

	NECEMBER 20	04 D 1/ 0 E		
_	PECEIVIDEIX 20	124: Pre-K - 8 E	Breakfast Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
on a Bagel (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE) 10 Buttermilk Pancakes (V) Blueberry Topping (VE) Yogurt Choice (V)	Zucchini Carrot Breakfast Bread (V) Colby Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) 11 Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V)	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) Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)
Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (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)	OFFERED DAILY	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)

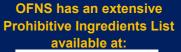
OFFERED DAILY

Options may vary by location

Cold Cereal Choices
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)



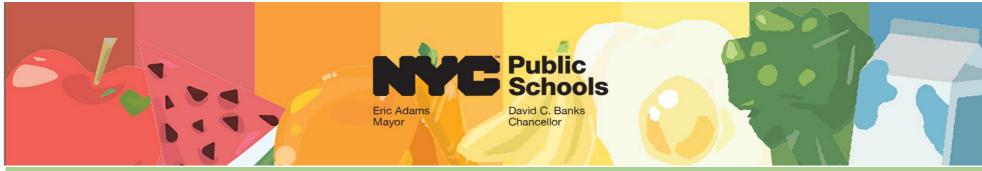


ATTENTION:

• 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.



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Egg & Cheese on a Bagel (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Breakfast Bar (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) Breakfast Bar (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) Breakfast Bar (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) Breakfast Bar (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)
16	17	18	19	20
Egg and Cheese on a Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Breakfast Bar (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) Breakfast Bar (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) Breakfast Bar (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) Breakfast Bar (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) Breakfast Bar (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) Breakfast Bar Yogurts (V) Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (VE)
		OFFERED DAILY	Seasonal Fresh Fruit	OFNS has an extensive

<u>Milk</u> 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)

Prohibitive Ingredients List



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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: Breakfast Express Menu

2	3			
		4	5	6
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Apple Cinnamon Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
9	10	11	12	13
Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant (V) Cheese Cubes (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
16	17	18	19	20
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	Banana Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Apple Sauce (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Apple Cinnamon Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
Winter Recess 30	Winter Recess 31			
Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (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)

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:



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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.







Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Blueberry Breakfast Bread (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 Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Apple Sauce (VE)
9	10	11	12	13
Blueberry Breakfast Bread (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 Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Apple Sauce (VE)
16	17	18	19	20
Blueberry Breakfast Bread (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 Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Apple Sauce (VE)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Blueberry Breakfast Bread (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 Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Apple Sauce (VE)
Winter Recess 30	Winter Recess 31			
Blueberry Breakfast Bread (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)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
	Seasonal Fresh Fruit	OFFERED DAILY		OFNS has an extensive

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)

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 Daily Upon Request: Transitional, Thick Puree or Thin Puree

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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)	French Toast Sticks (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE)	Egg & Cheese on a Whole Grain Croissant (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit
Milk (V)	Milk (V)	Milk (V)	Pineapples (VE) Milk (V)	or Diced Pears (VE) Milk (V)
9	10	11	12	13
Egg & Cheese on a Soft Roll (V)	Buttermilk Pancakes (V) Blueberry Topping (VE)	Apple Cinnamon Breakfast Bread (V)	Breakfast Quesadilla (V) Hash Browns (VE)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)
Hot Oatmeal (V)	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)	Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
16	17	18	19	20
Egg & Cheese on a Whole Grain Croissant (V)	Rise and Shine Waffles (V)	Sweet Potato Oatmeal Muffin (V)	Yogurt Choice (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hat Oatmaal (M)
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 (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)	French Toast Sticks (V) Hot Oatmeal (V)	Zucchini Carrot Breakfast Bread (V)	Egg & Cheese on a Whole Grain Croissant (V)	Fresh NY Bagel Half (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 Diced Pineapples (VE) Milk (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)	Buttermilk Pancakes (V) Blueberry Topping (VE)			WE PROUDLY SUPPORT
Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)			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

(V) Indicates Vegetarian (VE) Indicates Vegan

Seasonal Fresh Fruit

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

Other Fruits

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

OFFERED DAILY

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

Options may vary by location

Assorted Yogurts

Condiments Syrup (VE)

OFNS has an extensive **Prohibitive Ingredients List**



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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.





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)
		OFFERED DAILY	Seasonal Fresh Fruit	OFNS has an extensive

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

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

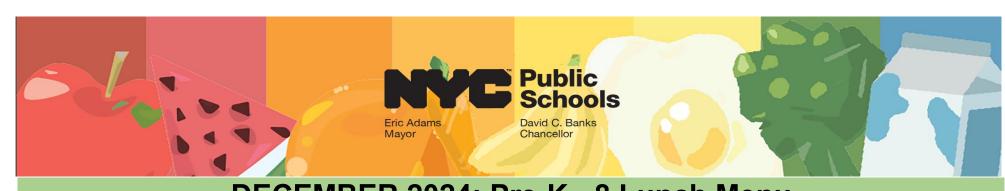
> **Condiments** Syrup (VE)

