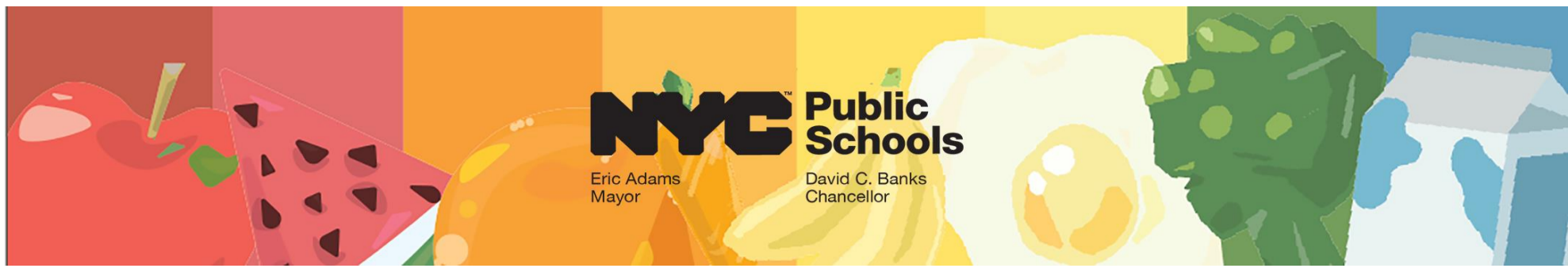


ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Egg & Cheese on a Bagel (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>French Toast Sticks (V)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Caprese Egg Sandwich on Ciabatta (V)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
9	10	11	12	13
<p>Egg & Cheese on a Soft Roll (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V) Blueberry Topping (VE)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Breakfast Quesadilla (V) with Salsa (VE)</p> <p>Hash Browns (VE)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
16	17	18	19	20
<p>Egg and Cheese on a Whole Grain Croissant (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg & Cheese on a Buttermilk Biscuit (V)</p> <p>Home Fries (V)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
23	24	25	26	27
Winter Recess	Winter Recess	Winter Recess	Winter Recess	Winter Recess
30	31			
Winter Recess	Winter Recess			
<p>Egg & Cheese on a Soft Roll (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V) Blueberry Topping (VE)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>		<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)</p> <p>Breakfast Bar Yogurts (V) Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (VE)</p>

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)

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

Condiments
Syrup (VE)

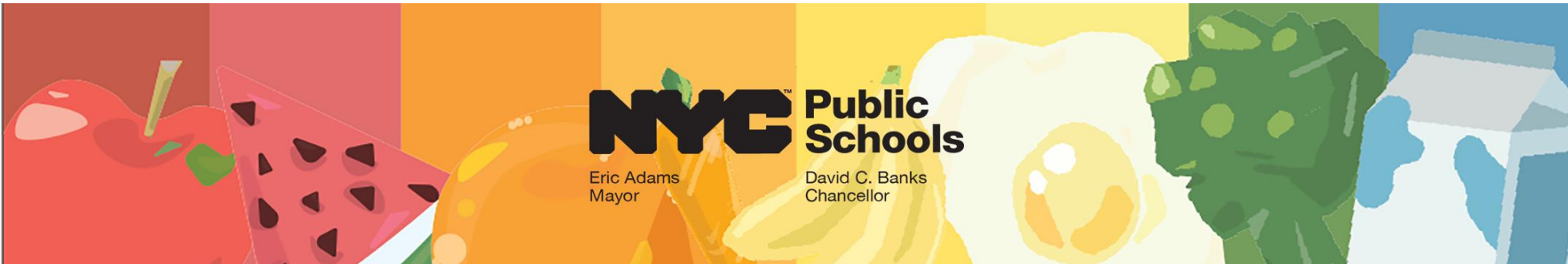
OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Honey Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Raisins (VE)</p>	<p>Blueberry Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Choice (V)</p> <p>Apple Cinnamon Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
9	10	11	12	13
<p>Honey Cheerios (V)</p> <p>Honey Graham Cracker (V) or Animal Crackers (V)</p> <p>Applesauce (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Whole Grain Croissant (V)</p> <p>Cheese Cubes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
16	17	18	19	20
<p>Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Strawberry Banana Apple Sauce (VE)</p>	<p>Banana Breakfast Bread (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Frosted Mini Wheats</p> <p>Honey Graham Cracker (V)</p> <p>Plain or Strawberry Banana Apple Sauce (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
<p>Honey Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Raisins (VE)</p>	<p>Blueberry Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Choice (V)</p> <p>Apple Cinnamon Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
Winter Recess 30	Winter Recess 31			
<p>Honey Cheerios (V)</p> <p>Honey Graham Cracker (V) or Animal Crackers (V)</p> <p>Applesauce (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>		<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)</p>

OFFERED DAILY

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)

Options may vary
by location

Cold Cereal Choices

Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Cantaloupe,
Grapefruit, Honeydew,
Oranges, Pears,
Strawberries (VE)

Condiments

Syrup (VE)

OFNS has an extensive
Prohibitive Ingredients List
available at:

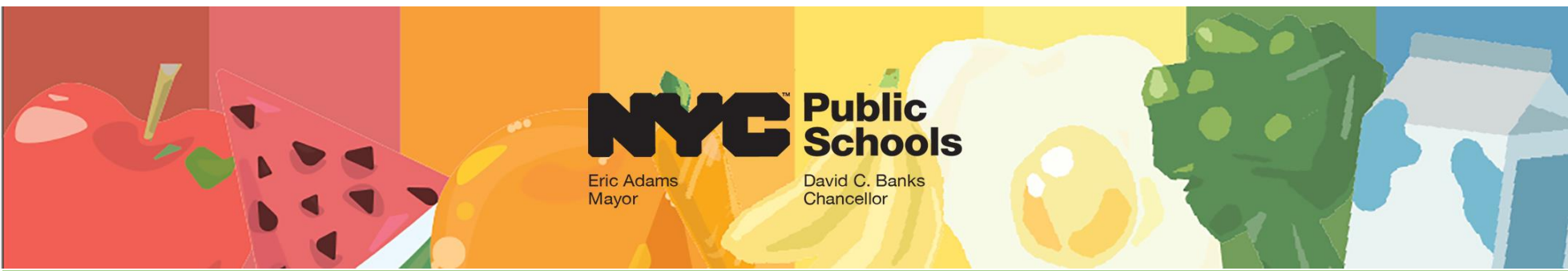


ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
9	10	11	12	13
Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
16	17	18	19	20
Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
23	24	25	26	27
Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
30	31			
Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

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

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (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)

Assorted Yogurts

Alternate Fruit
Peaches, Pineapples
Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List available at:

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

ATTENTION:

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- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: Infant - Toddler Breakfast Menu

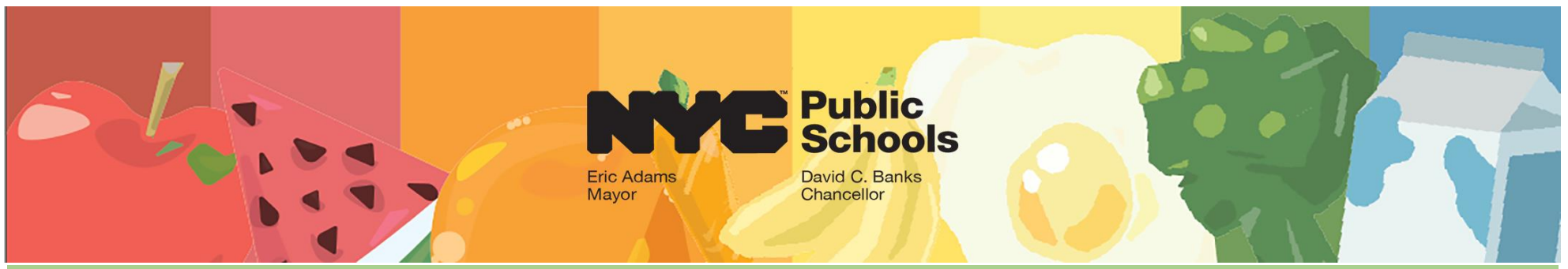
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Egg & Cheese on Bagel (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	French Toast Sticks (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Egg & Cheese on a Whole Grain Croissant (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
9	10	11	12	13
Egg & Cheese on a Soft Roll (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Breakfast Quesadilla (V) Hash Browns (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
16	17	18	19	20
Egg & Cheese on a Whole Grain Croissant (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Rise and Shine Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Egg & Cheese on Bagel (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	French Toast Sticks (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Egg & Cheese on a Whole Grain Croissant (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
Winter Recess 30	Winter Recess 31			
Egg & Cheese on a Soft Roll (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

<p style="text-align: center;">Milk</p> <p>Whole Milk (V) Alternative options are available upon request</p> <p>(V) Indicates Vegetarian (VE) Indicates Vegan</p>	<p style="text-align: center;">Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)</p> <p style="text-align: center;">Other Fruits</p> <p>Apple Sauce, Sliced Peaches, Diced Pears, Pineapples</p>	<p style="text-align: center;">OFFERED DAILY</p> <p>Cold Cereal Choices</p> <p>Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE)</p> <p style="text-align: center;">Assorted Yogurts</p> <p>Condiments Syrup (VE)</p>	<p>Options may vary by location</p> <p style="text-align: center;">OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;">  </div>
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• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.

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.



