

## JANUARY 2024: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<b>Blueberry Muffin (V)</b> Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	<b>Cinnamon Burst Pancakes (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	<b>Apple Cinnamon Breakfast Bread (V)</b> Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	<b>French Toast Sticks (V)</b> Peach Topping (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	<b>Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE)</b> served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
8	9	10	11	12
<b>Honey Corn Breakfast Bread (V)</b> Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	<b>Buttermilk Pancakes (V)</b> Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	<b>Zucchini Carrot Breakfast Bread (V)</b> Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	<b>Whole Grain Croissant With Egg and Cheese (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	<b>Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE)</b> served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Martin Luther King Day 15	16	17	18	19
<b>Banana Muffin (V)</b> Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	<b>Rise and Shine Waffles (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	<b>Sweet Potato Oatmeal Muffin (V)</b> Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	<b>Egg and Cheese on an English Muffin (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	<b>Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE)</b> served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
22	23	24	25	26
<b>Blueberry Muffin (V)</b> Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	<b>Cinnamon Burst Pancakes (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	<b>Apple Cinnamon Breakfast Bread (V)</b> Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	<b>French Toast Sticks (V)</b> Peach Topping (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	<b>Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE)</b> served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
29	30	31		
<b>Honey Corn Breakfast Bread (V)</b> Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	<b>Buttermilk Pancakes (V)</b> Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	<b>Zucchini Carrot Breakfast Bread (V)</b> Mozzarella 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.	<b>Fresh New York Bagel Assortment</b> Cinnamon Raisin (VE) Plain (VE)  <b>Fresh New York Bagel Stick Assortment</b> French Toast (VE) 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)  
 Cinnamon Flakes (VE)

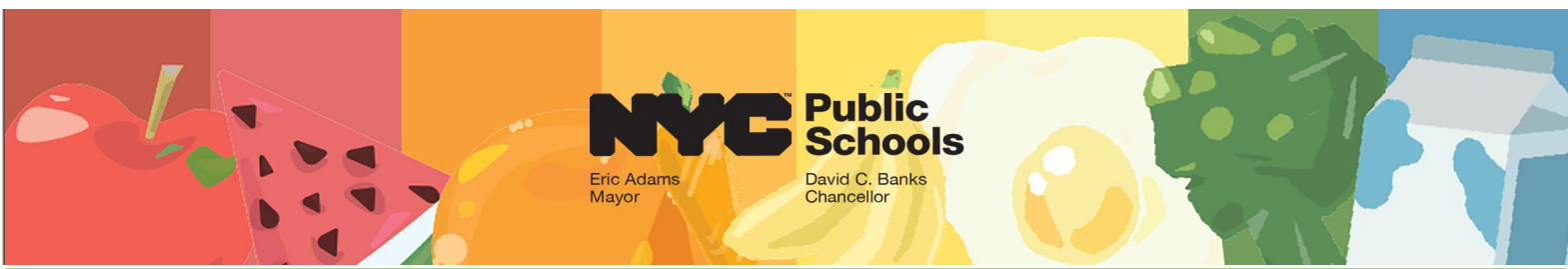
**Seasonal Fresh Fruit**  
 Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)  
**Condiments**  
 Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



**ATTENTION:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



## JANUARY 2024: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<p><b>Blueberry Muffin (V)</b></p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Breakfast Bar</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p>Colby Cheese Stick (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>French Toast Sticks (V) Peach Topping (V)</p> <p>Breakfast Bar</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
8	9	10	11	12
<p><b>Honey Corn Breakfast Bread (V)</b></p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V) Blueberry Topping (VE)</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Zucchini Carrot Breakfast Bread (V)</b></p> <p>Mozzarella Cheese Stick (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Whole Grain Croissant With Egg and Cheese (V)</p> <p>Breakfast Bar</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
15	16	17	18	19
<p><b>Banana Muffin (V)</b></p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Tasty Waffles (V)</p> <p>Breakfast Bar</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Sweet Potato Oatmeal Muffin (V)</b></p> <p>Cheddar Cheese Stick (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg and Cheese on an English Muffin (V)</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
22	23	24	25	26
<p><b>Blueberry Muffin (V)</b></p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Breakfast Bar</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p>Colby Cheese Stick (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>French Toast Sticks (V) Peach Topping (V)</p> <p>Breakfast Bar</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
29	30	31		
<p><b>Honey Corn Breakfast Bread (V)</b></p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V) Blueberry Topping (VE)</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Zucchini Carrot Breakfast Bread (V)</b></p> <p>Mozzarella Cheese Stick (V)</p> <p>Hot Oatmeal (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><b>Fresh New York Bagel Assortment</b> Cinnamon Raisin (VE) Plain (VE)</p> <p><b>Fresh New York Bagel Stick Assortment</b> French Toast (VE) Cinnamon Raisin (VE) Plain (VE)</p> <p><b>Breakfast Bar</b> Assorted Berries &amp; Fresh Cut Fruit (VE) Assorted Granola (V) Assorted Yogurts (V) Raisins (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)  
Cinnamon Flakes (VE)

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

**Condiments**  
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



**ATTENTION:**

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



## JANUARY 2024: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<b>Cinnamon Burst Pancakes (V)</b> Seasonal Fresh Fruit (VE)	Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	<b>Apple Cinnamon Breakfast Bread (V)</b> Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Frosted Mini Wheats Honey Graham Cracker (V) Strawberry Banana Applesauce (VE)	<b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
8	9	10	11	12
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	<b>Blueberry Muffin (V)</b> Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	<b>Zucchini Carrot Breakfast Bread (V)</b> Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	<b>Sweet Potato Oatmeal Muffin (V)</b> Seasonal Fresh Fruit (VE)	<b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Martin Luther King Day 15	16	17	18	19
<b>Blueberry Muffin (V)</b> Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)	Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	<b>Zucchini Carrot Breakfast Bread (V)</b> Seasonal Fresh Fruit (VE)	<b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
22	23	24	25	26
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	<b>Cinnamon Burst Pancakes (V)</b> Seasonal Fresh Fruit (VE)	<b>Apple Cinnamon Breakfast Bread (V)</b> Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Frosted Mini Wheats Honey Graham Cracker (V) Strawberry Banana Applesauce (VE)	<b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
29	30	31		
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	<b>Blueberry Muffin (V)</b> Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	<b>Zucchini Carrot Breakfast Bread (V)</b> 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.	

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

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

**OFFERED DAILY**  
 Options may vary by location  
**Cold Cereal Choices**  
 Shredded Wheat  
 Multi-Grain Oats (VE)  
 Toasted Oats (VE)  
 Oat Circles (VE)  
 Cinnamon Flakes (VE)

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

**Condiments**  
 Syrup (VE)

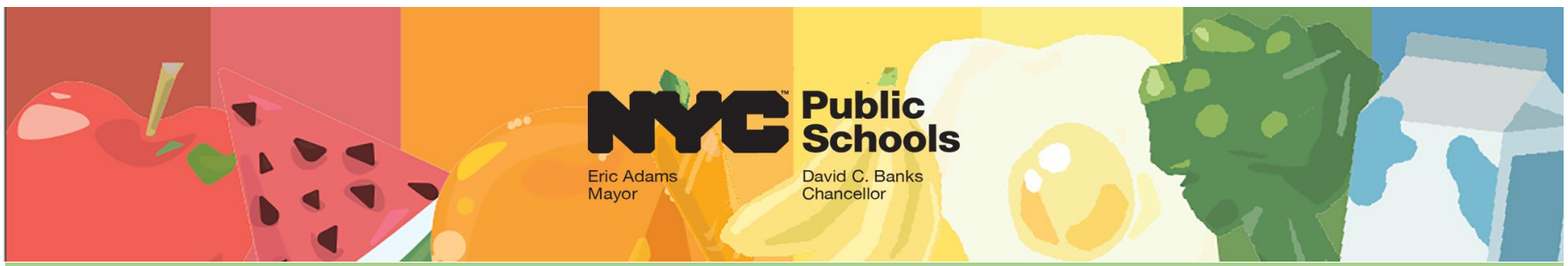
**OFNS has an extensive Prohibitive Ingredients List available at:**