Prohibitive Ingredients List



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DECEMBER 2024: Pre-K - 8 Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Grandma's Pizza (V)*	BBQ Veggie Nuggets (VE)*	Southwest Burrito (V)		Carolina Pinto Beans (VE)
Garlic French Bread	BBQ Chicken Bites*	Caribbean Style Beef Patty	Big City Bean Taco (VE)	Southern Seasoned Brown Rice (VE)*
Pizza (V) Crispy Broccoli (V)	Butternut Squash Mac & Cheese (V)	Roasted Carrot Coins (VE)	Soft Turkey Taco Guacamole & Salsa (VE)	Roasted Cauliflower (VE)
Salad Bar	Garlicky Green Beans (VE)	Confetti Corn (VE)	Cinnamon Plantains (VE)*	Three Cheese Grilled Cheese (V)
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Rainbow Bar	Salad Bar Classic Toppings Bar	<i>Salad Bar</i> Fiesta Bar	<i>Salad Bar</i> Leafy Green Bar
9	10	11	12	13
Plant Powered Ranch Pizza (V)*	Chicken Pot Pie with Buttermilk Biscuit	<u>Plastic Free</u> <u>Lunch Day</u>	Tomato Glazed Chicken Thigh*	Falafel (VE) With Tzatziki (V)
Pizza Slice (V)	Fish Sticks with Dipping Sauce	Mozzarella Sticks (V) with Herbed Marinara (VE)	Pasta & Peas (V)*	Flat Bread (VE)
Italian Roasted Carrots (VE)	Herb Roasted Potatoes (VE)	Fresh Broccoli and Cauliflower (VE)	Gremolata Marinated White Beans (VE)*	Green Garden Salad (VE)
Salad Bar Pizza Bar		with Ranch Dipping Sauce		Veggie Nuggets (VE)
With Balsamic Chickpea Salad (V)	Salad Bar Rainbow Bar	Salad Bar Plastic Free Lunch Day Bar	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar
16	17	18	19	20
Pineapple	Chicken Tenders	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V)	Hawaiian Veggie Nuggets (V)*	Egyptian Chickpeas (VE)*
Pizza (V)	with Salsa (VE) Chipotle Broccoli (V)*	Whole Wheat Bun (VE)	Hawaiian Grilled Chicken*	Brown Rice (VE)
Round Pizza (V) Superhero Spinach (VE)	Seasoned Bread Knot (V)	Fish & Cheese Sandwich Whole Wheat Bun	Sesame Noodles (VE)	Sweet and Tangy Braised Kale (V)*
Salad Bar		Seasoned Wedge Fries (VE)	Ginger Carrots (V)	Empanada (V)
Pizza Bar With Balsamic Chicknes Salad (V)	Salad Bar Rainbow Bar	Salad Bar	Salad Bar	Salad Bar Mediterranean Bar
Chickpea Salad (V)	Winter Recess 24	Classic Toppings Bar Winter Recess 25	Leafy Green Bar Winter Recess 26	
Grandma's Pizza (V)*	BBQ Veggie Nuggets (VE)*	Southwest Burrito (V)		Carolina Pinto Beans (VE)
Garlic French Bread	BBQ Chicken Bites*	Caribbean Style Beef Patty	Big City Bean Taco (VE)	Southern Seasoned Brown Rice (VE)*
Pizza (V)	Butternut Squash Mac & Cheese (V)	Roasted Carrot	Soft Turkey Taco Guacamole & Salsa (VE)	Roasted Cauliflower (VE)
Crispy Broccoli (V) Salad Bar	Garlicky Green Beans (VE)	Coins (VE) Confetti Corn (VE)	Cinnamon Plantains (VE)*	Three Cheese Grilled Cheese (V)
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V) Winter Recess 30	Rainbow Bar Winter Recess 31	Classic Toppings Bar	Fiesta Bar	Leafy Green Bar
	Time Notice			
Plant Powered Ranch Pizza (V)*	Tomato Glazed Chicken Thigh*			
Pizza Slice (V)	Pasta & Peas (V)*			
Italian Roasted Carrots (VE)	Gremolata Marinated White Beans (VE)*			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR
Salad Bar Pizza Bar With Balsamic	Salad Bar			PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN
Chickpea Salad (V)	Leafy Green Bar			GREEN.
Monday	Tuesday	DAILY OFFERINGS Wednesday	Thursday	Friday
 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) 	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V)	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) 	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) 	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V)
Hot or Cold Cheese Sandwich (V)	Hot or Cold CheeseSandwich (V)Tuna Sandwich	Hot or Cold CheeseSandwich (V)Tuna Sandwich	Hot or Cold CheeseSandwich (V)Tuna Sandwich	Hot or Cold CheeseSandwich (V)Rainbow Wrap (VE)
				OFNS has an extensive Prohibitive Ingredients List
Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)	ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or	OFNS Menus Support Seasonal Fresh Fruit and Vegetables	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew,	available at:
Alternative options are available upon request	Cookies	when available	Oranges, Pears, Strawberries (VE)	



* 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.
Monday	Tuesday	DAILY OFFERINGS Wednesday	Thursday	Friday
Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)	Peanut Butter and/or	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)	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)

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



* 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
Sicilian Slice Pizza (V) Crispy Broccoli (V) Italian Chickpeas (VE)	BBQ Chicken Bites Butternut Squash Mac & Cheese (V) Garlicky Green Beans (VE)	Caribbean Style Beef Patty Roasted Carrot Coins (VE) Confetti Corn (VE)	Soft Turkey Taco Guacamole & Salsa (VE) Cinnamon Plantains (VE)	Carolina Pinto Beans (VE) Southern Seasoned Brown Rice (VE) Roasted Cauliflower (VE) Three Cheese Grilled Cheese (V)
9	10	11	12	13
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE) Chickpea & Pimento Salad (VE)	Fish Sticks with Dipping Sauce Buttermilk Biscuit (V) Herb Roasted Potatoes (VE)	Mozzarella Sticks (V) with Herbed Marinara (VE) Roasted Fresh Broccoli and Cauliflower (VE)	Tomato Glazed Chicken Thigh Pasta & Peas (V) Gremolata Marinated White Beans (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Sauteed Spinach (V) Veggie Nuggets (VE)
16	17	18	19	20
Sicilian Slice Pizza (V) Superhero Spinach (VE) Roasted Chickpeas (VE)	Chicken Tenders With Salsa (VE) Chipotle Broccoli (V) Seasoned Bread Knot (V)	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) Seasoned Wedge Fries (VE)	Hawaiian Grilled Chicken Sesame Noodles (VE) Ginger Carrots (V)	Egyptian Chickpeas (VE) Brown Rice (VE) Sweet and Tangy Braised Kale (V) Empanada (V)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Sicilian Slice Pizza (V) Crispy Broccoli (V) Italian Chickpeas (VE)	BBQ Chicken Bites Butternut Squash Mac & Cheese (V) Garlicky Green Beans (VE)	Caribbean Style Beef Patty Roasted Carrot Coins (VE) Confetti Corn (VE)	Soft Turkey Taco Guacamole & Salsa (VE) Cinnamon Plantains (VE)	Carolina Pinto Beans (VE) Southern Seasoned Brown Rice (VE) Roasted Cauliflower (VE) Three Cheese Grilled Cheese (V)
Winter Recess 30	Winter Recess 31			
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE) Chickpea & Pimento Salad (VE)	Tomato Glazed Chicken Thigh Pasta & Peas (V) Gremolata Marinated White Beans (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
Monday	Tuesday	DAILY OFFERINGS Wednesday	Thursday	Friday
• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter &	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	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)

it 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)

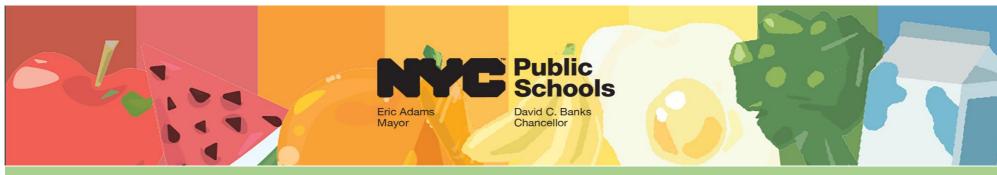
OFNS has an extensive Prohibitive Ingredients List