DECEMBER 2024: Pre-K - 8 Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Egg & Cheese on a Bagel (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Colby Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
9	10	11	12	13
Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Breakfast Quesadilla (V) with Salsa (VE) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
16	17	18	19	20
Egg and Cheese on a Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Egg & Cheese on a Bagel (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Colby Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
Winter Recess 30	Winter Recess 31			
Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Yogurt Choice (V) Seasonal Fresh Fruit (VE)		WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (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)

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

Condiments
Syrup (VE)

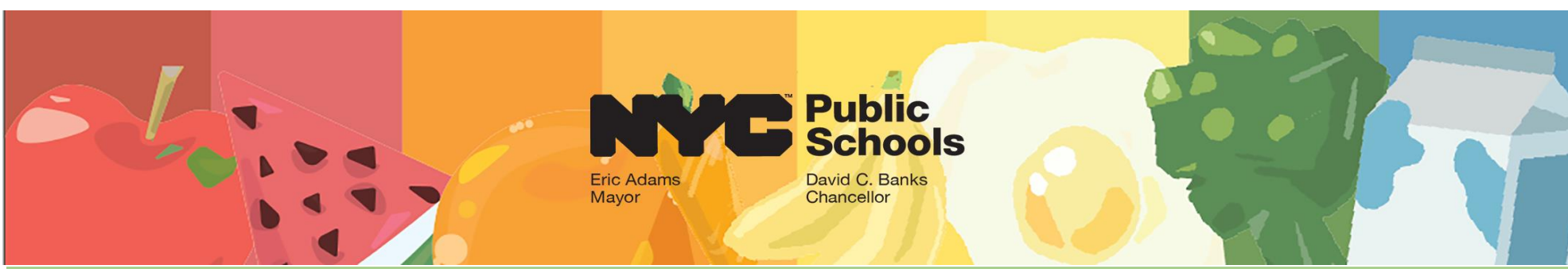
OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

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DECEMBER 2024: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Grandma's Pizza (V)*</p> <p>Garlic French Bread Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>BBQ Veggie Nuggets (VE)*</p> <p>BBQ Chicken Bites*</p> <p><i>Butternut Squash Mac & Cheese (V)</i></p> <p><i>Garlicky Green Beans (VE)</i></p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Southwest Burrito (V)</p> <p>Caribbean Style Beef Patty</p> <p>Roasted Carrot Coins (VE)</p> <p><i>Confetti Corn (VE)</i></p> <p><i>Salad Bar</i> Classic Toppings Bar</p>	<p>Big City Bean Taco (VE)</p> <p>Soft Turkey Taco</p> <p>Guacamole & Salsa (VE)</p> <p>Cinnamon Plantains (VE)*</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)*</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>
9	10	11	12	13
<p>Plant Powered Ranch Pizza (V)*</p> <p>Pizza Slice (V)</p> <p><i>Italian Roasted Carrots (VE)</i></p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Chicken Pot Pie with Buttermilk Biscuit</p> <p>Fish Sticks with Dipping Sauce</p> <p><i>Herb Roasted Potatoes (VE)</i></p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p style="color: red; text-align: center;"><i>Plastic Free Lunch Day</i></p> <p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Fresh Broccoli and Cauliflower (VE) with Ranch Dipping Sauce</p> <p><i>Salad Bar</i> Plastic Free Lunch Day Bar</p>	<p>Tomato Glazed Chicken Thigh*</p> <p><i>Pasta & Peas (V)*</i></p> <p>Gremolata Marinated White Beans (VE)*</p> <p><i>Salad Bar</i> Leafy Green Bar</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Green Garden Salad (VE)</p> <p>Veggie Nuggets (VE)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
16	17	18	19	20
<p>Pineapple Pizza (V)</p> <p>Round Pizza (V)</p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Chicken Tenders with Salsa (VE)</p> <p>Chipotle Broccoli (V)*</p> <p>Seasoned Bread Knot (V)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p>Fish & Cheese Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings Bar</p>	<p>Hawaiian Veggie Nuggets (V)*</p> <p>Hawaiian Grilled Chicken*</p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (V)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>	<p>Egyptian Chickpeas (VE)*</p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)*</p> <p>Empanada (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
23	24	25	26	27
Winter Recess	Winter Recess	Winter Recess	Winter Recess	Winter Recess
30	31			
<p>Plant Powered Ranch Pizza (V)*</p> <p>Pizza Slice (V)</p> <p><i>Italian Roasted Carrots (VE)</i></p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Tomato Glazed Chicken Thigh*</p> <p><i>Pasta & Peas (V)*</i></p> <p>Gremolata Marinated White Beans (VE)*</p> <p><i>Salad Bar</i> Leafy Green Bar</p>			<p style="text-align: center; color: green;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>

DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Rainbow Wrap (VE)

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

ATTENTION:
All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies

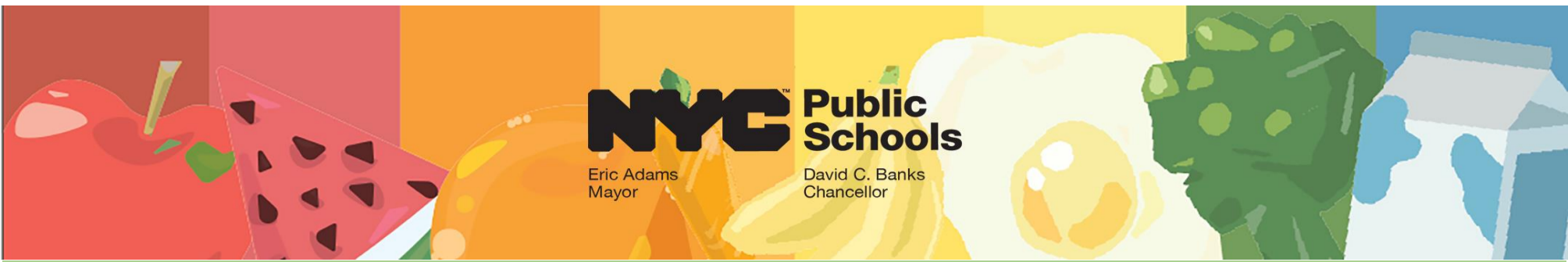
OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: Pre-K - 8 Express Cold Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
Mediterranean Chickpea Wrap (VE) Seasoned Green Beans (VE)		BBQ Chicken Bite Grab & Go Salad Broccoli Salad (V)		Chicken Salad Hoagie Confetti Corn Salad (VE)		Chicken Caesar Salad with Croutons Balsamic Chickpea Salad (V)		Cilantro Pinto Bean Wrap (VE) Guacamole & Salsa (VE) Ranch Carrot Sticks (VE)	
9		10		11		12		13	
Red White & Green Panini (V) Marinated Bean Salad (VE)		Balsamic Chicken Salad Grab & Go Classic Potato Salad (V)		Curried Chicken Wrap Cauliflower Salad (VE)		Mediterranean Chicken Pasta Salad Italian Marinated Cucumber Salad (VE)		Gremolata Marinated White Bean Grab & Go Salad (VE) Carrot Raisin Salad (V)	
16		17		18		19		20	
Superhero Spinach Wrap (V) Chickpea & Pimento Salad (VE)		Crispy Chicken Salad Grab & Go Lemon Arugula Salad (V)		Chimichurri Chicken Wrap Basil Corn Salad (VE)		Sesame Noodle Bowl Crunchy Carrot Sticks (VE)		Chickpea Salad Wrap (VE) Kid Friendly Kale Salad (V)	
23		Winter Recess 24		Winter Recess 25		Winter Recess 26		Winter Recess 27	
Mediterranean Chickpea Wrap (VE) Seasoned Green Beans (VE)		BBQ Chicken Bite Grab & Go Salad Broccoli Salad (V)		Chicken Salad Hoagie Confetti Corn Salad (VE)		Chicken Caesar Salad with Croutons Balsamic Chickpea Salad (V)		Cilantro Pinto Bean Wrap (VE) Guacamole & Salsa (VE) Ranch Carrot Sticks (VE)	
Winter Recess 30		Winter Recess 31							
Red White & Green Panini (V) Marinated Bean Salad (VE)		Balsamic Chicken Salad Grab & Go Classic Potato Salad (V)						WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	

DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) • Rainbow Wrap (VE)

Milk

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

ATTENTION:

All Pre K Students CANNOT be Offered Chocolate Milk or Cookies

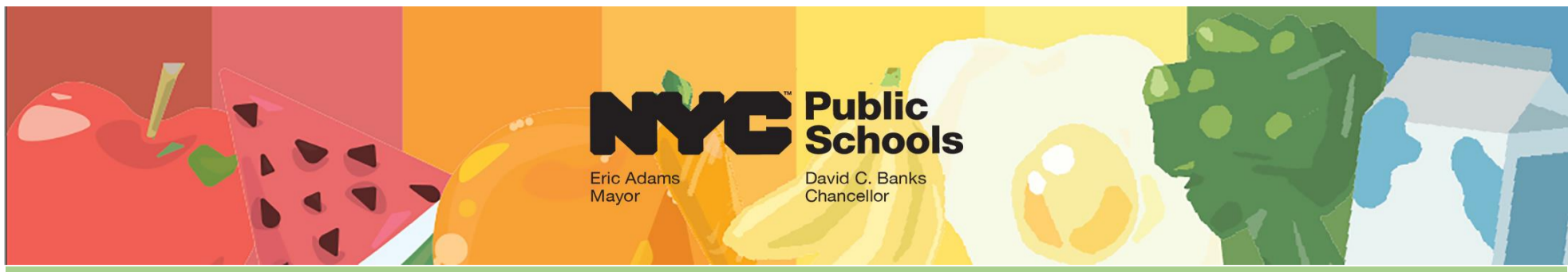
OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Sicilian Slice Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p>Italian Chickpeas (VE)</p>	<p>BBQ Chicken Bites</p> <p>Butternut Squash Mac & Cheese (V)</p> <p>Garlicky Green Beans (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Roasted Carrot Coins (VE)</p> <p>Confetti Corn (VE)</p>	<p>Soft Turkey Taco</p> <p>Guacamole & Salsa (VE)</p> <p>Cinnamon Plantains (VE)</p>	<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p>
9	10	11	12	13
<p>Sicilian Slice Pizza (V)</p> <p>Italian Roasted Carrots (VE)</p> <p>Chickpea & Pimento Salad (VE)</p>	<p>Fish Sticks with Dipping Sauce</p> <p>Buttermilk Biscuit (V)</p> <p>Herb Roasted Potatoes (VE)</p>	<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Roasted Fresh Broccoli and Cauliflower (VE)</p>	<p>Tomato Glazed Chicken Thigh</p> <p>Pasta & Peas (V)</p> <p>Gremolata Marinated White Beans (VE)</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Sauteed Spinach (V)</p> <p>Veggie Nuggets (VE)</p>
16	17	18	19	20
<p>Sicilian Slice Pizza (V)</p> <p>Superhero Spinach (VE)</p> <p>Roasted Chickpeas (VE)</p>	<p>Chicken Tenders With Salsa (VE)</p> <p>Chipotle Broccoli (V)</p> <p>Seasoned Bread Knot (V)</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Hawaiian Grilled Chicken</p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (V)</p>	<p>Egyptian Chickpeas (VE)</p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)</p> <p>Empanada (V)</p>
23	24	25	26	27
Winter Recess	Winter Recess	Winter Recess	Winter Recess	Winter Recess
30	31			
<p>Sicilian Slice Pizza (V)</p> <p>Italian Roasted Carrots (VE)</p> <p>Chickpea & Pimento Salad (VE)</p>	<p>Tomato Glazed Chicken Thigh</p> <p>Pasta & Peas (V)</p> <p>Gremolata Marinated White Beans (VE)</p>			<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p>

DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Rainbow Wrap (VE)

Milk

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies

OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

* Recipes created in collaboration with OFNS and Wellness In The Schools

- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Fish & Cheese Sandwich Broccoli With Roasted Garlic (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Taco Seasoned Turkey Sweet Plantains (VE) Soft Roll (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun <i>Honey Butternut Squash (V)</i> <i>Fruit Offering</i> Peaches (VE)	Italian Chicken Tenders Pasta (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
9	10	11	12	13
Braised Tuna with Tomato Sauce Broccoli With Roasted Garlic (VE) Soft Roll (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Taco Seasoned Turkey Sweet Plantains (VE) Soft Roll (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun Steamed Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Ranch Chicken Tenders Pasta (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
16	17	18	19	20
Fish & Cheese Sandwich Broccoli With Roasted Garlic (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Taco Seasoned Turkey Sweet Plantains (VE) Soft Roll (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun <i>Honey Butternut Squash (V)</i> <i>Fruit Offering</i> Peaches (VE)	Italian Chicken Tenders Pasta (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Braised Tuna with Tomato Sauce Broccoli With Roasted Garlic (VE) Soft Roll (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Taco Seasoned Turkey Sweet Plantains (VE) Soft Roll (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun Steamed Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Ranch Chicken Tenders Pasta (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
Winter Recess 30	Winter Recess 31			
Fish & Cheese Sandwich Broccoli With Roasted Garlic (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Italian Chicken Tenders Pasta (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)		WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Lunch Specials • Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna Options may vary by location

OFFERED DAILY

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

OFNS Menu Support
 Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
 (VE) Indicates Vegan

Options may vary by location

Assorted Dressings

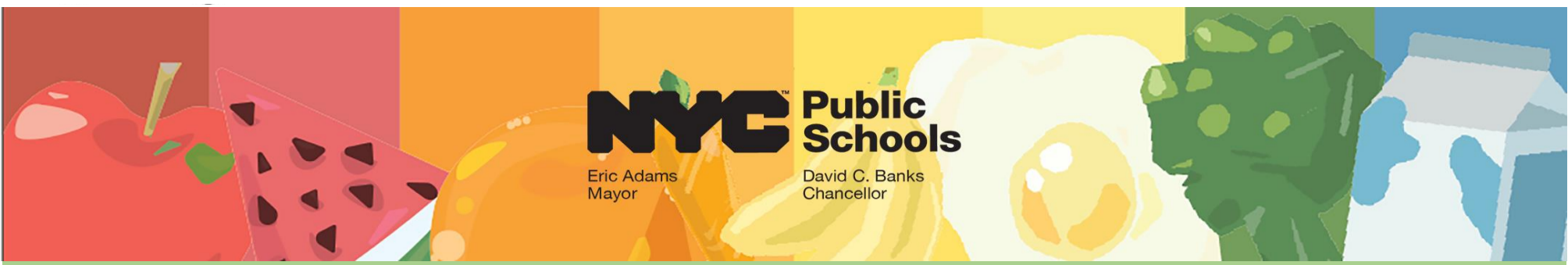
Seasonal Fresh Fruit
 Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.

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



DECEMBER 2024: Infant - Toddler Lunch Menu

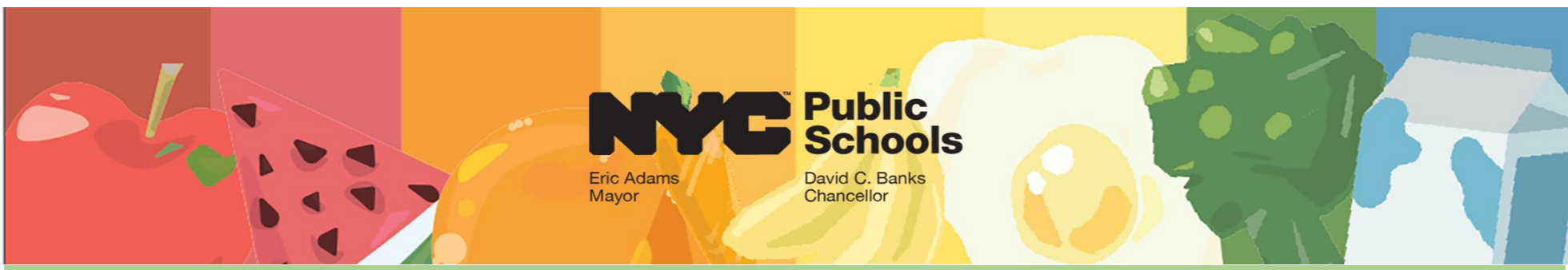
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Grandma's Pizza (V)</p> <p>Garlic French Bread Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) <i>Milk (V)</i></p>	<p>BBQ Veggie Nuggets (VE)</p> <p><i>Butternut Squash Mac & Cheese (V)</i></p> <p><i>Garlicky Green Beans (VE)</i></p> <p>Seasonal Fresh Fruit or Diced Pears (VE) <i>Milk (V)</i></p>	<p>Fish & Cheese Sandwich Whole Wheat Bun</p> <p>Roasted Carrot Coins (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) <i>Milk (V)</i></p>	<p>Soft Turkey Taco</p> <p>Cinnamon Plantains (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) <i>Milk (V)</i></p>	<p>Three Cheese Grilled Cheese (V)</p> <p>Steamed Cauliflower (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) <i>Milk (V)</i></p>
9	10	11	12	13
<p>Plant Powered Ranch Pizza (V)</p> <p>Pizza Slice (V)</p> <p><i>Italian Roasted Carrots (VE)</i></p> <p>Seasonal Fresh Fruit or Applesauce (VE) <i>Milk (V)</i></p>	<p>Fish Sticks with Dipping Sauce</p> <p><i>Herb Roasted Potatoes (VE)</i></p> <p>Seasonal Fresh Fruit or Diced Pears (VE) <i>Milk (V)</i></p>	<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Steamed Cauliflower (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) <i>Milk (V)</i></p>	<p>Chicken Bites</p> <p><i>Pasta & Peas (V)</i></p> <p>Gremolata Marinated White Beans (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) <i>Milk (V)</i></p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Green Garden Salad (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) <i>Milk (V)</i></p>
16	17	18	19	20
<p>Pineapple Pizza (V)</p> <p>Round Pizza (V)</p> <p>Superhero Spinach (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) <i>Milk (V)</i></p>	<p>Chicken Tenders</p> <p>Steamed Seasoned Broccoli (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) <i>Milk (V)</i></p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) <i>Milk (V)</i></p>	<p>Teriyaki Grilled Chicken</p> <p>Sesame Noodles (VE)</p> <p>Steamed Carrot Coins (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) <i>Milk (V)</i></p>	<p>Empanada (V)</p> <p>Cucumber Slices (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) <i>Milk (V)</i></p>
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
<p>Grandma's Pizza (V)</p> <p>Garlic French Bread Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) <i>Milk (V)</i></p>	<p>BBQ Veggie Nuggets (VE)</p> <p><i>Butternut Squash Mac & Cheese (V)</i></p> <p><i>Garlicky Green Beans (VE)</i></p> <p>Seasonal Fresh Fruit or Diced Pears (VE) <i>Milk (V)</i></p>	<p>Fish & Cheese Sandwich Whole Wheat Bun</p> <p>Roasted Carrot Coins (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) <i>Milk (V)</i></p>	<p>Soft Turkey Taco</p> <p>Cinnamon Plantains (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) <i>Milk (V)</i></p>	<p>Three Cheese Grilled Cheese (V)</p> <p>Steamed Cauliflower (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) <i>Milk (V)</i></p>
Winter Recess 30	Winter Recess 31			
<p>Plant Powered Ranch Pizza (V)</p> <p>Pizza Slice (V)</p> <p><i>Italian Roasted Carrots (VE)</i></p> <p>Seasonal Fresh Fruit or Applesauce (VE) <i>Milk (V)</i></p>	<p>Chicken Bites</p> <p><i>Pasta & Peas (V)</i></p> <p>Gremolata Marinated White Beans (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) <i>Milk (V)</i></p>		<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Daily Lunch Specials</p> <ul style="list-style-type: none"> • Hot or Cold Cheese Sandwich (V) • Hummus and Soft Roll (VE) • 4 oz. Yogurt (V) • Tuna Sandwich <p>Options may vary by location</p>

<p>Milk* Whole Milk (V) <small>*Alternative options are available upon request</small></p>	<p>ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE) Other Fruits Apple Sauce, Sliced Peaches, Diced Pears, Pineapples (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p>
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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.
Consistencies upon request: puree, mashed and finely chopped.