**ATTENTION:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products





## JANUARY 2024: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<b>Blueberry Muffin (V)</b> 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)	<b>Banana Muffin (V)</b> Yogurt Choice (V) Hot Oatmeal (VE) <i>Fruit Offering</i> Apple Sauce (VE)
8	9	10	11	12
<b>Blueberry Muffin (V)</b> 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)	<b>Banana Muffin (V)</b> Yogurt Choice (V) Hot Oatmeal (VE) <i>Fruit Offering</i> Apple Sauce (VE)
Martin Luther King Day 15	16	17	18	19
<b>Blueberry Muffin (V)</b> 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)	<b>Banana Muffin (V)</b> Yogurt Choice (V) Hot Oatmeal (VE) <i>Fruit Offering</i> Apple Sauce (VE)
22	23	24	25	26
<b>Blueberry Muffin (V)</b> 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)	<b>Banana Muffin (V)</b> Yogurt Choice (V) Hot Oatmeal (VE) <i>Fruit Offering</i> Apple Sauce (VE)
29	30	31	 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, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)

**Condiments**  
Syrup (VE)

**OFFERED DAILY**

Options may vary by location

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

**Assorted Yogurts**

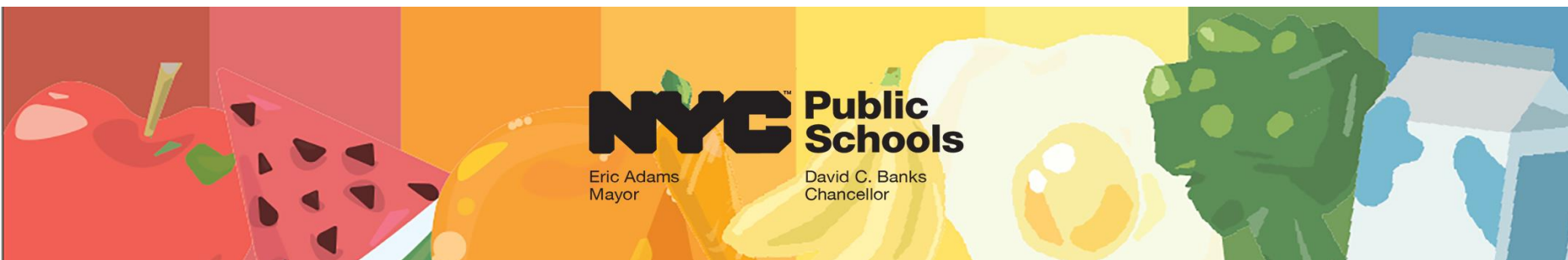
**Alternate Fruit**  
Peaches, Pineapples  
Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List available at:

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

**ATTENTION:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



**NYC Public Schools**  
 Eric Adams Mayor  
 David C. Banks Chancellor

## JANUARY 2024: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<b>Blueberry Muffin (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	<b>Cinnamon Burst Pancakes (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	<b>Apple Cinnamon Breakfast Bread (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	<b>French Toast Sticks (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	<b>Assorted Fresh Bagel Sticks (VE)</b> served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
8	9	10	11	12
<b>Yogurt Choice (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	<b>Buttermilk Pancakes (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	<b>Zucchini Carrot Breakfast Bread (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	<b>Whole Grain Croissant With Egg and Cheese (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	<b>Assorted Fresh Bagel Sticks (VE)</b> served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
Martin Luther King Day 15	16	17	18	19
<b>Banana Muffin (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	<b>Tasty Waffles (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	<b>Sweet Potato Oatmeal Muffin (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	<b>Egg and Cheese on an English Muffin (V)</b> Hot Oatmeal (V) Assorted Fruits and Applesauce (VE) Milk (V)	<b>Assorted Fresh Bagel Sticks (VE)</b> served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
22	23	24	25	26
<b>Blueberry Muffin (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	<b>Cinnamon Burst Pancakes (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	<b>Apple Cinnamon Breakfast Bread (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	<b>French Toast Sticks (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	<b>Assorted Fresh Bagel Sticks (VE)</b> served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
29	30	31		
<b>Yogurt Choice (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	<b>Buttermilk Pancakes (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	<b>Zucchini Carrot Breakfast Bread (V)</b> Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	

### OFFERED DAILY

#### Milk

#### Whole Milk (V)

Alternative options are available upon request

(V) Indicates Vegetarian  
 (VE) Indicates Vegan

#### Seasonal Fresh Fruit

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

#### Other Fruits

Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

#### Cold Cereal Choices

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

Options may vary by location

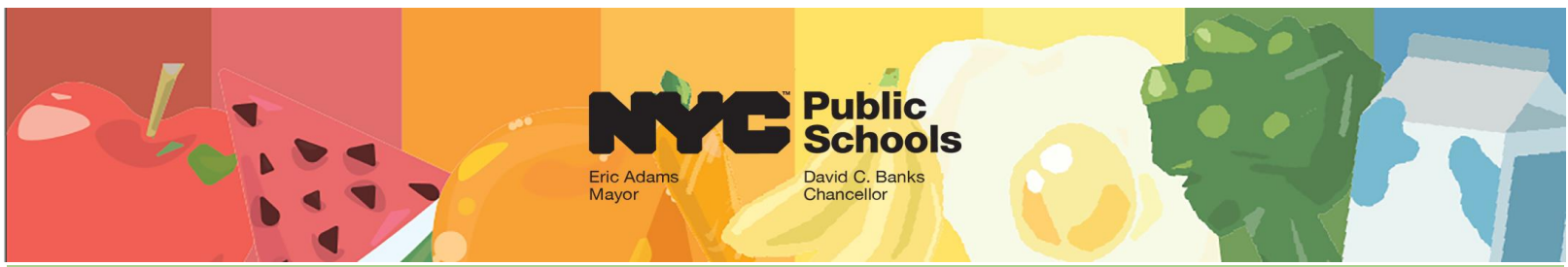
#### Assorted Yogurts

**Condiments**  
 Syrup (VE)

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 to children 12 to 24 months. Formula is to be provided by the parent.



## JANUARY 2024: Pre-K - 8 Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<p><b>Blueberry Muffin (V)</b></p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Cinnamon Burst Pancakes (V)</b></p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>French Toast Sticks (V)</b> Peach Topping (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
8	9	10	11	12
<p><b>Honey Corn Breakfast Bread (V)</b></p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Buttermilk Pancakes (V)</b> Blueberry Topping (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Zucchini Carrot Breakfast Bread (V)</b></p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Whole Grain Croissant With Egg and Cheese (V)</b></p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
15	16	17	18	19
<p><b>Banana Muffin (V)</b></p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Rise and Shine Waffles (V)</b></p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Sweet Potato Oatmeal Muffin (V)</b></p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Egg and Cheese on an English Muffin (V)</b></p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
22	23	24	25	26
<p><b>Blueberry Muffin (V)</b></p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Cinnamon Burst Pancakes (V)</b></p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>French Toast Sticks (V)</b> Peach Topping (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
29	30	31		
<p><b>Honey Corn Breakfast Bread (V)</b></p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Buttermilk Pancakes (V)</b> Blueberry Topping (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Zucchini Carrot Breakfast Bread (V)</b></p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	 <p><b>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</b></p>	<p><b>Fresh New York Bagel Assortment</b> Cinnamon Raisin (VE) Plain (VE)</p> <p><b>Fresh New York Bagel Stick Assortment</b> French Toast (VE) Cinnamon Raisin (VE) Plain (VE)</p>