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

OFFERED DAILY

OFNS Menus 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



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

O.F.N.S. THEOOD ALLLIANCE

<u>Milk</u>

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are

available upon request







DECEMBER 2024: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Grandma's Pizza (V) Garlic French Bread Pizza (V) Crispy Broccoli (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	BBQ Veggie Nuggets (VE) Butternut Squash Mac & Cheese (V) Garlicky Green Beans (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Fish & Cheese Sandwich Whole Wheat Bun Roasted Carrot Coins (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Soft Turkey Taco Cinnamon Plantains (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Three Cheese Grilled Cheese (V) Steamed Cauliflower (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
9	10	11	12	13
Plant Powered Ranch Pizza (V) Pizza Slice (V) Italian Roasted Carrots (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fish Sticks with Dipping Sauce Herb Roasted Potatoes (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Mozzarella Sticks (V) with Herbed Marinara (VE) Steamed Cauliflower (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Bites Pasta & Peas (V) Gremolata Marinated White Beans (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
16	17	18	19	20
Pineapple Pizza (V) Round Pizza (V) Superhero Spinach (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Chicken Tenders Steamed Seasoned Broccoli (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Veggie Burger (VE) Whole Wheat Bun (VE) Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Teriyaki Grilled Chicken Sesame Noodles (VE) Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Empanada (V) Cucumber Slices (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Grandma's Pizza (V) Garlic French Bread Pizza (V) Crispy Broccoli (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	BBQ Veggie Nuggets (VE) Butternut Squash Mac & Cheese (V) Garlicky Green Beans (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Fish & Cheese Sandwich Whole Wheat Bun Roasted Carrot Coins (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Soft Turkey Taco Cinnamon Plantains (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Three Cheese Grilled Cheese (V) Steamed Cauliflower (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
Winter Recess 30	Winter Recess 31			
Plant Powered Ranch Pizza (V) Pizza Slice (V) Italian Roasted Carrots (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Chicken Bites Pasta & Peas (V) Gremolata Marinated White Beans (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)		GROWN, HARVESTED OR PRODUCED FOOD.	Paily Lunch Specials • Hot or Cold Cheese Sandwich (V) • Hummus and Soft Roll (VE) • 4 oz. Yogurt (V) • Tuna Sandwich Options may vary by location

ATTENTION:

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

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) **Other Fruits**

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. Consistencies upon request: puree, mashed and finely chopped.

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

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legumes, nuts, and/or fruit.



DECEMBER 2024: Pre-K - 8 Vegetarian Lunch Menu

DLO		i io it o vogo	tariari Eariori i	iciid
Monday	Tuesday	Wednesday	Thursday	Friday
_		_		•
2	3	4	5	6
				Carolina
				Pinto Beans (VE)
Grandma's Pizza (V)	BBQ Veggie			` '
	Nuggets (VE)	Red White and Green	Big City Bean Taco (VE)	Southern Seasoned
Garlic French		Panini (V)	Big City Beall Taco (VE)	Brown Rice (VE)
Bread Pizza (V)	Butternut Squash		Guacamolo & Salsa (VE)	D (10 115 05)
	Mac & Cheese (V)	Roasted Carrot Coins (VE)	Guacamole & Salsa (VE)	Roasted Cauliflower (VE)
Crispy Broccoli (V)	` '	` ′	Cinnamon Plantains (VE)	Three Cheese
	Garlicky Green Beans (V)	Confetti Corn (VE)	Cililation Flantains (VL)	Grilled Cheese (V)
Salad Bar	(1)	555ta 55(5±)		Griffed Gricese (V)
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Rainbow Bar	Classic Toppings Bar	Fiesta Bar	Leafy Green Bar
9				13
9	10	11	12	13
		Plastic Free		
Plant Powered Ranch		Lunch Day		
Pizza (V)	Three Bean Chili (VE)	Lunch Day		Falafel (VE)
(. ,	with or without Cheese		Rustic White	With Tzatziki (V)
Pizza Slice (V)		Mozzarella Sticks (V)	Beans (VE)	Flat Broad (VE)
01100 (1)	Buttermilk Biscuit (V)	with Herbed marinara (VE)	_ (Flat Bread (VE)
Italian Roasted Carrots (VE)		Fresh Broccoli	Pasta & Peas (V)	Green Garden Salad (VE)
	Herb Roasted Potatoes (VE)	and Cauliflower (VE)		
Salad Bar		with Ranch Dipping sauce	Italian Green Beans (VE)	Veggie Nuggets (VE)
Pizza Bar		11 0	, ,	
With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Rainbow Bar	Plastic Free Lunch Bar	Leafy Green Bar	Mediterranean Bar
16	17	18	19	20
				20
	Guisado Kidney			Egyptian Chickpeas (VE)
Pineapple Pizza (V)	Beans (VE)	Veggie Burger (VE)	Hawaiian	
		Whole Wheat Bun (VE)		Brown Rice (VE)
Round Pizza (V)	Chipotle Broccoli (V)		Veggie Nuggets (V)	Sweet and Tangy
		Veggie Cheeseburger (V)	0 N II	Braised Kale (V)*
Superhero Spinach (V)	Salsa (VE)	Whole Wheat Bun (VE)	Sesame Noodles	Braisea raie (V)
	Seasoned Bread Knot (V)	Second Wedge Fried (VE)	Ginger Carrots (V)	Empanada (V)
Salad Bar	Seasoned Bread Knot (V)	Seasoned Wedge Fries (VE)	Giliger Carrots (V)	Empariada (*)
Pizza Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
With Balsamic Chickpea Salad (V)	Leafy Green Bar	Classic Toppings Bar	Leafy Green Bar	Mediterranean Bar
	-	., .		
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
				Carolina
				Pinto Beans (VE)
Grandma's Pizza (V)	BBQ Veggie			
	Nuggets (VE)	Red White and Green	Big City Bean Taco (VE)	Southern Seasoned
Garlic French		Panini (V)	g	Brown Rice (VE)
Bread Pizza (V)	Butternut Squash		Guacamole & Salsa (VE)	Roasted Cauliflower (VE)
0.1	Mac & Cheese (V)	Roasted Carrot Coins (VE)		Nousted Caumiower (VE)
Crispy Broccoli (V)			Cinnamon Plantains (VE)	Three Cheese
Salad Bar	Garlicky Green Beans (V)	Confetti Corn (VE)		Grilled Cheese (V)
Pizza Bar				
With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Rainbow Bar	Classic Toppings Bar	Fiesta Bar	Leafy Green Bar
Winter Recess 30	Winter Recess 31			
Plant Powered Ranch				
Pizza (V)				
1 1224 (*)	Rustic White			
Dizza Slica (\/)				
Pizza Slice (V)	Beans (VE)			
Italian Roasted Carrots (VE)	Pasta & Peas (V)			WE PROUDLY SUPPORT
naman Noasteu Garrots (VE)	rasia ox reas (v)			LOCALLY SOURCED,
Salad Bar	Italian Green Beans (VE)			GROWN, HARVESTED OR
Pizza Bar	,			PRODUCED FOOD. ALL NEW YORK ITEMS
With Balsamic	Salad Bar			ARE HIGHLIGHTED IN
Chickpea Salad (V)	Leafy Green Bar			GREEN.
		DAILY OFFERINGS		
Monday	Tuesday	Wednesday	Thursday	Friday
Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	• Peanut Butter and/or	• Peanut Butter and/or
Sunflower Seed Butter &				
Jelly Sandwich (VE)				
Hummus and Crackers (V) Hot or Cold Chases	Hummus and Crackers (V) Het or Cold Chases	Hummus and Crackers (V) Het or Cold Change	Hummus and Crackers (V) Het or Cold Chases	Hummus and Crackers (V) Het or Cold Chases
 Hot or Cold Cheese Sandwich (V) 	 Hot or Cold Cheese Sandwich (V) 	 Hot or Cold Cheese Sandwich (V) 	 Hot or Cold Cheese Sandwich (V) 	 Hot or Cold Cheese Sandwich (V)
odinawion (1)	Sundanion (V)	Gariawich (v)	Gariawich (V)	• Rainbow Wrap (VE)