*** Recipes created in collaboration with OFNS and Wellness In The Schools**

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• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Grandma's Pizza (V)</p> <p>Garlic French Bread Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>BBQ Veggie Nuggets (VE)</p> <p style="color: green;">Butternut Squash Mac & Cheese (V)</p> <p style="color: green;">Garlicky Green Beans (V)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Rainbow Bar</p>	<p>Red White and Green Panini (V)</p> <p>Roasted Carrot Coins (VE)</p> <p style="color: green;">Confetti Corn (VE)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Classic Toppings Bar</p>	<p>Big City Bean Taco (VE)</p> <p>Guacamole & Salsa (VE)</p> <p>Cinnamon Plantains (VE)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Fiesta Bar</p>	<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Leafy Green Bar</p>
9	10	11	12	13
<p>Plant Powered Ranch Pizza (V)</p> <p>Pizza Slice (V)</p> <p style="color: green;">Italian Roasted Carrots (VE)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Three Bean Chili (VE) with or without Cheese</p> <p>Buttermilk Biscuit (V)</p> <p style="color: green;">Herb Roasted Potatoes (VE)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Rainbow Bar</p>	<p style="color: red; text-align: center;"><u>Plastic Free Lunch Day</u></p> <p>Mozzarella Sticks (V) with Herbed marinara (VE)</p> <p>Fresh Broccoli and Cauliflower (VE) with Ranch Dipping sauce</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Plastic Free Lunch Bar</p>	<p>Rustic White Beans (VE)</p> <p style="color: green;">Pasta & Peas (V)</p> <p>Italian Green Beans (VE)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Leafy Green Bar</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Green Garden Salad (VE)</p> <p>Veggie Nuggets (VE)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Mediterranean Bar</p>
16	17	18	19	20
<p>Pineapple Pizza (V)</p> <p>Round Pizza (V)</p> <p>Superhero Spinach (V)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Guisado Kidney Beans (VE)</p> <p>Chipotle Broccoli (V)</p> <p>Salsa (VE)</p> <p>Seasoned Bread Knot (V)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Leafy Green Bar</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Classic Toppings Bar</p>	<p>Hawaiian Veggie Nuggets (V)</p> <p>Sesame Noodles</p> <p>Ginger Carrots (V)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Leafy Green Bar</p>	<p>Egyptian Chickpeas (VE)</p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)*</p> <p>Empanada (V)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Mediterranean Bar</p>
23	Winter Recess	24	Winter Recess	25
<p>Grandma's Pizza (V)</p> <p>Garlic French Bread Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>BBQ Veggie Nuggets (VE)</p> <p style="color: green;">Butternut Squash Mac & Cheese (V)</p> <p style="color: green;">Garlicky Green Beans (V)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Rainbow Bar</p>	<p>Red White and Green Panini (V)</p> <p>Roasted Carrot Coins (VE)</p> <p style="color: green;">Confetti Corn (VE)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Classic Toppings Bar</p>	<p>Big City Bean Taco (VE)</p> <p>Guacamole & Salsa (VE)</p> <p>Cinnamon Plantains (VE)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Fiesta Bar</p>	<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Leafy Green Bar</p>
30	Winter Recess	31	Winter Recess	27
<p>Plant Powered Ranch Pizza (V)</p> <p>Pizza Slice (V)</p> <p style="color: green;">Italian Roasted Carrots (VE)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Rustic White Beans (VE)</p> <p style="color: green;">Pasta & Peas (V)</p> <p>Italian Green Beans (VE)</p> <p style="color: purple;"><i>Salad Bar</i></p> <p>Leafy Green Bar</p>			<p style="color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>

DAILY OFFERINGS

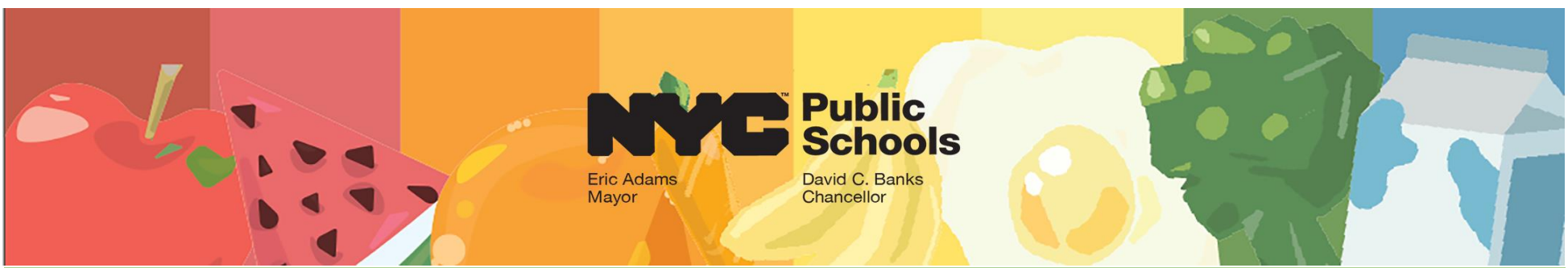
Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Rainbow Wrap (VE)

<p>Milk</p> <p>1% Low-fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p style="font-size: small;">Alternative options are available upon request</p>	<p>ATTENTION:</p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)</p>
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OFNS has an extensive Prohibitive Ingredients List available at:

* Recipes created in collaboration with OFNS and Wellness In The Schools

- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Grandma's Pizza (V)*</p> <p>Garlic French Bread Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p style="color: purple;">Salad Bar</p> <p>Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>BBQ Veggie Nuggets (VE)*</p> <p>BBQ Chicken Bites*</p> <p style="color: green;">Butternut Squash Mac & Cheese (V)</p> <p style="color: green;">Garlicky Green Beans (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Rainbow Bar</p>	<p>Southwest Burrito (V)</p> <p>Caribbean Style Beef Patty</p> <p>Roasted Carrot Coins (VE)</p> <p style="color: green;">Confetti Corn (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Classic Toppings Bar</p>	<p>Big City Bean Taco (VE)</p> <p>Soft Turkey Taco</p> <p>Guacamole & Salsa (VE)</p> <p>Cinnamon Plantains (VE)*</p> <p style="color: purple;">Salad Bar</p> <p>Fiesta Bar</p>	<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)*</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p style="color: purple;">Salad Bar</p> <p>Leafy Green Bar</p>
9	10	11	12	13
<p>Plant Powered Ranch Pizza (V)*</p> <p>Pizza Slice (V)</p> <p style="color: green;">Italian Roasted Carrots (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Chicken Pot Pie with Buttermilk Biscuit</p> <p>Fish Sticks with Dipping Sauce</p> <p style="color: green;">Herb Roasted Potatoes (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Rainbow Bar</p>	<p style="color: red; text-align: center;"><u>Plastic Free Lunch Day</u></p> <p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Fresh Broccoli and Cauliflower (VE) with Ranch Dipping Sauce</p> <p style="color: purple;">Salad Bar</p> <p>Plastic Free Lunch Day Bar</p>	<p>Tomato Glazed Chicken Thigh*</p> <p style="color: green;">Pasta & Peas (V)*</p> <p>Gremolata Marinated White Beans (VE)*</p> <p style="color: purple;">Salad Bar</p> <p>Leafy Green Bar</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Green Garden Salad (VE)</p> <p>Veggie Nuggets (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Mediterranean Bar</p>
16	17	18	19	20
<p>Pineapple Pizza (V)</p> <p>Round Pizza (V)</p> <p>Superhero Spinach (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Chicken Tenders with Salsa (VE)</p> <p>Chipotle Broccoli (V)*</p> <p>Seasoned Bread Knot (V)</p> <p style="color: purple;">Salad Bar</p> <p>Rainbow Bar</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p>Fish & Cheese Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Classic Toppings Bar</p>	<p>Hawaiian Veggie Nuggets (V)*</p> <p>Hawaiian Grilled Chicken*</p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (V)</p> <p style="color: purple;">Salad Bar</p> <p>Leafy Green Bar</p>	<p>Egyptian Chickpeas (VE)*</p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)*</p> <p>Empanada (V)</p> <p style="color: purple;">Salad Bar</p> <p>Mediterranean Bar</p>
23	24	25	26	27
Winter Recess	Winter Recess	Winter Recess	Winter Recess	Winter Recess
30	31			
Winter Recess	Winter Recess			
<p>Plant Powered Ranch Pizza (V)*</p> <p>Pizza Slice (V)</p> <p style="color: green;">Italian Roasted Carrots (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Tomato Glazed Chicken Thigh*</p> <p style="color: green;">Pasta & Peas (V)*</p> <p>Gremolata Marinated White Beans (VE)*</p> <p style="color: purple;">Salad Bar</p> <p>Leafy Green Bar</p>			<p style="color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>

DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Rainbow Wrap (VE)