<p><b>Milk</b></p> <p>1% Low-fat (V) Fat Free (V)</p> <p><b>Fat Free Chocolate (V)</b> Alternative options are available upon request</p>	<p><b>Breakfast After the Bell Grab and Go</b></p> <p><b>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</b></p>	<p>Options may vary by location</p> <p><b>Cold Cereal Choices</b> Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)</p>	<p><b>Seasonal Fresh Fruit</b> Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)</p> <p><b>Condiments</b> Syrup (VE)</p>
---	---	---	--

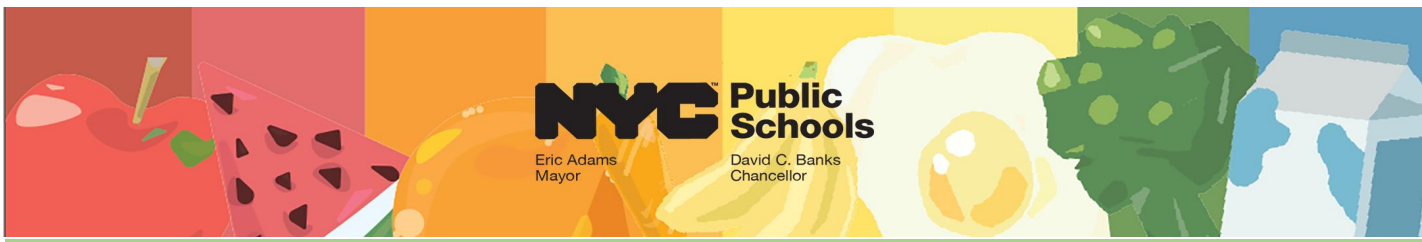
OFNS has an extensive Prohibitive Ingredients List available at:



**ATTENTION:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products





## JANUARY 2024: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<p style="text-align: center;"><b>Big City Bean Taco (VE)</b></p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar (With Black Bean Salad)</p>	<p style="text-align: center;">Sicilian Slice Pizza (V)</p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Welcome Back Bar</p>	<p style="text-align: center;"><b>Manicotti (V)</b> in Marinara Sauce (V)</p> <p style="text-align: center;"><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini (VE)</p> <p style="text-align: center;"><i>Garlic Knot (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar</p>	<p style="text-align: center;"><b>Moroccan Roasted Chicken Drumsticks</b></p> <p style="text-align: center;">Jollof Cauliflower (V)*</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center;">Dinner Roll (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center;"><b>White Bean and Pasta Primavera (VE)</b></p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>
8	9	10	11	12
<p style="text-align: center;">Pizza by the Slice (V)</p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;"><b>Guisado Kidney Beans (VE)*</b></p> <p style="text-align: center;">Sofrito Rice (VE)*</p> <p style="text-align: center;">Grab &amp; Go Salad</p> <p style="text-align: center;">Roasted Cauliflower (VE)</p> <p style="text-align: center;">Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p style="text-align: center;"><b>Garlic and Tomato Panini (V)</b></p> <p style="text-align: center;"><i>Caribbean Style Beef Patty</i></p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p style="text-align: center;"><b>Caribbean Spiced Jerk Chicken Thighs*</b></p> <p style="text-align: center;">Veggie Nuggets (VE) Dipping Sauce</p> <p style="text-align: center;">Kelewele Plantains (VE)*</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center;"><b>Zesty Chickpea Stew (VE)</b></p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;">Kachumbar Salad (VE)*</p> <p style="text-align: center;">Flatbread (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>
Martin Luther King Day 15	16	17	18	19
<p style="text-align: center;"><b>BBQ Veggie Burger (VE)</b></p> <p style="text-align: center;">BBQ Veggie Cheeseburger (V) <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Garlicky Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Welcome Back Bar</p>	<p style="text-align: center;"><b>Big City Bean Taco (VE)</b></p> <p style="text-align: center;">Soft Turkey Taco</p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar (With Black Bean Salad)</p>	<p style="text-align: center;"><b>Chicken Tender Melt</b> <i>On Ciabatta Bread</i></p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center;"><i>New York Cookie Treat (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center;"><b>Tropical Bean Bowl (VE)</b> with Sofrito Rice*</p> <p style="text-align: center;">Veggie Nuggets (VE) Dipping Sauce</p> <p style="text-align: center;">Spiced Sweet Potatoes (VE)</p> <p style="text-align: center;">Pineapple Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>
22	23	24	25	26
<p style="text-align: center;">Sicilian Slice Pizza (V)</p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Welcome Back Bar</p>	<p style="text-align: center;"><b>Chicken Pot Pie</b></p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center;"><i>Herb Roasted Potatoes (VE)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar (With Seasoned Chickpeas)</p>	<p style="text-align: center;"><b>Manicotti</b> in Marinara Sauce (V)</p> <p style="text-align: center;"><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini (VE)</p> <p style="text-align: center;"><i>Garlic Knot (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar</p>	<p style="text-align: center;"><b>Moroccan Roasted Chicken Drumsticks</b></p> <p style="text-align: center;">Jollof Cauliflower (V)*</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center;">Dinner Roll (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center;"><b>White Bean and Pasta Primavera (VE)</b></p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>
29	30	31		
<p style="text-align: center;">Pizza by the Slice (V)</p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;"><b>Guisado Kidney Beans (VE)*</b></p> <p style="text-align: center;">Sofrito Rice (VE)*</p> <p style="text-align: center;">Grab &amp; Go Salad</p> <p style="text-align: center;">Roasted Cauliflower (VE)</p> <p style="text-align: center;">Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p style="text-align: center;"><b>Garlic and Tomato Panini (V)</b></p> <p style="text-align: center;"><i>Caribbean Style Beef Patty</i></p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	 <p style="font-size: small;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	

<b>Monday</b> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Assorted Vegetarian Wraps (V)</li> </ul>	<b>Tuesday</b> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<b>Wednesday</b> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<b>Thursday</b> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<b>Friday</b> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Lunch Pack (VE)</li> <li>• Assorted Vegan Wraps (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Southwest Burrito (V)</li> </ul>
--	---	---	--	---

Milk

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

Pre-K Chicken Choices

Chicken Tenders  
Chicken Patty  
Chicken Bites

Seasonal Fresh Fruit

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

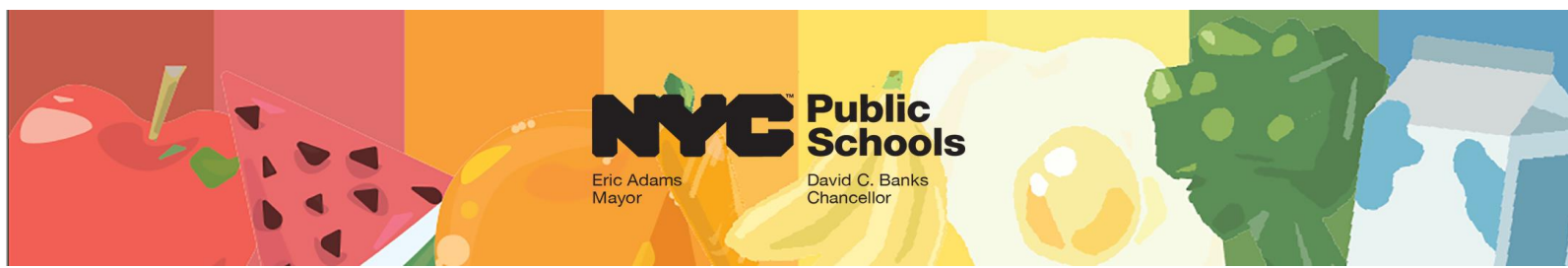
OFNS has an extensive Prohibitive Ingredients List available at:



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

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

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



## JANUARY 2024: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<p style="text-align: center;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="text-align: center;">Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;"><b>Crispy Chicken Grab and Go Salad</b></p> <p style="text-align: center;">Asian Red Cabbage Slaw (V)</p>	<p style="text-align: center;"><b>Chimichurri Chicken Wrap</b></p> <p style="text-align: center;">Confetti Corn Salad (VE)</p>	<p style="text-align: center;"><b>Chicken Salad Hoagie</b></p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center;">Pinto Bean Salad (VE)</p>	<p style="text-align: center;"><b>Black Bean Wrap (VE)</b></p> <p style="text-align: center;">Fresh Tomato Salad (V)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;">Cheese Sandwich (V)</p>
8	9	10	11	12
<p style="text-align: center;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="text-align: center;">Crunchy Carrot Sticks (VE)</p>	<p style="text-align: center;"><b>Chicken Caesar Wrap</b></p> <p style="text-align: center;">Marinated Bean Salad (VE)</p> <p style="text-align: center;">Lemon Arugula Salad (V)</p>	<p style="text-align: center;"><b>Balsamic Chicken Grab and Go Salad</b></p> <p style="text-align: center;">Basil Corn Salad (VE)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p>	<p style="text-align: center;"><b>Superhero Spinach Wrap (V)</b></p> <p style="text-align: center;">Broccoli Salad (V)</p>	<p style="text-align: center;"><b>Italian Veggie Grab &amp; Go Salad (VE)</b></p> <p style="text-align: center;">Italian Marinated Cucumber Salad (VE)</p> <p style="text-align: center;">Heart Shaped Pretzels (VE)</p>
15	16	17	18	19
<p style="text-align: center;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="text-align: center;">Crunchy Carrot Sticks (VE)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p>	<p style="text-align: center;"><b>BBQ Crispy Chicken Grab and Go Salad</b></p> <p style="text-align: center;">Cilantro Black Bean Salad (VE)</p>	<p style="text-align: center;"><b>Chicken Tender Wrap Dipping Sauce</b></p> <p style="text-align: center;">Classic Potato Salad (V)</p>	<p style="text-align: center;"><b>Mediterranean Chicken Pasta Salad</b></p> <p style="text-align: center;">Green Garden Salad (VE)</p>	<p style="text-align: center;"><b>Chickpea and Pimento Wrap (VE)</b></p> <p style="text-align: center;">Fresh Cilantro Healthy Coleslaw (V)</p> <p style="text-align: center;">New York Cookie Treat (V)</p>
22	23	24	25	26
<p style="text-align: center;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="text-align: center;">Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;"><b>Crispy Chicken Grab and Go Salad</b></p> <p style="text-align: center;">Asian Red Cabbage Slaw (V)</p>	<p style="text-align: center;"><b>Chimichurri Chicken Wrap</b></p> <p style="text-align: center;">Confetti Corn Salad (VE)</p>	<p style="text-align: center;"><b>Chicken Salad Hoagie</b></p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center;">Pinto Bean Salad (VE)</p>	<p style="text-align: center;"><b>Black Bean Wrap (VE)</b></p> <p style="text-align: center;">Fresh Tomato Salad (V)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;">Cheese Sandwich (V)</p>
29	30	31		
<p style="text-align: center;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="text-align: center;">Crunchy Carrot Sticks (VE)</p>	<p style="text-align: center;"><b>Chicken Caesar Wrap</b></p> <p style="text-align: center;">Marinated Bean Salad (VE)</p> <p style="text-align: center;">Lemon Arugula Salad (V)</p>	<p style="text-align: center;"><b>Balsamic Chicken Grab and Go Salad</b></p> <p style="text-align: center;">Basil Corn Salad (VE)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p>	 <p style="font-size: small; color: green; margin-top: 10px;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	
<p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Cheese Sandwich (V)</li> <li>• Assorted Vegetarian Wraps (V)</li> </ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Lunch Pack (VE)</li> <li>• Assorted Vegan Wraps (VE)</li> <li>• Cheese Sandwich (V)</li> </ul>

**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, Cookies or Chicken with Bones

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

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

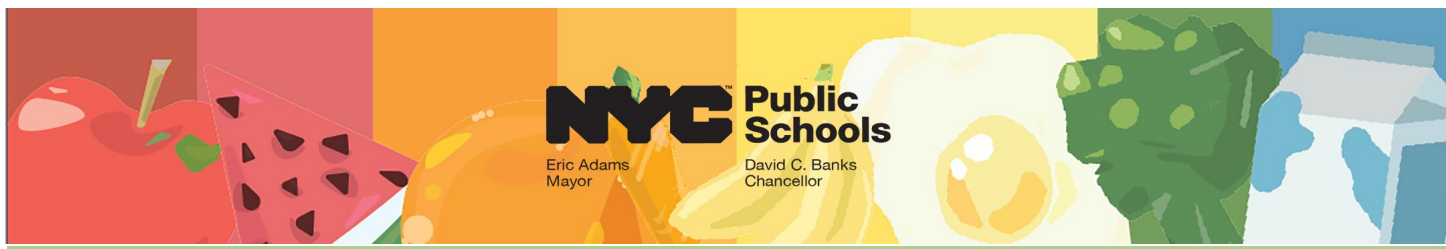
OFNS has an extensive Prohibitive Ingredients List available at:



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

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





## JANUARY 2024: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<p style="text-align: center;"><b>Big City Bean Taco (VE)</b></p> <p>Street Style Corn (V)</p> <p>Black Bean Salad (VE)</p>	<p style="text-align: center;"><b>Sicilian Slice Pizza (V)</b></p> <p>Italian Green Bean (VE)</p>	<p style="text-align: center;"><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Roasted Zucchini (VE)</p> <p style="color: green;">New York Cookie Treat (V)</p>	<p style="text-align: center;"><b>Moroccan Roasted Chicken Drumsticks</b></p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Dinner Roll (V)</p>	<p style="text-align: center;"><b>White Bean and Pasta Primavera (VE)</b></p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V)</p>
8	9	10	11	12
<p style="text-align: center;"><b>Sicilian Slice Pizza (V)</b></p> <p>Superhero Spinach (VE)</p> <p>Hot Bean Salad (VE)</p>	<p style="text-align: center;"><b>Guisado Kidney Beans (VE)*</b></p> <p>Sofrito Rice (VE)*</p> <p>Roasted Cauliflower (VE)</p> <p>Served with Salsa (VE)</p>	<p style="text-align: center; color: green;"><b>Caribbean Style Beef Patty</b></p> <p>Sweet Potato Waffle Fries (VE)</p>	<p style="text-align: center;"><b>Caribbean Spiced Jerk Chicken Thighs*</b></p> <p>Seasoned Wedge Fries (VE)</p> <p>Buttermilk Biscuit (V)</p>	<p style="text-align: center;"><b>Zesty Chickpea Stew (VE)</b></p> <p>Southwest Burrito (V)</p> <p>Kachumbar Salad (VE)*</p> <p>Flatbread (VE)</p>
15	16	17	18	19
<p style="text-align: center;"><b>Hamburgers Cheeseburgers</b> Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p>Parmigiana Spinach (V)</p>	<p style="text-align: center;"><b>Sicilian Slice Pizza (V)</b></p> <p>Italian Chickpeas (VE)</p>	<p style="text-align: center;"><b>Soft Turkey Taco</b></p> <p>Street Style Corn (V)</p>	<p style="text-align: center;"><b>Crispy Chicken Bites</b></p> <p>Roasted Zucchini (V)</p> <p style="color: green;">Garlic Knot (V)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p>	<p style="text-align: center;"><b>Tropical Bean Bowl (VE)</b> with Cilantro Rice</p> <p>Veggie Nuggets (VE) Dipping Sauce</p> <p>Spiced Sweet Potatoes (VE)</p> <p>Heart Shaped Pretzels (VE)</p>
22	23	24	25	26
<p style="text-align: center;"><b>Sicilian Slice Pizza (V)</b></p> <p>Seasoned Chickpeas (VE)</p> <p>Italian Green Bean (VE)</p>	<p style="text-align: center;"><b>Chicken Pot Pie</b></p> <p>Buttermilk Biscuit (V)</p> <p style="color: green;">Herb Roasted Potatoes (VE)</p>	<p style="text-align: center;"><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Roasted Zucchini (VE)</p> <p style="color: green;">New York Cookie Treat (V)</p>	<p style="text-align: center;"><b>Moroccan Roasted Chicken Drumsticks</b></p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Dinner Roll (V)</p>	<p style="text-align: center;"><b>White Bean and Pasta Primavera (VE)</b></p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V)</p>
29	30	31		
<p style="text-align: center;"><b>Sicilian Slice Pizza (V)</b></p> <p>Superhero Spinach (VE)</p> <p>Hot Bean Salad (VE)</p>	<p style="text-align: center;"><b>Guisado Kidney Beans (VE)*</b></p> <p>Sofrito Rice (VE)*</p> <p>Roasted Cauliflower (VE)</p> <p>Served with Salsa (VE)</p>	<p style="text-align: center; color: green;"><b>Caribbean Style Beef Patty</b></p> <p>Sweet Potato Waffle Fries (VE)</p>	 <p style="font-size: small;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	
<p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Assorted Vegetarian Wraps (V)</li> </ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Lunch Pack (VE)</li> <li>• Assorted Vegan Wraps (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Southwest Burrito (V)</li> </ul>