<u>Milk</u>

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**



* 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
- 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

DECE	WIDER 2024. J.	n.s. & Midule	School Lunch	WEITU
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
				0 11
	BBQ Veggie	Southwest Burrito (V)		Carolina
Crondrolo Di (\(\) \	Nuggets (VE)*	Countries During (1)		Pinto Beans (VE)
Grandma's Pizza (V)*		Caribbean Style	Big City Bean Taco (VE)	0 41 0
Osalis Fasasah Bassal	BBQ Chicken Bites*		g, (,	Southern Seasoned
Garlic French Bread		Beef Patty	Soft Turkey Taco	Brown Rice (VE)*
Pizza (V)	Butternut Squash	Roasted Carrot	Contrainey raco	Roasted Cauliflower (VE)
Criery Bresseli (V)	Mac & Cheese (V)	Coins (VE)	Guacamole & Salsa (VE)	reduced oddiniower (VL)
Crispy Broccoli (V)	,	Comis (VL)	Gaddamore a Galea (12)	Three Cheese
Salad Bar	Garlicky Green Beans (VE)	Confetti Corn (VE)	Cinnamon Plantains (VE)*	Grilled Cheese (V)
Pizza Bar	` ,		· · · · · · · · · · · · · · · · · · ·	,
With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Rainbow Bar	Classic Toppings Bar	Fiesta Bar	Leafy Green Bar
		11		13
9	10		12	13
		Plactic Erro		
Plant Powered Ranch	Chicken Pot Pie	<u>Plastic Free</u>		
	with Buttermilk Biscuit	<u>Lunch Day</u>	Tomato Glazed	Falafel (VE)
Pizza (V)*	With Butternink Discuit		Chicken Thigh*	With Tzatziki (V)
D: 01: 00	Fish Sticks	Mozzarella Sticks (V)		
Pizza Slice (V)		with Herbed Marinara (VE)	Pasta & Peas (V)*	Flat Bread (VE)
	with Dipping Sauce	,		Cross Corden Colon (47)
Italian Roasted Carrots (VE)	Houle Deceted Date (1977)	Fresh Broccoli	Gremolata Marinated	Green Garden Salad (VE)
	Herb Roasted Potatoes (VE)	and Cauliflower (VE)	White Beans (VE)*	Vegaio Nove de acr
Salad Bar		with Ranch Dipping Sauce		Veggie Nuggets (VE)
Pizza Bar	A =			
With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Rainbow Bar	Plastic Free Lunch Day Bar	Leafy Green Bar	Mediterranean Bar
16	17	18	19	20
		Versie Burger (VE)		
		Veggie Burger (VE)	Hawaiian	
	Chicken Tenders	Whole Wheat Bun (VE)	Veggie Nuggets (V)*	Egyptian
Pineapple		Veggie Cheeseburger (V)	- 33 33 ()	Chickpeas (VE)*
Pizza (V)	with Salsa (VE)	Whole Wheat Bun (VE)	Hawaiian	
	Ohimatla Duanasii AA*	,	Grilled Chicken*	Brown Rice (VE)
Round Pizza (V)	Chipotle Broccoli (V)*	Fish & Cheese	Grinica Grinoken	
	Second Breed Knot (\(\)	Sandwich	Second Needles (VE)	Sweet and Tangy
Superhero Spinach (VE)	Seasoned Bread Knot (V)	Whole Wheat Bun	Sesame Noodles (VE)	Braised Kale (V)*
			0: 0	5
Salad Bar		Seasoned Wedge Fries (VE)	Ginger Carrots (V)	Empanada (V)
Pizza Bar				
With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Rainbow Bar	Classic Toppings Bar	Leafy Green Bar	Mediterranean Bar
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
				0
	BBQ Veggie	Southwest Burrito (V)		Carolina
O	Nuggets (VE)*	Coutilwest Bullito (V)		Pinto Beans (VE)
Grandma's Pizza (V)*		Caribbean Style	Big City Bean Taco (VE)	
On the French Broad	BBQ Chicken Bites*		g	Southern Seasoned
Garlic French Bread		Beef Patty	Soft Turkey Taco	Brown Rice (VE)*
Pizza (V)	Butternut Squash	Roasted Carrot	Joil Turkey Taco	Roasted Cauliflower (VE)
Criony Braces! (1)	Mac & Cheese (V)	Roasted Carrot Coins (VE)	Guacamole & Salsa (VE)	TOUCKOU GUAIIIIOWEI (VL)
Crispy Broccoli (V)		Collis (VE)	Caudamolo a Galga (VL)	Three Cheese
Salad Bar	Garlicky Green Beans (VE)	Confetti Corn (VE)	Cinnamon Plantains (VE)*	Grilled Cheese (V)
Pizza Bar		(
With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Rainbow Bar	Classic Toppings Bar	Fiesta Bar	Leafy Green Bar
Winter Recess 30	Winter Recess 31	9		•
Willer Recess 50	Willter Necess 31			
Plant Powered Ranch	Tomato Glazed			
Pizza (V)*	Chicken Thigh*			
	5 55			
Pizza Slice (V)	Pasta & Peas (V)*			
	. 4544 60 1 545 (1)			
Italian Roasted Carrots (VE)	Gremolata Marinated			WE PROUDLY SUPPORT
(12)	White Beans (VE)*			LOCALLY SOURCED, GROWN, HARVESTED OR
Salad Bar				PRODUCED FOOD.
Pizza Bar				ALL NEW YORK ITEMS
FIZZA DAI				
With Balsamic	Salad Bar			ARE HIGHLIGHTED IN
	Salad Bar Leafy Green Bar			ARE HIGHLIGHTED IN GREEN.
With Balsamic		DAILY OFFERINGS		
With Balsamic Chickpea Salad (V)	Leafy Green Bar	DAILY OFFERINGS Wednesday	Thursday	GREEN.
With Balsamic		DAILY OFFERINGS Wednesday • Peanut Butter and/or		
With Balsamic Chickpea Salad (V) Monday	Leafy Green Bar Tuesday	<u>Wednesday</u>	Peanut Butter and/or	GREEN. Friday
With Balsamic Chickpea Salad (V) Monday Peanut Butter and/or	Leafy Green Bar Tuesday Peanut Butter and/or	<u>Wednesday</u> • Peanut Butter and/or	 Peanut Butter and/or Sunflower Seed Butter & 	GREEN. Friday • Peanut Butter and/or
With Balsamic Chickpea Salad (V) Monday • Peanut Butter and/or Sunflower Seed Butter &	Leafy Green Bar Tuesday Peanut Butter and/or Sunflower Seed Butter &	Wednesday • Peanut Butter and/or Sunflower Seed Butter &	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) 	GREEN. Friday • Peanut Butter and/or Sunflower Seed Butter &