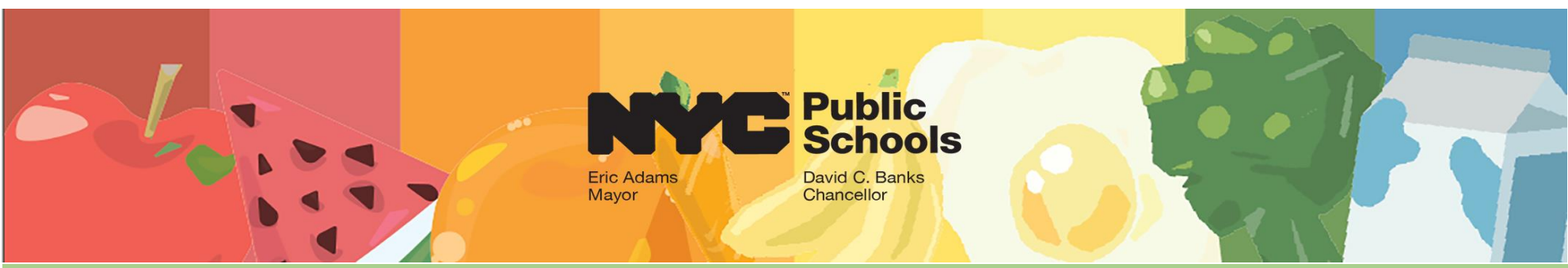
<p style="text-align: center;">Milk</p> <p>1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)</p> <p style="font-size: small;">Alternative options are available upon request</p>	<p style="text-align: center;">ATTENTION:</p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)</p>
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OFNS has an extensive Prohibitive Ingredients List available at:

* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Grandma's Pizza (V)*</p> <p>Garlic French Bread Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>BBQ Veggie Nuggets (VE)*</p> <p>BBQ Chicken Bites*</p> <p><i>Butternut Squash Mac & Cheese (V)</i></p> <p><i>Garlicky Green Beans (VE)</i></p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Southwest Burrito (V)</p> <p>Caribbean Style Beef Patty</p> <p>Roasted Carrot Coins (VE)</p> <p><i>Salad Bar</i> Classic Toppings Bar</p>	<p>Big City Bean Taco (VE)</p> <p>Soft Turkey Taco</p> <p>Guacamole & Salsa (VE)</p> <p>Cinnamon Plantains (VE)*</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)*</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>
9	10	11	12	13
<p>Plant Powered Ranch Pizza (V)*</p> <p>Pizza Slice (V)</p> <p><i>Italian Roasted Carrots (VE)</i></p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Chicken Pot Pie with Buttermilk Biscuit</p> <p>Fish Sticks with Dipping Sauce</p> <p><i>Herb Roasted Potatoes (VE)</i></p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p style="color: red; text-align: center;"><u>Plastic Free Lunch Day</u></p> <p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Fresh Broccoli and Cauliflower (VE) with Ranch Dipping Sauce</p> <p><i>Salad Bar</i> Plastic Free Lunch Day Bar</p>	<p>Tomato Glazed Chicken Thigh*</p> <p><i>Pasta & Peas (V)*</i></p> <p>Gremolata Marinated White Beans (VE)*</p> <p><i>Salad Bar</i> Leafy Green Bar</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Green Garden Salad (VE)</p> <p>Veggie Nuggets (VE)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
16	17	18	19	20
<p>Pineapple Pizza (V)</p> <p>Round Pizza (V)</p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Chicken Tenders with Salsa (VE)</p> <p>Chipotle Broccoli (V)*</p> <p>Seasoned Bread Knot (V)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p>Fish & Cheese Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings Bar</p>	<p>Hawaiian Veggie Nuggets (V)*</p> <p>Hawaiian Grilled Chicken*</p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (V)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>	<p>Egyptian Chickpeas (VE)*</p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)*</p> <p>Empanada (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
23	Winter Recess	24	25	26
<p>Grandma's Pizza (V)*</p> <p>Garlic French Bread Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>BBQ Veggie Nuggets (VE)*</p> <p>BBQ Chicken Bites*</p> <p><i>Butternut Squash Mac & Cheese (V)</i></p> <p><i>Garlicky Green Beans (VE)</i></p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Southwest Burrito (V)</p> <p>Caribbean Style Beef Patty</p> <p>Roasted Carrot Coins (VE)</p> <p><i>Salad Bar</i> Classic Toppings Bar</p>	<p>Big City Bean Taco (VE)</p> <p>Soft Turkey Taco</p> <p>Guacamole & Salsa (VE)</p> <p>Cinnamon Plantains (VE)*</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)*</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>
30	31			
<p>Plant Powered Ranch Pizza (V)*</p> <p>Pizza Slice (V)</p> <p><i>Italian Roasted Carrots (VE)</i></p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Tomato Glazed Chicken Thigh*</p> <p><i>Pasta & Peas (V)*</i></p> <p>Gremolata Marinated White Beans (VE)*</p> <p><i>Salad Bar</i> Leafy Green Bar</p>			<p style="text-align: center; color: green; font-weight: bold;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>

DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Grab and Go Salads 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Grab and Go Salads 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Grab and Go Salads 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (VE) • Rainbow Wrap (VE)

Milk

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

Alternative options are available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies

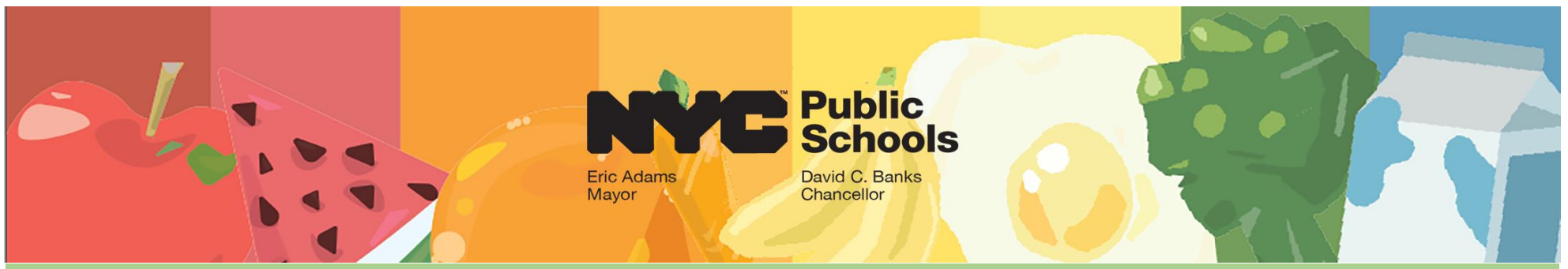
OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

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* Recipes created in collaboration with OFNS and Wellness In The Schools

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 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.




DECEMBER 2024: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Mediterranean Chickpea Wrap (VE) Seasoned Green Beans (VE)	BBQ Chicken Bite Grab & Go Salad Broccoli Salad (V)	Chicken Salad Hoagie Confetti Corn Salad (VE)	Chicken Caesar Salad with Croutons Balsamic Chickpea Salad (V)	Cilantro Pinto Bean Wrap (VE) Guacamole & Salsa (VE) Ranch Carrot Sticks (VE)
9	10	11	12	13
Red White & Green Panini (V) Marinated Bean Salad (VE)	Balsamic Chicken Salad Grab & Go Classic Potato Salad (V)	Curried Chicken Wrap Cauliflower Salad (VE)	Mediterranean Chicken Pasta Salad Italian Marinated Cucumber Salad (VE)	Gremolata Marinated White Bean Grab & Go Salad (VE) Carrot Raisin Salad (V)
16	17	18	19	20
Superhero Spinach Wrap (V) Chickpea & Pimento Salad (VE)	Crispy Chicken Salad Grab & Go Lemon Arugula Salad (V)	Chimichurri Chicken Wrap Basil Corn Salad (VE)	Sesame Noodle Bowl Crunchy Carrot Sticks (VE)	Chickpea Salad Wrap (VE) Kid Friendly Kale Salad (V)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Mediterranean Chickpea Wrap (VE) Seasoned Green Beans (VE)	BBQ Chicken Bite Grab & Go Salad Broccoli Salad (V)	Chicken Salad Hoagie Confetti Corn Salad (VE)	Chicken Caesar Salad with Croutons Balsamic Chickpea Salad (V)	Cilantro Pinto Bean Wrap (VE) Guacamole & Salsa (VE) Ranch Carrot Sticks (VE)
Winter Recess 30	Winter Recess 31			
Red White & Green Panini (V) Marinated Bean Salad (VE)	Balsamic Chicken Salad Grab & Go Classic Potato Salad (V)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

DAILY OFFERINGS

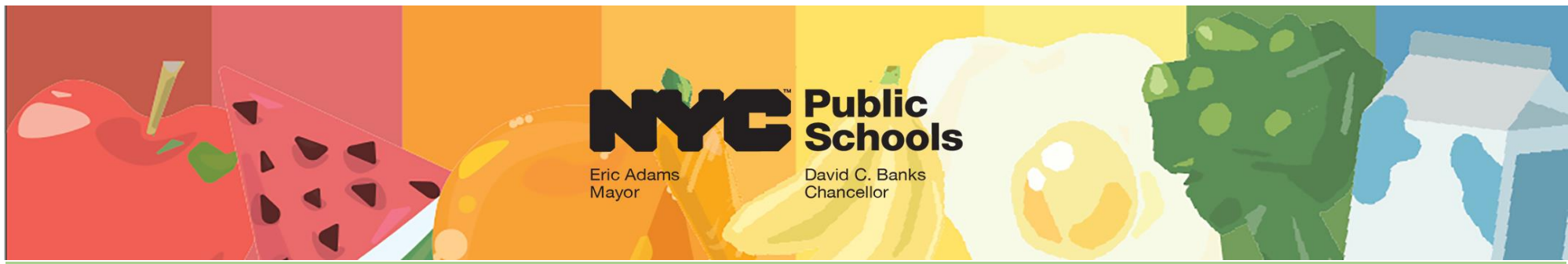
Monday	Tuesday	Wednesday	Thursday	Friday
• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) • Rainbow Wrap (VE)