<p style="text-align: center;"><b>Milk</b></p> <p style="text-align: center;">1% Low-fat (V) Fat Free (V)</p> <p style="text-align: center;">Fat Free Chocolate (V)</p> <p style="font-size: x-small;">Alternative options are available upon request</p>	<p style="text-align: center; font-weight: bold;">ATTENTION:</p> <p style="font-size: x-small;">All Pre-K Students CANNOT be Offered Chocolate Milk, Cookies or Chicken with Bones</p> <p style="text-align: center; font-weight: bold; font-size: x-small;">Pre-K Chicken Choices</p> <p style="font-size: x-small;">Chicken Tenders Chicken Patty Chicken Bites</p>	<p style="font-size: x-small;">OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="text-align: center; font-weight: bold; font-size: x-small;">Seasonal Fresh Fruit</p> <p style="font-size: x-small;">Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)</p>
---	---	--	---

OFNS has an extensive Prohibitive Ingredients List available at:



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


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

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

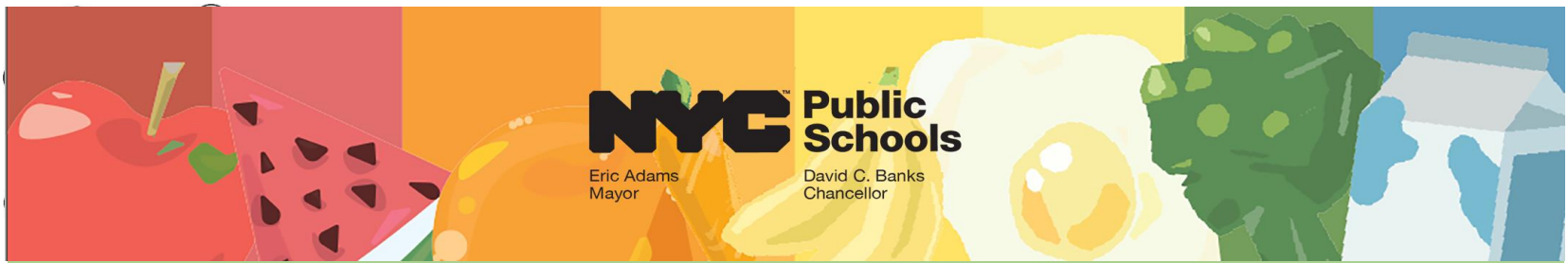


## JANUARY 2024: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<b>Fish &amp; Cheese Sandwich</b> Broccoli With Garlic & Oil (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	<b>Crispy Chicken Sandwich</b> Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	<b>100% Beef Hamburgers &amp; Cheeseburgers</b> Honey Butternut Squash (V) <i>Fruit Offering</i> Peaches (VE)	<b>Italian Chicken Tenders</b> Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	<b>Manicotti (V)</b> Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
8	9	10	11	12
<b>Braised Tuna with Tomato Sauce</b> Broccoli With Garlic & Oil (VE) Soft Roll (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	<b>Crispy Chicken Sandwich</b> Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	<b>100% Beef Hamburgers &amp; Cheeseburgers</b> Puree Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	<b>Ranch Chicken Tenders</b> Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	<b>Manicotti (V)</b> Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
Martin Luther King Day 15	16	17	18	19
<b>Fish &amp; Cheese Sandwich</b> Broccoli With Garlic & Oil (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	<b>Crispy Chicken Sandwich</b> Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	<b>100% Beef Hamburgers &amp; Cheeseburgers</b> Honey Butternut Squash (V) <i>Fruit Offering</i> Peaches (VE)	<b>Italian Chicken Tenders</b> Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	<b>Manicotti (V)</b> Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
22	23	24	25	26
<b>Braised Tuna with Tomato Sauce</b> Broccoli With Garlic & Oil (VE) Soft Roll (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	<b>Crispy Chicken Sandwich</b> Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	<b>100% Beef Hamburgers &amp; Cheeseburgers</b> Puree Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	<b>Ranch Chicken Tenders</b> Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	<b>Manicotti (V)</b> Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
29	30	31	 <p><b>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</b></p>	
<b>Fish &amp; Cheese Sandwich</b> Broccoli With Garlic & Oil (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	<b>Crispy Chicken Sandwich</b> Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	<b>100% Beef Hamburgers &amp; Cheeseburgers</b> Honey Butternut Squash (V) <i>Fruit Offering</i> Peaches (VE)		

<b>Milk</b> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available (V) Indicates Vegetarian (VE) Indicates Vegan	<b>Assorted Dressings</b> Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)	OFNS has an extensive Prohibitive Ingredients List available at: 
---	---	--	---

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



## JANUARY 2024: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<b>Big City Bean Taco (VE)</b>  Black Bean Salsa (VE)  Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	<b>Sicilian Slice Pizza (V)</b>  Italian Green Bean (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	<b>Mozzarella Sticks (V)</b> with marinara sauce (VE)  Roasted Zucchini (VE)  Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	<b>Hamburger, Cheeseburger or Whole Wheat Bun</b>  Sweet Potato Wedge Fries (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	<b>Homemade Grilled Cheese (VE)</b>  Steamed Broccoli (VE)  Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
8	9	10	11	12
<b>Pizza by the Slice (V)</b>  Seasoned Chickpeas (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	<b>Turkey Burger Whole Wheat Bun</b>  Steamed Cauliflower (VE)  Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	<b>Caribbean Style Beef Patty</b>  Steamed Carrot Coins (VE)  Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	<b>Chicken Sliders</b>  Seasoned Wedge Fries (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	<b>Veggie Burger (V)</b>  Italian Marinated Cucumber Salad (VE)  Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
15	16	17	18	19
<b>Teriyaki Veggie Nuggets (VE)</b>  Seasoned Wedge Fries (VE)  Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	<b>French Bread Pizza (V)</b>  Garlicky Green Bean (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	<b>Chicken Bites</b> with Dipping Sauce  <b>Honey Butternut Squash (V)</b>  Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	<b>Chicken Tenders and Waffles</b>  Superhero Spinach (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	<b>Veggie Nuggets (VE)</b> with Dipping Sauce  Spiced Sweet Potatoes (VE)  Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
22	23	24	25	26
<b>Sicilian Slice Pizza (V)</b>  Italian Green Bean (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	<b>Soft Turkey Taco</b>  Black Bean Salsa (VE)  Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	<b>Mozzarella Sticks (V)</b> with marinara sauce (VE)  Roasted Zucchini (VE)  Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	<b>Hamburger, Cheeseburger or Whole Wheat Bun</b>  Sweet Potato Wedge Fries (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	<b>Homemade Grilled Cheese (VE)</b>  Steamed Broccoli (VE)  Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
29	30	31	<p style="margin: 0;"><b>Daily Lunch Specials</b></p> <ul style="list-style-type: none"> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Hummus and Crackers (VE)</li> <li>• 4 oz. Yogurt (V)</li> <li>• Tuna Sandwich</li> </ul> <p style="margin: 0;">Options may vary by location</p>	