Sandwich (V)

Sandwich (V) Tuna Sandwich

Sandwich (V) Tuna Sandwich Sandwich (V) • Rainbow Wrap (VE)

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

ATTENTION:

Sandwich (V)

Tuna Sandwich

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**



* 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

• 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.

O.F.N.S. INFOOD A L L I A N E E



A A A	DECEMBER 20	24: High Scho	ol Lunch Monu	
Monday	Tuesday	Wednesday 4	Thursday 5	Friday
_		_	·	·
Grandma's Pizza (V)*	BBQ Veggie Nuggets (VE)*	Southwest Burrito (V)	Big City Bean Taco (VE)	Carolina Pinto Beans (VE)
Garlic French Bread	BBQ Chicken Bites*	, ,		Southern Seasoned Brown Rice (VE)*
Pizza (V)	Butternut Squash Mac & Cheese (V)	Caribbean Style Beef Patty	Soft Turkey Taco Guacamole & Salsa (VE)	Roasted Cauliflower (VE)
Crispy Broccoli (V) Salad Bar	Garlicky Green Beans (VE)	Roasted Carrot Coins (VE)	Cinnamon Plantains (VE)*	Three Cheese Grilled Cheese (V)
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V) 9	Rainbow Bar	Classic Toppings Bar 11	Fiesta Bar	Leafy Green Bar 13
Plant Powered Ranch Pizza (V)*	Chicken Pot Pie with Buttermilk Biscuit	<u>Plastic Free</u> <u>Lunch Day</u>	Tomato Glazed Chicken Thigh*	Falafel (VE) With Tzatziki (V)
Pizza Slice (V)	Fish Sticks with Dipping Sauce	Mozzarella Sticks (V) with Herbed Marinara (VE)	Pasta & Peas (V)*	Flat Bread (VE)
Italian Roasted Carrots (VE)	Herb Roasted Potatoes (VE)	Fresh Broccoli	Gremolata Marinated White Beans (VE)*	Green Garden Salad (VE)
Salad Bar Pizza Bar	11010 11040104 1 0441000 (VZ)	and Cauliflower (VE) with Ranch Dipping Sauce	Willie Bealls (VL)	Veggie Nuggets (VE)
With Balsamic Chickpea Salad (V)	Salad Bar Rainbow Bar	Salad Bar Plastic Free Lunch Day Bar	<i>Salad Bar</i> Leafy Green Bar	<i>Salad Bar</i> Mediterranean Bar
16	17	18	19	20
Pineapple	Chicken Tenders	Veggie Burger (VE) Whole Wheat Bun (VE)	Hawaiian Veggie Nuggets (V)*	Egyptian
Pizza (V)	with Salsa (VE)	Veggie Cheeseburger (V) Whole Wheat Bun (VE)	Hawaiian	Chickpeas (VE)* Brown Rice (VE)
Round Pizza (V)	Chipotle Broccoli (V)*	Fish & Cheese Sandwich	Grilled Chicken*	Sweet and Tangy
Superhero Spinach (VE)	Seasoned Bread Knot (V)	Whole Wheat Bun	Sesame Noodles (VE)	Braised Kale (V)*
<i>Salad Bar</i> Pizza Bar With Balsamic	Salad Bar	Seasoned Wedge Fries (VE) Salad Bar	Ginger Carrots (V) Salad Bar	Empanada (V) Salad Bar
Chickpea Salad (V)	Rainbow Bar	Classic Toppings Bar	Leafy Green Bar	Mediterranean Bar
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
	BBQ Veggie Nuggets (VE)*			Carolina Pinto Beans (VE)
Grandma's Pizza (V)*	BBQ Chicken Bites*	Southwest Burrito (V)	Big City Bean Taco (VE)	Southern Seasoned
Garlic French Bread Pizza (V)	Butternut Squash	Caribbean Style Beef Patty	Soft Turkey Taco	Brown Rice (VE)* Roasted Cauliflower (VE)
Crispy Broccoli (V)	Mac & Cheese (V)	Roasted Carrot	Guacamole & Salsa (VE)	Three Cheese
Salad Bar Pizza Bar	Garlicky Green Beans (VE)	Coins (VE)	Cinnamon Plantains (VE)*	Grilled Cheese (V)
With Balsamic Chickpea Salad (V)	Salad Bar Rainbow Bar	Salad Bar Classic Toppings Bar	Salad Bar Fiesta Bar	Salad Bar Leafy Green Bar
Winter Recess 30	Winter Recess 31			
Plant Powered Ranch Pizza (V)*	Tomato Glazed Chicken Thigh*			
Pizza Slice (V)	Pasta & Peas (V)*			
Italian Roasted Carrots (VE)	Gremolata Marinated White Beans (VE)*			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR
<i>Salad Bar</i> Pizza Bar				PRODUCED FOOD. ALL NEW YORK ITEMS
With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Bar			ARE HIGHLIGHTED IN GREEN.
<u>Monday</u>	<u>Tuesday</u>	DAILY OFFERINGS Wednesday	<u>Thursday</u>	<u>Friday</u>
Peanut Butter and/or Sunflower Seed Butter &	 Peanut Butter and/or Sunflower Seed Butter & 	 Peanut Butter and/or Sunflower Seed Butter & 	Peanut Butter and/or Sunflower Seed Butter &	Peanut Butter and/or Sunflower Seed Butter &
Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)
Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)
Grab and Go Salads (V)	• Tuna Sandwich • Grab and Go Salads	Tuna Sandwich Grab and Go Salads	• Tuna Sandwich • Grab and Go Salads	• Grab and Go Salads (VE) • Rainbow Wrap (VE)
	- Salado	- Contract	- Suludo	
<u>Milk</u>	ATTENTION:		Seasonal Fresh Fruit	OFNS has an extensive Prohibitive Ingredients List