<p>Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request</p>	<p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Assorted Dressings</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;">  </div>
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* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Sicilian Slice Pizza (V)</p> <p>Italian Chickpeas (VE)</p>	<p>BBQ Chicken Bites</p> <p style="color: green;">Butternut Squash Mac & Cheese (V)</p> <p>Crispy Broccoli (V)</p>	<p>Caribbean Style Beef Patty</p> <p>Roasted Carrot Coins (VE)</p>	<p>Soft Turkey Taco</p> <p>Guacamole & Salsa (VE)</p> <p>Cinnamon Plantains (VE)</p>	<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p>
9	10	11	12	13
<p>Sicilian Slice Pizza (V)</p> <p style="color: green;">Italian Roasted Carrots (VE)</p>	<p>Fish Sticks with Dipping Sauce</p> <p>Buttermilk Biscuit (V)</p> <p style="color: green;">Herb Roasted Potatoes (VE)</p>	<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Roasted Fresh Broccoli and Cauliflower (VE)</p>	<p>Tomato Glazed Chicken Thigh</p> <p style="color: green;">Pasta & Peas (V)</p> <p>Gremolata Marinated White Beans (VE)</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Sauteed Spinach (V)</p> <p>Veggie Nuggets (VE)</p>
16	17	18	19	20
<p>Sicilian Slice Pizza (V)</p> <p>Roasted Chickpeas (VE)</p>	<p>Chicken Tenders With Salsa (VE)</p> <p>Chipotle Broccoli (V)</p> <p>Seasoned Bread Knot (V)</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Hawaiian Grilled Chicken</p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (V)</p>	<p>Egyptian Chickpeas (VE)</p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)</p> <p>Empanada (V)</p>
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
<p>Sicilian Slice Pizza (V)</p> <p>Italian Chickpeas (VE)</p>	<p>BBQ Chicken Bites</p> <p style="color: green;">Butternut Squash Mac & Cheese (V)</p> <p>Crispy Broccoli (V)</p>	<p>Caribbean Style Beef Patty</p> <p>Roasted Carrot Coins (VE)</p>	<p>Soft Turkey Taco</p> <p>Guacamole & Salsa (VE)</p> <p>Cinnamon Plantains (VE)</p>	<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p>
30	31			
<p>Sicilian Slice Pizza (V)</p> <p>Italian Roasted Carrots (VE)</p>	<p>Tomato Glazed Chicken Thigh</p> <p style="color: green;">Pasta & Peas (V)</p> <p>Gremolata Marinated White Beans (VE)</p>			<p style="color: green; font-size: small;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>

DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Rainbow Wraps (VE)

Milk

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies

OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit

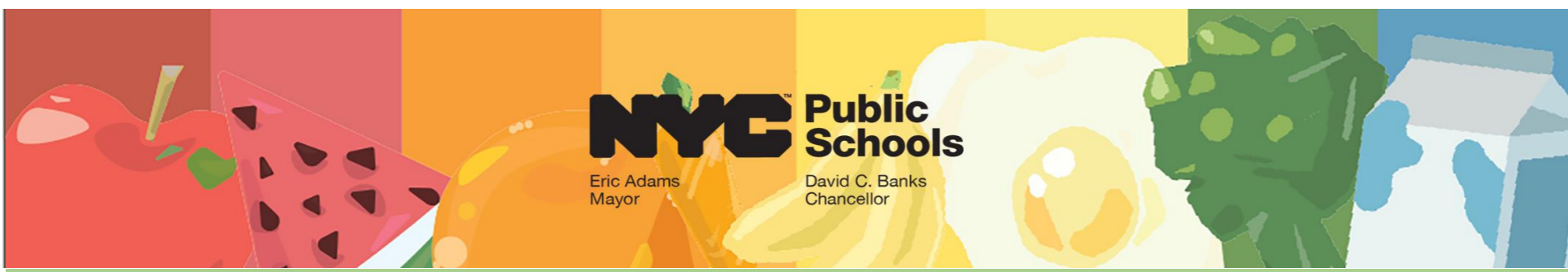
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: Food Court Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
Red White & Green Panini (V) Italian Chickpeas (VE) <i>Salad Bar</i> Pizza Bar		BBQ Chicken Bites <i>Butternut Squash Mac & Cheese (V)</i> Crispy Broccoli (V) <i>Salad Bar</i> Rainbow Bar		Caribbean Style Beef Patty Roasted Carrot Coins (VE) <i>Salad Bar</i> Leafy Green Bar		Soft Turkey Taco Guacamole & Salsa (VE) Cinnamon Plantains (VE) <i>Salad Bar</i> Fiesta Bar		Carolina Pinto Beans (VE) Southern Seasoned Brown Rice (VE) Roasted Cauliflower (VE) <i>Salad Bar</i> Leafy Green Bar	
9		10		11		12		13	
Veggie Nugget (VE) <i>Italian Roasted Carrots (V)</i> <i>Salad Bar</i> Pizza Bar		Chicken Pot Pie with Buttermilk Biscuit <i>Herb Roasted Potatoes (VE)</i> <i>Salad Bar</i> Rainbow Bar		Fish & Cheese Sandwich Whole Wheat Bun Roasted Broccoli and Cauliflower (VE) (VE) <i>Salad Bar</i> Classic Toppings Bar		Tomato Glazed Chicken Thigh <i>Pasta & Peas (V)</i> Gremolata Marinated White Bean (VE) <i>Salad Bar</i> Leafy Green Bar		Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE) <i>Salad Bar</i> Mediterranean Bar	
16		17		18		19		20	
Empanada (V) Roasted Chickpeas (VE) <i>Salad Bar</i> Pizza Bar		BBQ Chicken Sliders Chipotle Broccoli (V) Seasoned Bread Knot (V) <i>Salad Bar</i> Leafy Green Bar		Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) <i>Hot Confetti Corn (VE)</i> <i>Salad Bar</i> Classic Toppings Bar		Hawaiian Grilled Chicken Sesame Noodles (VE) Ginger Carrots (VE) <i>Salad Bar</i> Leafy Green		Egyptian Chickpeas (VE) Brown Rice (VE) Sweet and Tangy Braised Kale (V) <i>Salad Bar</i> Mediterranean Bar	
23		Winter Recess 24		Winter Recess 25		Winter Recess 26		Winter Recess 27	
Red White & Green Panini (V) Italian Chickpeas (VE) <i>Salad Bar</i> Pizza Bar		BBQ Chicken Bites <i>Butternut Squash Mac & Cheese (V)</i> Crispy Broccoli (V) <i>Salad Bar</i> Rainbow Bar		Caribbean Style Beef Patty Roasted Carrot Coins (VE) <i>Salad Bar</i> Leafy Green Bar		Soft Turkey Taco Guacamole & Salsa (VE) Cinnamon Plantains (VE) <i>Salad Bar</i> Fiesta Bar		Carolina Pinto Beans (VE) Southern Seasoned Brown Rice (VE) Roasted Cauliflower (VE) <i>Salad Bar</i> Leafy Green Bar	
Winter Recess 30		Winter Recess 31							
Veggie Nugget (VE) <i>Italian Roasted Carrots (V)</i> <i>Salad Bar</i> Pizza Bar		Tomato Glazed Chicken Thigh <i>Pasta & Peas (V)</i> Gremolata Marinated White Bean (VE) <i>Salad Bar</i> Leafy Green Bar						WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	

DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
• Pizza (V) • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (V) • Seasoned Wedge Fries (VE)	• Pizza (V) • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Seasoned Wedge Fries (VE)	• Pizza (V) • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Seasoned Wedge Fries (VE)	• Pizza (V) • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Seasoned Wedge Fries (VE)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (VE) • Seasoned Wedge Fries (VE) • Southwest Burrito (V) • Rainbow Wrap (VE)

<p>Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) <small>Alternative options are available upon request</small></p>	<p>ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> </div>
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• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: After School Snack Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
Yogurt Choice (V) Blueberry Granola (V)		Honey Graham Biscuits (V) Milk (V)		Animal Crackers (V) Milk (V)		Mozzarella Cheese Stick (V) Fresh Fruit (VE)		Multi-Grain Oats (VE) Milk (V)	
9		10		11		12		13	
Heart Shaped Pretzels (VE) Hummus Cup (VE)		Mini Wheats (V) Milk (V)		Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)		Colby Cheese Stick (V) Fresh Fruit (VE)		Croissant (V) with Jelly (VE) Milk (V)	
16		17		18		19		20	
Honey Graham Crackers (V) Milk (V)		Colby Jack Cheese Cubes (V) Fresh Fruit (VE)		Crispy Tortilla (VE) Salsa (VE)		Cheddar Cheese Stick (V) Fresh Fruit (VE)		Crunchy Carrot Sticks (VE) Hummus Cup (VE)	
23		Winter Recess 24		Winter Recess 25		Winter Recess 26		Winter Recess 27	
Yogurt Choice (V) Blueberry Granola (V)		Honey Graham Biscuits (V) Milk (V)		Animal Crackers (V) Milk (V)		Mozzarella Cheese Stick (V) Fresh Fruit (VE)		Multi-Grain Oats (VE) Milk (V)	
Winter Recess 30		Winter Recess 31							
Heart Shaped Pretzels (VE) Hummus Cup (VE)		Mini Wheats (V) Milk (V)						<p style="text-align: center; font-size: small;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	