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

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



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

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DECEMBER 2024: High School Express Cold Lunch Menu

David C. Banks Chancellor

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.
Monday	Tuesday	DAILY OFFERINGS 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 &	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) 	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)	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

OFNS Menus 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



* 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

[•] 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			•	
Sicilian Slice Pizza (V) Italian Chickpeas (VE)	BBQ Chicken Bites Butternut Squash Mac & Cheese (V) Crispy Broccoli (V)	Caribbean Style Beef Patty Roasted Carrot Coins (VE)	Soft Turkey Taco Guacamole & Salsa (VE) Cinnamon Plantains (VE)	Carolina Pinto Beans (VE) Southern Seasoned Brown Rice (VE) Roasted Cauliflower (VE) Three Cheese Grilled Cheese (V)
9	10	11	12	13
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)	Fish Sticks with Dipping Sauce Buttermilk Biscuit (V) Herb Roasted Potatoes (VE)	Mozzarella Sticks (V) with Herbed Marinara (VE) Roasted Fresh Broccoli and Cauliflower (VE)	Tomato Glazed Chicken Thigh Pasta & Peas (V) Gremolata Marinated White Beans (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Sauteed Spinach (V) Veggie Nuggets (VE)
16	17	18	19	20
Sicilian Slice Pizza (V) Roasted Chickpeas (VE)	Chicken Tenders With Salsa (VE) Chipotle Broccoli (V) Seasoned Bread Knot (V)	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) Seasoned Wedge Fries (VE)	Hawaiian Grilled Chicken Sesame Noodles (VE) Ginger Carrots (V)	Egyptian Chickpeas (VE) Brown Rice (VE) Sweet and Tangy Braised Kale (V) Empanada (V)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Sicilian Slice Pizza (V) Italian Chickpeas (VE)	BBQ Chicken Bites Butternut Squash Mac & Cheese (V) Crispy Broccoli (V)	Caribbean Style Beef Patty Roasted Carrot Coins (VE)	Soft Turkey Taco Guacamole & Salsa (VE) Cinnamon Plantains (VE)	Carolina Pinto Beans (VE) Southern Seasoned Brown Rice (VE) Roasted Cauliflower (VE) Three Cheese Grilled Cheese (V)
Winter Recess 30	Winter Recess 31			
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)	Tomato Glazed Chicken Thigh Pasta & Peas (V) Gremolata Marinated White Beans (VE)	DAILY OFFERINGS		WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
Monday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)		Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)

Sandwich (V)

Sandwich (V)

Sandwich (V)
• Rainbow Wraps (VE)

<u>Milk</u> 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:



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DECEMBER 2024: Food Court Menu

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

<u>Milk</u> 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

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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· Δfter	School	Snack Menu
DECEMBER	ZUZH. MILGI	3611001	Oliach Mellu

		24. Alter Scho	of offack Meric	
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)			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

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



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

DECEMBER 2024: After School Infant - Toddier 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)

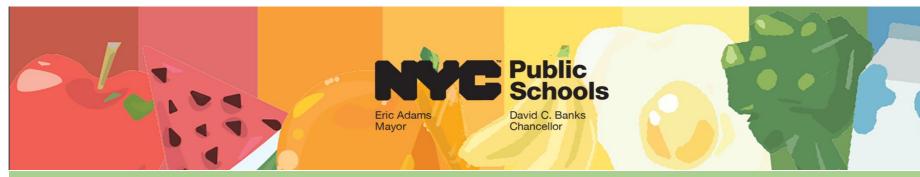
OFNS has an extensive Prohibitive Ingredients List available at:



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.

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 Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	_	4	5	
Cheese Plate Grab & Go (V) Crunchy Carrot Sticks (VE)	Chicken Tender Wrap Classic Potato Salad (V)	Chopped Salad Grab & Go Italian Marinated Cucumber Salad (VE)	Classic Tuna on Ciabatta Cilantro Black Bean Salad (VE)	Chickpeas with Basil Pesto Wrap (V) Green Garden Salad (VE)
9	10	11	12	13
Black Bean & Corn Wrap (VE) Seasoned Green Beans (VE)	Caesar Chicken Breaded Bite Wrap Ranch Carrot Sticks (V)	Asian Sesame Crispy Chicken Grab & Go Broccoli Salad (V)	Chipotle Chicken Wrap Basil Corn Salad (V)	Eggless Egg Salad Sandwich (VE) Fresh Tomato Salad (V)
16	17	18	19	20
Cheese Lettuce & Tomato Wrap (V) Pinto Bean Salad (VE)	Chicken Salad Hoagie Carrot Raisin Salad (V)	Chicken Breaded Bite Grab & Go Salad Cauliflower Salad (VE)	Curried Chicken Wrap Kachumber (VE)	Superhero Spinach Wrap (V) Confetti Corn Salad (VE)
23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Cheese Plate Grab & Go (V) Crunchy Carrot Sticks (VE)	Chicken Tender Wrap Classic Potato Salad (V)	Chopped Salad Grab & Go Italian Marinated Cucumber Salad (VE)	Classic Tuna on Ciabatta Cilantro Black Bean Salad (VE)	Chickpeas with Basil Pesto Wrap (V) Green Garden Salad (VE)
Winter Recess 30	Winter Recess 31			
Black Bean & Corn Wrap (VE) Seasoned Green Beans (VE)	Caesar Chicken Breaded Bite Wrap Ranch Carrot Sticks (V)		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) • 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 Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

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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: After School Hot Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2		4		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	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

<u>Milk</u> 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

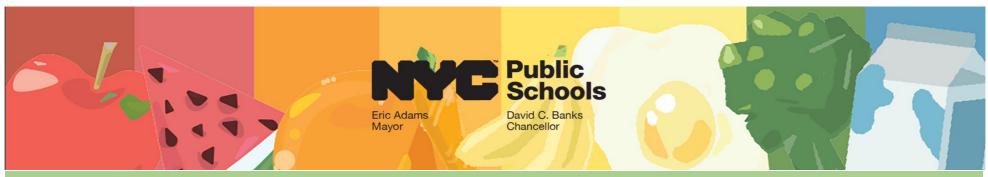
Assorted Dressings

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

OFNS has an extensive **Prohibitive Ingredients List**



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.