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

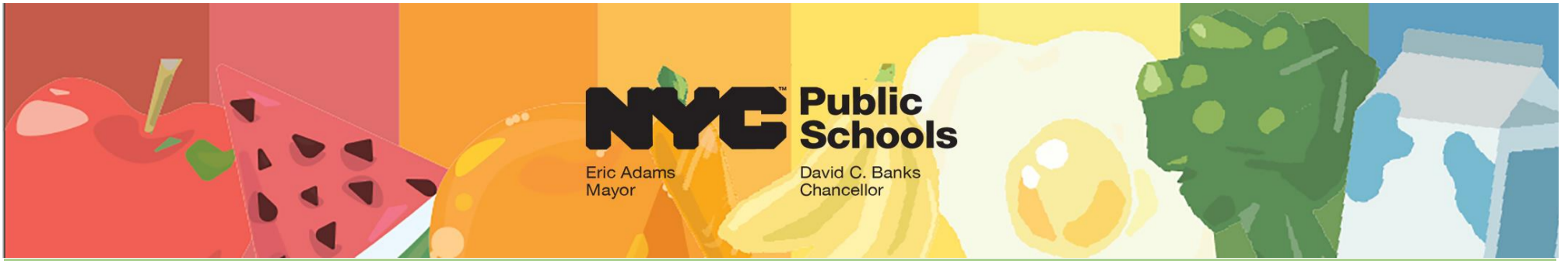
OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

All Fruit
Offerings are 1 cup

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Cantaloupe,
Grapefruit, Honeydew,
Oranges, Pears,
Strawberries (VE)

OFNS has an extensive
Prohibitive Ingredients List
available at:

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Animal Crackers (V) Milk (V)	Yogurt Choice (V) Diced Pears (VE)	Apple Slices (VE) Milk (V)	Cucumber Slices (VE) Diced Pineapples (VE)	Multi-Grain Oats (VE) Milk (V)
9	10	11	12	13
Soft Roll (VE) Hummus Cup (VE)	Croissant (V) Diced Peaches (VE)	Toasted Oats (V) Milk (V)	Yogurt Choice (V) Diced Pears (VE)	Fresh Banana (VE) Milk (V)
16	17	18	19	20
Animal Crackers (V) Milk (V)	Yogurt Choice (V) Diced Pears (VE)	Apple Slices (VE) Milk (V)	Cucumber Slices (VE) Diced Pineapples (VE)	Multi-Grain Oats (VE) Milk (V)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Soft Roll (VE) Hummus Cup (VE)	Croissant (V) Diced Peaches (VE)	Toasted Oats (V) Milk (V)	Yogurt Choice (V) Diced Pears (VE)	Fresh Banana (VE) Milk (V)
Winter Recess 30	Winter Recess 31			
Animal Crackers (V) Milk (V)	Cucumber Slices (VE) Diced Pineapples (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

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

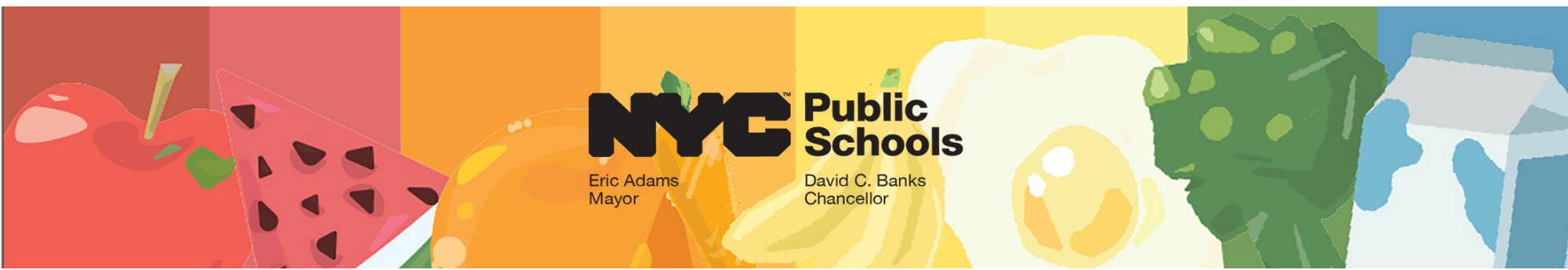
OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

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.

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DECEMBER 2024: After School Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Cheese Plate Grab & Go (V)</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Chicken Tender Wrap</p> <p>Classic Potato Salad (V)</p>	<p>Chopped Salad Grab & Go</p> <p>Italian Marinated Cucumber Salad (VE)</p>	<p>Classic Tuna on Ciabatta</p> <p>Cilantro Black Bean Salad (VE)</p>	<p>Chickpeas with Basil Pesto Wrap (V)</p> <p>Green Garden Salad (VE)</p>
9	10	11	12	13
<p>Black Bean & Corn Wrap (VE)</p> <p>Seasoned Green Beans (VE)</p>	<p>Caesar Chicken Breaded Bite Wrap</p> <p>Ranch Carrot Sticks (V)</p>	<p>Asian Sesame Crispy Chicken Grab & Go</p> <p>Broccoli Salad (V)</p>	<p>Chipotle Chicken Wrap</p> <p>Basil Corn Salad (V)</p>	<p>Eggless Egg Salad Sandwich (VE)</p> <p>Fresh Tomato Salad (V)</p>
16	17	18	19	20
<p>Cheese Lettuce & Tomato Wrap (V)</p> <p>Pinto Bean Salad (VE)</p>	<p>Chicken Salad Hoagie</p> <p>Carrot Raisin Salad (V)</p>	<p>Chicken Breaded Bite Grab & Go Salad</p> <p>Cauliflower Salad (VE)</p>	<p>Curried Chicken Wrap</p> <p>Kachumber (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Confetti Corn Salad (VE)</p>
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
<p>Cheese Plate Grab & Go (V)</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Chicken Tender Wrap</p> <p>Classic Potato Salad (V)</p>	<p>Chopped Salad Grab & Go</p> <p>Italian Marinated Cucumber Salad (VE)</p>	<p>Classic Tuna on Ciabatta</p> <p>Cilantro Black Bean Salad (VE)</p>	<p>Chickpeas with Basil Pesto Wrap (V)</p> <p>Green Garden Salad (VE)</p>
Winter Recess 30	Winter Recess 31			
<p>Black Bean & Corn Wrap (VE)</p> <p>Seasoned Green Beans (VE)</p>	<p>Caesar Chicken Breaded Bite Wrap</p> <p>Ranch Carrot Sticks (V)</p>		<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p><i>Daily Supper Specials</i></p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) <p>Options may vary by location</p>

OFFERED DAILY

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

OFNS Menu Support
 Seasonal Fresh Fruit and Vegetables
 when available

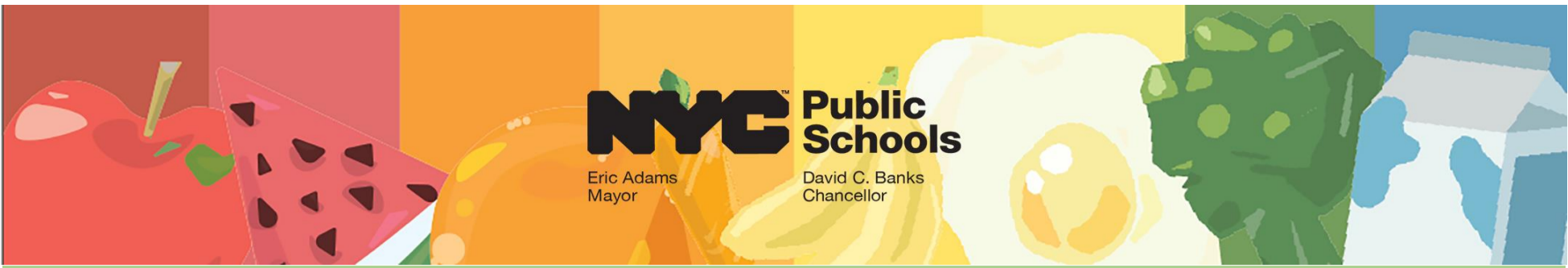
Assorted Dressings

Seasonal Fresh Fruit
 Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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DECEMBER 2024: After School Hot Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Three Cheese Grilled Cheese (V) Honey Diced Sweet Potatoes (V)	Caprese Chicken Sandwich Seasoned Peas (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE)	Chicken Tenders Seasoned Wedge Fries (VE) Garlic Knot (V)	Pizza (V) Broccoli with Roasted Garlic (VE)
9	10	11	12	13
Southwest Burrito (V) Confetti Corn (VE)	Hamburgers Whole Wheat Bun Cheeseburgers Whole Wheat Bun Baked Sweet Potato Wedge Fries (VE)	Stewed Black Beans (VE) Sweet Plantains (VE) Brown Rice (VE)	Fish & Cheese Sandwich Mixed Green Salad (V)	Pizza (V) Parmigiana Roasted Cauliflower (V)
16	17	18	19	20
Mozzarella Sticks (V) with Herbed Marinara (VE) Garlicy Green Beans (VE)	BBQ Chicken Sliders Classic Coleslaw (V)	Three Bean Chili Cheese Fries (V) Corn Bread (V)	Chicken Bites Corn, Peas, Carrots (VE) Dinner Roll (V)	Pizza (V) Seasoned Wedge Fries (VE)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Three Cheese Grilled Cheese (V) Honey Diced Sweet Potatoes (V)	Caprese Chicken Sandwich Seasoned Peas (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE)	Chicken Tenders Seasoned Wedge Fries (VE) Garlic Knot (V)	Pizza (V) Broccoli with Roasted Garlic (VE)
Winter Recess 30	Winter Recess 31			
Southwest Burrito (V) Confetti Corn (VE)	Hamburgers Whole Wheat Bun Cheeseburgers Whole Wheat Bun Baked Sweet Potato Wedge Fries (VE)		WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Supper Specials • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) Options may vary by location