Three Cheese Grilled Cheese (V) Honey Diced Sweet Potatoes (V) Seasoned Wedge Fries (VE) Seasoned Wedge Fries (VE) Seasoned Wedge Fries (VE) Seasoned Wedge Fries (VE) Seasoned Peas (VE) Seasoned Peas (VE) Seasoned Peas (VE) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Seasoned Peas (VE) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Seasoned Peas (VE) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Seet Plantains (VE) Sweet Plantains (VE) Brown Rice (VE) Three Bean Chill Cheese Fries (V) Wodge Fries (VE) Seasoned Peas (VE) Pizza (V) Parmiglana Roasted Cauliflower (V) Three Bean Chill Cheese Fries (V) Corn Bread (V) Corn Bread (V) Seasoned Peas (VE) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Fizza (V) Parmiglana Roasted Cauliflower (V) Corn Bread (V) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Fizza (V) Corn Bread (V) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Fizza (V) Corn Bread (V) Seasoned Peas (VE) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Fizza (V) Corn Bread (V) Seasoned Peas (VE) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Broccoil with Roasted Garlic (VE) Fizza (V) Corn Bread (V) Seasoned Peas (VE) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Broccoil with Roasted Garlic (VE) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Fizza (V) Corn Bread (VE) Seasoned Peas (VE) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Fizza (V) Fizza (V) Fizza (V) Corn Bread (VE) Seasoned Peas (VE) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Fizza (VE) Seasoned Peas (VE) Broccoil with Roasted Garlic (VE) Fizza	DECEMBER 2024. After School Vegetarian Supper Menu						
Three Cheese Grilled Cheese (V) Honey Dized Sweet Potatoes (V) Honey Dized Sweet Potatoes (V) Southwest Burrito (V) Confetti Corn (VE) Based Sweet Potatoe Wedge Fries (VE) Three Bean Chili Cheese Frides (V) Corn Bread (V) Winter Recess 24 Winter Recess 25 Winter Recess 25 Winter Recess 25 Winter Recess 27 Three Cheese Grilled Cheese (V) Winter Recess 30 Winter Recess 31 Southwest Burrito (V) Red White and Green Pannin (V) Beasoned Wedge Fries (VE) Brown Rice (VE) Winter Recess 31 Southwest Burrito (V) Red White and Green Pannin (V) Beasoned Wedge Fries (VE) Brown Rice (VE) Winter Recess 31 Southwest Burrito (V) Red White and Green Pannin (V) Beasoned Wedge Fries (VE) Brown Rice (VE) Winter Recess 31 Winter Recess 31 Southwest Burrito (V) Red White and Green Pannin (V) Brown Rice (VE) Brown Rice (VE) Winter Recess 31 Winter Recess 31 Southwest Burrito (V) Red White and Green Pannin (V) Brown Rice (VE) Brown Rice (VE) Winter Recess 31 Winter Recess 31 Winter Recess 31 Southwest Burrito (V) Red White and Green Pannin (VE) Brown Rice (VE) Brown Rice (VE) Winter Recess 31 Winter Recess 32 Winter Recess 31 Winter Recess 31 Winter Recess 31 Winter Recess 32 Win	Monday	Tuesday	Wednesday	Thursday	Friday		
With Tzatziki (V) Confetti Corn (VE) Baked Sveet Potatoes (V) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE) Saasoned Peas (VE) Empanada (V) Parmiglana Roasted Cauliflower (VE) Sweet Plantains (VE) Sweet Plantains (VE) Brown Rice (VE) Three Bean Chill Cheese Fries (V) Garlicy Green Beans (VE) Saasoned Peas (VE) Pizza (V) Parmiglana Roasted Cauliflower (VE) Three Bean Chill Cheese Fries (V) Corn, Peas, Carrots (VE) Saasoned Wedge Fries (VE) Three Bean Chill Cheese Fries (V) Corn, Peas, Carrots (VE) Dinner Roll (V) Saasoned Wedge Fries (VE) Three Cheese Grilled Cheese (V) Winter Recess	2	3	4	5	6		
Southwest Burrito (V) Confettl Corn (VE) Red White and Green Panini (V) Baked Sweet Plotato Wedge Fries (VE) 16 17 18 19 20 Mozzarella Sticks (V) with Herbed Marinara (VE) Garlicy Green Beans (VE) Garlicy Green Beans (VE) BBQ Veggie Burger Whole Wrheat Bun (VE) Classic Coleslaw (V) Corn Bread (V) Corn Bread (V) Three Cheese Grilled Cheese Grilled Cheese (V) With Tzatziki (V) Honey Diced Sweet Potatoos (V) Winter Recess 30 Winter Recess 31 Southwest Burrito (V) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) Confetti Corn (VE) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) Confetti Corn (VE) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) Confetti Corn (VE) Baked Sweet Potato Wedge Fries (VE) Options may vary by location	Cheese (V) Honey Diced Sweet Potatoes	Wrap (V)	With Tzatziki (V) Flat Bread (VE)	Quesadilla (V)	Broccoli		
Southwest Burrito (V) Confetti Corn (VE) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) BBQ Veggie Burger Whole Wheat Bur (VE) Garlicy Groen Beans (VE) Winter Recess (V) Honey Diced Sweet Potatoes (V) Winter Recess (V) Winter Recess (V) Winter Recess (V) Winter Recess (V) Red White and Green Panini (V) Red White and Green Panini (V) Red White and Green Panini (V) BBQ Veggie Burger Whole Wheat Bur (VE) Corn Bread (V) Corn Bread (V) Corn Bread (V) Corn, Pass, Carrots (VE) Dinner Roll (V) Seasoned Wedge Fries (VE) Winter Recess 25 Winter Recess 25 Winter Recess 26 Winter Recess 27 Three Cheese Grilled Cheese (V) Honey Diced Sweet Potatoes (V) Winter Recess (V) Winter Recess (V) Red White and Green Panini (V) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) Wedge Fries (VE) Winter Recess 30 Winter Recess 31 Winter Recess 31 Winter Recess 32 Winter Recess 33 Winter Recess 34 Winter Recess 35 Winter Recess 36 Winter Recess 36 Winter Recess 37 Daily Supper Specials Seasoned Wedge Fries (VE) Prizza (V) Seasoned Peas (VE) Broccoli with Roasted Garlic (VE) Winter Recess 36 Daily Supper Specials Seasoned Wedge Fries (VE) Panini (V) Winter Recess Recens Rec	9	10	11	12	13		
Mozzarella Sticks (V) with Herbed Marinara (VE) Garlicy Green Beans (VE) Za Winter Recess 24 Winter Recess 25 Winter Recess 26 Winter Recess 27 Three Cheese Grilled Cheese (V) Honey Dicod Sweet Potatoes (V) Winter Recess 30 Winter Recess 31 Southwest Burrito (V) Red White and Green Panini (V) Saasoned Wedge Fries (VE) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) Baked Sweet Potato Wedge Fries (VE) Wedge Fries (VE) Three Bean Chill Cheese Fries (V) Corn Bread (V) Corn Bread (V) Corn, Peas, Carrots (VE) Seasoned Wedge Fries (VE) Saasoned Wedge Fries (VE) Spinach & Cheese Quesadilla (V) Seasoned Peas (VE) Broccoli with Roasted Garlic (VE) We PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCE DOD, ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN. Options may vary by location		Panini (V) Baked Sweet Potato	Black Beans (VE) Sweet Plantains (VE)	. , ,	Parmigiana Roasted		
Mozzarella Sticks (V) with Herbed Marinara (VE) Garlicy Green Beans (VE) Classic Colesiaw (V) Corn Bread (V) Corn Bread (V) Corn Bread (V) Corn Bread (V) Corn Peas, Carrots (VE) Dinner Roll (V) Seasoned Wedge Fries (VE) Pizza (V) Seasoned Wedge Fries (VE) Three Cheese Grilled Cheese (V) Honey Diced Sweet Potatoes (V) Winter Recess 30 Winter Recess 31 Winter Recess 32 Winter Recess 31 Winter Recess 31 Winter Recess 31 Winter Recess 31 Winter Recess 32 Winter Recess 31 Winter Recess 31 Winter Recess 31 Winter Recess 32 Winter Recess 31 Winter Recess 31 Winter Recess 32 Winter Recess 31 Winter Recess 32 Winter Recess 32 Winter Recess 32 Winter Recess 25 Winter Recess 26 Winter Recess 27 Pizza (V) Seasoned Peas (VE) Broccoli with Roasted Garlic (VE) With Toatziki (V) Seasoned Peas (VE) Broccoli with Roasted Garlic (VE) Soldivis Arrestred Or Penductor Sunflower Seed Butter & July Supper Specials Posunt Butter and/or Sunflower Seed Butter & July Supper Specials Posunt Butter and/or Sunflower Seed Butter & July Supper Specials Posunt Butter and/or Sunflower Seed Butter & July Supper Specials Posunt Butter and/or Sunflower Seed Butter & July Supper Specials Posunt Butter and/or Sunflower Seed Butter & July Supper Specials Posunt Butter and/or Sunflower Seed Butter & July Supper Specials Posunt Butter and/or Sunflower Seed Butter & July Supper Specials Posunt Butter All Sunflower Seed Butter & July Supper Specials Posunt Butter All Sunflower Seed Butter & July Supper Specials Posunt Butter All Sunflower Seed Butter & July Supper Specials Posunt Butter All Sunflowe	16	17	18	19	20		
Three Cheese Grilled Cheese (V) Honey Diced Sweet Potatoes (V) Winter Recess 30 Winter Recess 31 Southwest Burrito (V) Confetti Corn (VE) Baked Sweet Potatoe Panini (V) Baked Sweet Po	with Herbed Marinara (VE)	Whole Wheat Bun (VE)	Cheese Fries (V)	Corn, Peas, Carrots (VE)			
Cheese (V) Honey Diced Sweet Potatoes (V) Winter Recess 30 Winter Recess 31 Southwest Burrito (V) Confetti Corn (VE) Baked Sweet Potato Wedge Fries (VE) Baked Sweet Potato Wedge Fries (VE) Winter Recess 31 We PROUDLY SUPPORT LocalLy Sourced, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN. Options may vary by location	23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27		
Southwest Burrito (V) Red White and Green Panini (V) Confetti Corn (VE) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) 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	Cheese (V) Honey Diced Sweet Potatoes	Wrap (V)	With Tzatziki (V) Flat Bread (VE)	Quesadilla (V)	Broccoli		
Southwest Burrito (V) Confetti Corn (VE) Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE) Baked Sweet Potato Wedge Fries (VE) Red White and Green Panini (V) WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN. 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	Winter Recess 30	Winter Recess 31					
		Panini (V) Baked Sweet Potato		LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hot or Cold Cheese Sandwich (V) Hummus and Crackers Grab & Go (V) 		

OFFERED DAILY

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

Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

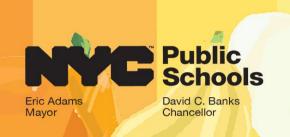
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[•] Vegetarian Item (V): A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or

[•] 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)	
				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)

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.

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







DECEMBER 2024: Saturday Hot Morning Snack Menu

Monday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Buttermilk Pancakes (V) Fresh Fruit (VE)	Rise and Shine Waffles (V) Fresh Fruit (VE)	French Toast Sticks (V) Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Fresh Fruit (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)

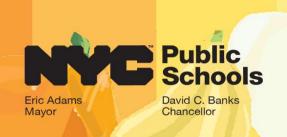
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O.F.N.S. VIFOOD ALLIANCE







DECEMBER 2024: Saturday Cold Lunch Menu

Monday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Assorted Cold Sandwiches and Wraps				
Seasoned Corn (VE)	Classic Potato Salad (V)	Ranch Carrot Snackers (V)	Broccoli Salad (V)	
Fresh Fruit (VE) Milk (V)				
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

OFFERED DAILY

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

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.

O.F.N.S. TFOOD A L L I A N C E







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)	
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

OFFERED DAILY

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

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.

O.F.N.S. TIFOOD ALLIANEE