OFFERED DAILY

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

OFNS Menu Support
 Seasonal Fresh Fruit and Vegetables
 when available

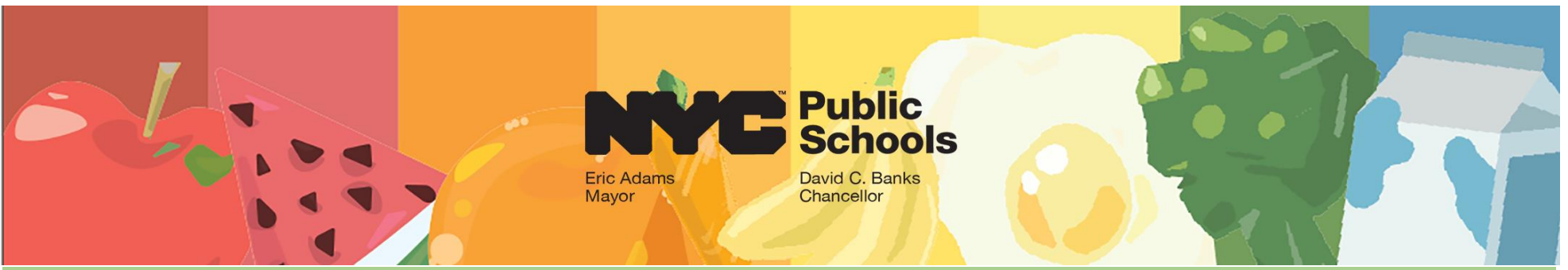
Assorted Dressings

Seasonal Fresh Fruit
 Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: After School Vegetarian Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Three Cheese Grilled Cheese (V)</p> <p>Honey Diced Sweet Potatoes (V)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Green Garden Salad (VE)</p>	<p>Spinach & Cheese Quesadilla (V)</p> <p>Seasoned Peas (VE)</p>	<p>Pizza (V)</p> <p>Broccoli with Roasted Garlic (VE)</p>
9	10	11	12	13
<p>Southwest Burrito (V)</p> <p>Confetti Corn (VE)</p>	<p>Red White and Green Panini (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Stewed Black Beans (VE)</p> <p>Sweet Plantains (VE)</p> <p>Brown Rice (VE)</p>	<p>Empanada (V)</p> <p>Green Garden Salad (VE)</p>	<p>Pizza (V)</p> <p>Parmigiana Roasted Cauliflower (V)</p>
16	17	18	19	20
<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Garlicy Green Beans (VE)</p>	<p>BBQ Veggie Burger Whole Wheat Bun (VE)</p> <p>Classic Coleslaw (V)</p>	<p>Three Bean Chili Cheese Fries (V)</p> <p>Corn Bread (V)</p>	<p>Veggie Nuggets (VE)</p> <p>Corn, Peas, Carrots (VE)</p> <p>Dinner Roll (V)</p>	<p>Pizza (V)</p> <p>Seasoned Wedge Fries (VE)</p>
23	24	25	26	27
Winter Recess	Winter Recess	Winter Recess	Winter Recess	Winter Recess
<p>Three Cheese Grilled Cheese (V)</p> <p>Honey Diced Sweet Potatoes (V)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Green Garden Salad (VE)</p>	<p>Spinach & Cheese Quesadilla (V)</p> <p>Seasoned Peas (VE)</p>	<p>Pizza (V)</p> <p>Broccoli with Roasted Garlic (VE)</p>
30	31			
Winter Recess	Winter Recess			
<p>Southwest Burrito (V)</p> <p>Confetti Corn (VE)</p>	<p>Red White and Green Panini (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>		<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) <p>Options may vary by location</p>

OFFERED DAILY

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

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables
when available

Assorted Dressings

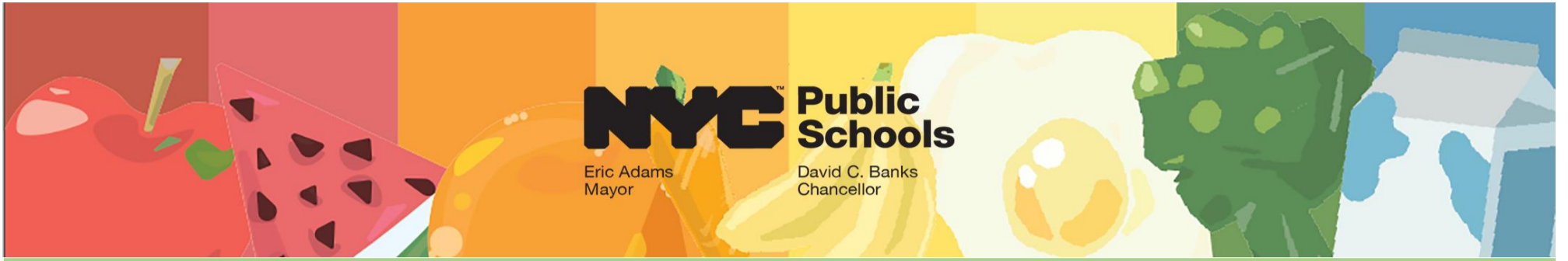
Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Cantaloupe,
Grapefruit, Honeydew,
Oranges, Pears,
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



DECEMBER 2024: Saturday Cold Morning Snack Menu

Monday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Yogurt Choice (V) Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Milk (V)	Croissant (V) with Jelly (VE) Fresh Fruit (VE)	Blueberry Breakfast Bread (V) Milk (V)	
				<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>

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

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 Apples, Apple Slices,
 Bananas, Cantaloupe,
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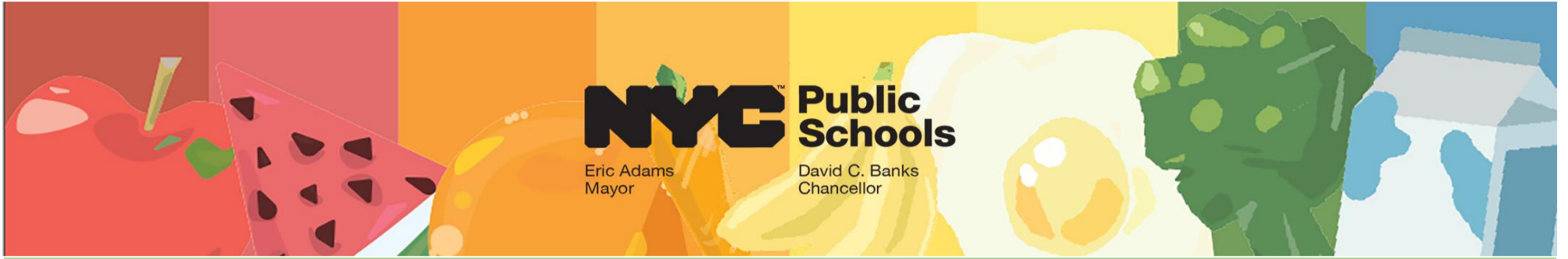


DECEMBER 2024: Saturday Hot Morning Snack Menu

Monday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
<p>Buttermilk Pancakes (V)</p> <p>Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V)</p> <p>Fresh Fruit (VE)</p>	<p>French Toast Sticks (V)</p> <p>Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Fresh Fruit (VE)</p>	
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<p><u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request</p>	<p><u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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DECEMBER 2024: Saturday Cold Lunch Menu

Monday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Assorted Cold Sandwiches and Wraps Seasoned Corn (VE) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Classic Potato Salad (V) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Ranch Carrot Snackers (V) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V) Fresh Fruit (VE) Milk (V)	
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OFFERED DAILY

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

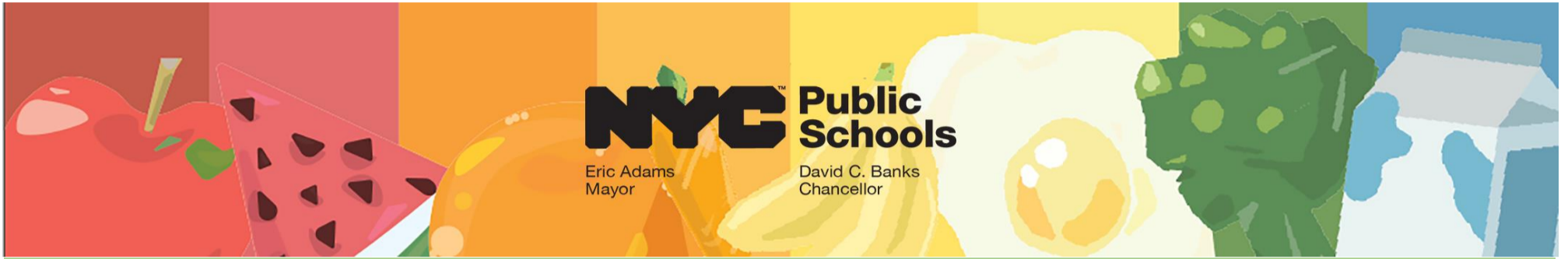
Assorted Dressings

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 Bananas, Cantaloupe,
 Grapefruit, Honeydew,
 Oranges, Pears,
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DECEMBER 2024: Saturday Hot Lunch Menu

Monday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Chicken Tenders Hot Confetti Corn (VE) Fresh Fruit (VE) Milk (V)	Hamburgers & Cheeseburgers Seasoned Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Mozzarella Sticks (V) with Herbed Marinara (VE) Crispy Broccoli (V) Fresh Fruit (VE) Milk (V)	BBQ Chicken Sliders Baked Sweet Potato Waffle Fries (VE) Fresh Fruit (VE) Milk (V)	
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OFFERED DAILY

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

Assorted Dressings

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