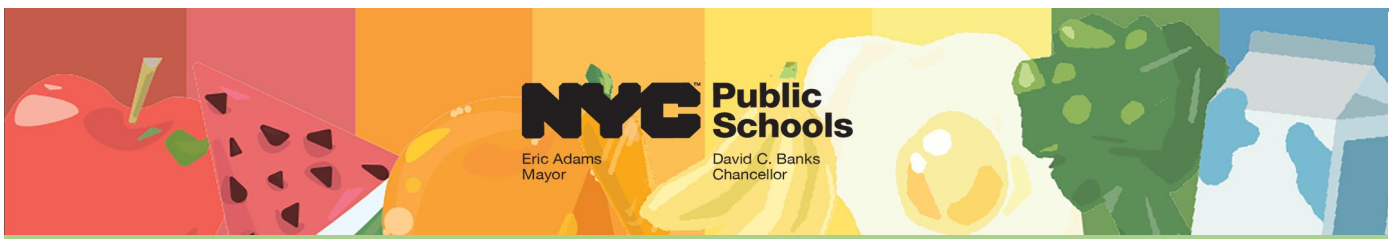
<p><b>Milk*</b> Whole Milk (V) <small>*Alternative options are available upon request</small></p>	<p><b>ATTENTION:</b> All Pre-K Students CANNOT be Offered Chocolate Milk, Cookies or Chicken with Bones</p>	<p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p><b>Seasonal Fresh Fruit</b> Apple Slices, Oranges, Mandarins, and Bananas (VE)</p> <p><b>Other Fruits</b> Apple Sauce, Sliced Peaches, Diced Pears, Pineapples (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p>
---	---	---	--	---

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 the Chef Council

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





## JANUARY 2024: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<p style="text-align: center;"><b>Big City Bean Taco (VE)</b></p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar (With Black Bean Salad)</p>	<p style="text-align: center;"><b>Sicilian Slice Pizza (V)</b></p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Welcome Back Bar</p>	<p style="text-align: center;"><b>Quesadillas (VE)</b></p> <p style="text-align: center;">Kelewele Plantains (VE)*</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>	<p style="text-align: center;"><b>Mozzarella Sticks (V)</b> with Marinara Sauce (VE)</p> <p style="text-align: center;"><b>Grab &amp; Go Salad</b></p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar</p>	<p style="text-align: center;"><b>Guisado Kidney Beans (VE)*</b></p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Sofrito Rice (VE)*</p> <p style="text-align: center;">Roasted Carrot Coins (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>
8	9	10	11	12
<p style="text-align: center;"><b>Pizza by the Slice (V)</b></p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;">Veggie Burger (VE) Veggie Cheeseburger (V) <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Baked Beans (VE)</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p style="text-align: center;"><b>Garlic and Tomato Panini (V)</b></p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p style="text-align: center;"><b>Zucchini Parmigiana (V)</b></p> <p style="text-align: center;">Grab &amp; Go Salad</p> <p style="text-align: center;">Spaghetti Marinara (VE)</p> <p style="text-align: center;">Basil Corn Salad (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;"><b>Zesty Chickpea Stew (VE)</b></p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;">Kachumbar Salad (VE)*</p> <p style="text-align: center;">Flatbread (VE)</p> <p style="text-align: center;"><i>New York Cookie Treat (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>
15	16	17	18	19
<p style="text-align: center;"><b>Teriyaki Veggie Nuggets (VE)</b></p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center;">Pineapple Rice Medley (V)*</p> <p style="text-align: center;">Green Garden Salad (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;"><b>French Bread Pizza (V)</b></p> <p style="text-align: center;">Garlicky Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;"><b>White Bean and Pasta Primavera (VE)</b></p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center;"><b>Red White and Green Panini (V)</b></p> <p style="text-align: center;">Grab &amp; Go Salad</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;">Balsamic Chickpea Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p style="text-align: center;"><b>Tropical Bean Bowl (VE)</b> with Cilantro Rice</p> <p style="text-align: center;">Veggie Nuggets (VE) Dipping Sauce</p> <p style="text-align: center;">Spiced Sweet Potatoes (VE)</p> <p style="text-align: center;">Pineapple Salsa (VE)</p> <p style="text-align: center;">Heart Shaped Pretzels (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>
22	23	24	25	26
<p style="text-align: center;"><b>Sicilian Slice Pizza (V)</b></p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;"><b>Big City Bean Taco (VE)</b></p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>	<p style="text-align: center;"><b>Quesadillas (VE)</b></p> <p style="text-align: center;">Kelewele Plantains (VE)*</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>	<p style="text-align: center;"><b>Mozzarella Sticks (V)</b> with Marinara Sauce (VE)</p> <p style="text-align: center;"><b>Grab &amp; Go Salad</b></p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar</p>	<p style="text-align: center;"><b>Guisado Kidney Beans (VE)*</b></p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Sofrito Rice (VE)*</p> <p style="text-align: center;">Roasted Carrot Coins (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>
29	30	31		
<p style="text-align: center;"><b>Pizza by the Slice (V)</b></p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;">Veggie Burger (VE) Veggie Cheeseburger (V) <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Baked Beans (VE)</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p style="text-align: center;"><b>Garlic and Tomato Panini (V)</b></p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<div style="text-align: center;">  <p style="font-size: small; color: green; margin-top: 5px;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p> </div>	
<p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Assorted Vegetarian Wraps (V)</li> </ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Chickpea Wrap (V)</li> </ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Chickpea Wrap (V)</li> </ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Chickpea Wrap (V)</li> </ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Lunch Pack (VE)</li> <li>• Assorted Vegan Wraps (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Southwest Burrito (V)</li> </ul>

### OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

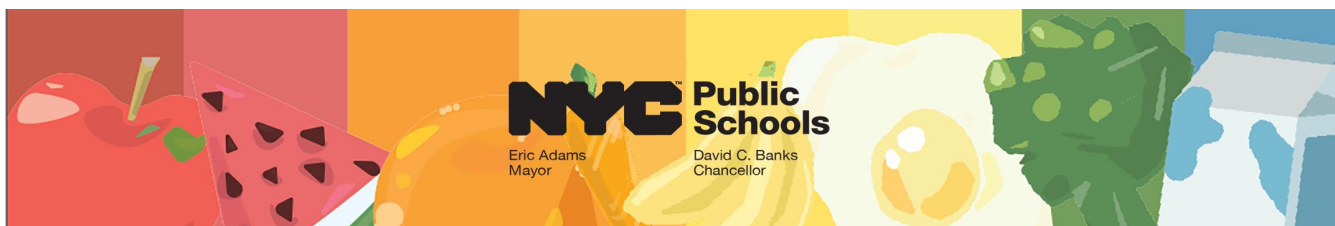
OFNS has an extensive Prohibitive Ingredients List available at:



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

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

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



## JANUARY 2024: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<p style="text-align: center;"><b>Big City Bean Taco (VE)</b></p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar (With Black Bean Salad)</p>	<p style="text-align: center;">Sicilian Slice Pizza (V)</p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Welcome Back Bar</p>	<p style="text-align: center;"><b>Manicotti (V)</b> in Marinara Sauce (V)</p> <p style="text-align: center;"><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini (VE)</p> <p style="text-align: center;"><i>Garlic Knot (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar</p>	<p style="text-align: center;"><b>Moroccan Roasted Chicken Drumsticks</b></p> <p style="text-align: center;">Jollof Cauliflower (V)*</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center;">Dinner Roll (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center;"><b>White Bean and Pasta Primavera (VE)</b></p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>
8	9	10	11	12
<p style="text-align: center;">Pizza by the Slice (V)</p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;">Guisado Kidney Beans (VE)*</p> <p style="text-align: center;">Sofrito Rice (VE)*</p> <p style="text-align: center;">Grab &amp; Go Salad</p> <p style="text-align: center;">Roasted Cauliflower (VE)</p> <p style="text-align: center;">Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;"><i><b>Plastic Free Lunch Day</b></i></p> <p style="text-align: center;">Garlic and Tomato Panini (V)</p> <p style="text-align: center;"><i>Caribbean Style Beef Patty</i></p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p style="text-align: center;">Caribbean Spiced Jerk Chicken Thighs*</p> <p style="text-align: center;">Veggie Nuggets (VE) Dipping Sauce</p> <p style="text-align: center;">Kelewele Plantains (VE)*</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center;">Zesty Chickpea Stew (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;">Kachumbar Salad (VE)*</p> <p style="text-align: center;">Flatbread (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>
Martin Luther King Day 15	16	17	18	19
<p style="text-align: center;">BBQ Veggie Burger (VE)</p> <p style="text-align: center;">BBQ Veggie Cheeseburger (V) <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Garlicky Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Welcome Back Bar</p>	<p style="text-align: center;"><b>Big City Bean Taco (VE)</b></p> <p style="text-align: center;">Soft Turkey Taco</p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar (With Black Bean Salad)</p>	<p style="text-align: center;">Chicken Tender Melt <i>On Ciabatta Bread</i></p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center;"><i>New York Cookie Treat (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center;">Tropical Bean Bowl (VE) with Sofrito Rice*</p> <p style="text-align: center;">Veggie Nuggets (VE) Dipping Sauce</p> <p style="text-align: center;">Spiced Sweet Potatoes (VE)</p> <p style="text-align: center;">Pineapple Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>
22	23	24	25	26
<p style="text-align: center;">Sicilian Slice Pizza (V)</p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Welcome Back Bar</p>	<p style="text-align: center;">Chicken Pot Pie</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center;"><i>Herb Roasted Potatoes (VE)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar (With Seasoned Chickpeas)</p>	<p style="text-align: center;"><b>Manicotti</b> in Marinara Sauce (V)</p> <p style="text-align: center;"><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini (VE)</p> <p style="text-align: center;"><i>Garlic Knot (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar</p>	<p style="text-align: center;"><b>Moroccan Roasted Chicken Drumsticks</b></p> <p style="text-align: center;">Jollof Cauliflower (V)*</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center;">Dinner Roll (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center;"><b>White Bean and Pasta Primavera (VE)</b></p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>
29	30	31		
<p style="text-align: center;">Pizza by the Slice (V)</p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;">Guisado Kidney Beans (VE)*</p> <p style="text-align: center;">Sofrito Rice (VE)*</p> <p style="text-align: center;">Grab &amp; Go Salad</p> <p style="text-align: center;">Roasted Cauliflower (VE)</p> <p style="text-align: center;">Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;"><i><b>Plastic Free Lunch Day</b></i></p> <p style="text-align: center;">Garlic and Tomato Panini (V)</p> <p style="text-align: center;"><i>Caribbean Style Beef Patty</i></p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	 <p style="font-size: small;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	
<p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Assorted Vegetarian Wraps (V)</li> </ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Lunch Pack (VE)</li> <li>• Assorted Vegan Wraps (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>

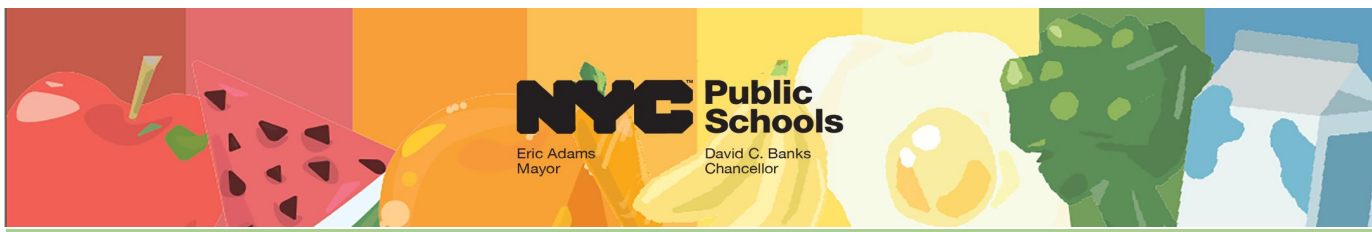
<p style="text-align: center;"><b>Milk</b></p> <p style="text-align: center;">1% Low-fat (V) Fat Free (V)</p> <p style="text-align: center;">Fat Free Chocolate (V) <small>Alternative options are available upon request</small></p>	<p style="text-align: center;"><b>ATTENTION:</b></p> <p style="font-size: x-small;">All Pre-K Students CANNOT be Offered Chocolate Milk, Cookies or Chicken with Bones</p> <p style="text-align: center;"><u>Pre-K Chicken Choices</u></p> <p style="font-size: x-small;">Chicken Tenders Chicken Patty Chicken Bites</p>	<p style="text-align: center;">OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="text-align: center;"><u>Seasonal Fresh Fruit</u></p> <p style="font-size: x-small;">Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)</p>
---	---	---	---

OFNS has an extensive Prohibitive Ingredients List available at:



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

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



## JANUARY 2024: High School Lunch Menu

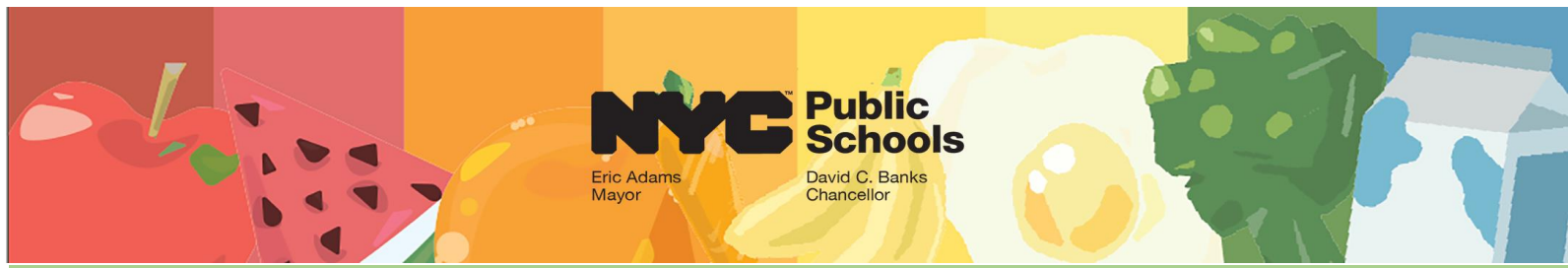
Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<b>Big City Bean Taco (VE)</b>  Street Style Corn (V)  <i>Salad Bar</i> Fiesta Bar (With Black Bean Salad)	<b>Sicilian Slice Pizza (V)</b>  Italian Green Beans (VE)  <i>Salad Bar</i> Welcome Back Bar	<b>Manicotti (V)</b> in Marinara Sauce (V)  <b>Mozzarella Sticks (V)</b> with marinara sauce (VE)  <b>Roasted Zucchini (VE)</b>  <i>Garlic Knot (V)</i>  <i>Salad Bar</i> Pizza Bar	<b>Moroccan Roasted Chicken Drumsticks</b>  <b>Jollof Cauliflower (V)*</b>  <b>Sweet Potato Wedge Fries (VE)</b>  Dinner Roll (V)  <i>Salad Bar</i> Rainbow Bar	<b>White Bean and Pasta Primavera (VE)</b>  <b>Three Cheese Grilled Cheese (V)</b>  Crispy Broccoli (V)  <i>Salad Bar</i> Leafy Green Salad Bar
8	9	10	11	12
<b>Pizza by the Slice (V)</b>  Kid Friendly Kale Salad (V)  <i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)	<b>Guisado Kidney Beans (VE)*</b>  <b>Sofrito Rice (VE)*</b>  <b>Grab &amp; Go Salad</b>  <b>Roasted Cauliflower (VE)</b>  Served with Salsa (VE)  <i>Salad Bar</i> Leafy Green Salad Bar	<i>Plastic Free Lunch Day</i>  <b>Garlic and Tomato Panini (V)</b>  <i>Caribbean Style Beef Patty</i>  Baby Carrots (VE)  <i>Salad Bar</i> Plastic Free Lunch Bar	<b>Caribbean Spiced Jerk Chicken Thighs*</b>  <b>Veggie Nuggets (VE)</b> Dipping Sauce  <b>Kelewele Plantains (VE)*</b>  Buttermilk Biscuit (V)  <i>Salad Bar</i> Rainbow Bar	<b>Zesty Chickpea Stew (VE)</b>  <b>Southwest Burrito (V)</b>  <b>Kachumbar Salad (VE)*</b>  Flatbread (VE)  <i>Salad Bar</i> Mediterranean Bar
Martin Luther King Day 15	16	17	18	19
<b>BBQ Veggie Burger (VE)</b>  <b>BBQ Veggie Cheeseburger (V)</b> <i>Whole Wheat Bun</i>  <b>Seasoned Wedge Fries (VE)</b>  <i>Salad Bar</i> Classic Toppings	<b>French Bread Pizza (V)</b>  <b>Garlicky Green Bean (VE)</b>  <i>Salad Bar</i> Welcome Back Bar	<b>Big City Bean Taco (VE)</b>  <b>Soft Turkey Taco</b>  <b>Street Style Corn (V)</b>  <b>Crispy Tortillas (VE)</b> Served with Salsa (VE)  <i>Salad Bar</i> Fiesta Bar (With Black Bean Salad)	<b>Chicken Tender Melt</b> <i>On Ciabatta Bread</i>  <b>Superhero Spinach (VE)</b>  <i>New York Cookie Treat (V)</i>  <i>Salad Bar</i> Rainbow Bar	<b>Tropical Bean Bowl (VE)</b> with Sofrito Rice*  <b>Veggie Nuggets (VE)</b> Dipping Sauce  <b>Spiced Sweet Potatoes (VE)</b>  <b>Pineapple Salsa (VE)</b>  <i>Salad Bar</i> Fiesta Bar
22	23	24	25	26
<b>Sicilian Slice Pizza (V)</b>  Italian Green Beans (VE)  <i>Salad Bar</i> Welcome Back Bar	<b>Chicken Pot Pie</b>  <b>Buttermilk Biscuit (V)</b>  <i>Herb Roasted Potatoes (VE)</i>  <i>Salad Bar</i> Leafy Green Salad Bar (With Seasoned Chickpeas)	<b>Manicotti</b> in Marinara Sauce (V)  <b>Mozzarella Sticks (V)</b> with marinara sauce (VE)  <b>Roasted Zucchini (VE)</b>  <i>Garlic Knot (V)</i>  <i>Salad Bar</i> Pizza Bar	<b>Moroccan Roasted Chicken Drumsticks</b>  <b>Jollof Cauliflower (V)*</b>  <b>Sweet Potato Wedge Fries (VE)</b>  Dinner Roll (V)  <i>Salad Bar</i> Rainbow Bar	<b>White Bean and Pasta Primavera (VE)</b>  <b>Three Cheese Grilled Cheese (V)</b>  Crispy Broccoli (V)  <i>Salad Bar</i> Leafy Green Salad Bar
29	30	31		
<b>Pizza by the Slice (V)</b>  Kid Friendly Kale Salad (V)  <i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)	<b>Guisado Kidney Beans (VE)*</b>  <b>Sofrito Rice (VE)*</b>  <b>Grab &amp; Go Salad</b>  <b>Roasted Cauliflower (VE)</b>  Served with Salsa (VE)  <i>Salad Bar</i> Leafy Green Salad Bar	<i>Plastic Free Lunch Day</i>  <b>Garlic and Tomato Panini (V)</b>  <i>Caribbean Style Beef Patty</i>  Baby Carrots (VE)  <i>Salad Bar</i> Plastic Free Lunch Bar	  WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	
<b>Monday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	<b>Tuesday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<b>Wednesday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<b>Thursday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<b>Friday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V)

<b>Milk</b> 1% Low-fat (V) Fat Free (V) <b>Fat Free Chocolate (V)</b> <small>Alternative options are available upon request</small>	<b>ATTENTION:</b> All Pre-K Students CANNOT be Offered Chocolate Milk, Chocolate Chip Cookies or Chicken with Bones  <u>Pre-K Chicken Choices</u> Chicken Tenders Chicken Patty Chicken Bites	OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available	<b>Seasonal Fresh Fruit</b> Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)	OFNS has an extensive Prohibitive Ingredients List available at: 
---	---	--	--	---

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

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





## JANUARY 2024: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<p style="text-align: center;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="text-align: center;">Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;"><b>Crispy Chicken Grab and Go Salad</b></p> <p style="text-align: center;">Asian Red Cabbage Slaw (V)</p>	<p style="text-align: center;"><b>Chimichurri Chicken Wrap</b></p> <p style="text-align: center;">Confetti Corn Salad (VE)</p>	<p style="text-align: center;"><b>Chicken Salad Hoagie</b></p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p>	<p style="text-align: center;"><b>Black Bean Wrap (VE)</b></p> <p style="text-align: center;">Fresh Tomato Salad (V)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;">Cheese Sandwich (V)</p>
8	9	10	11	12
<p style="text-align: center;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="text-align: center;">Crunchy Carrot Sticks (VE)</p>	<p style="text-align: center;"><b>Chicken Caesar Wrap</b></p> <p style="text-align: center;">Marinated Bean Salad (VE)</p>	<p style="text-align: center;"><b>Balsamic Chicken Grab and Go Salad</b></p> <p style="text-align: center;">Basil Corn Salad (VE)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p>	<p style="text-align: center;"><b>Superhero Spinach Wrap (V)</b></p> <p style="text-align: center;">Broccoli Salad (V)</p>	<p style="text-align: center;"><b>Italian Veggie Grab &amp; Go Salad (VE)</b></p> <p style="text-align: center;">Italian Marinated Cucumber Salad (VE)</p> <p style="text-align: center;">Heart Shaped Pretzels (VE)</p>
Martin Luther King Day 15	16	17	18	19
<p style="text-align: center;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="text-align: center;">Crunchy Carrot Sticks (VE)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p>	<p style="text-align: center;"><b>BBQ Crispy Chicken Grab and Go Salad</b></p> <p style="text-align: center;">Cilantro Black Bean Salad (VE)</p>	<p style="text-align: center;"><b>Chicken Tender Wrap</b></p> <p style="text-align: center;">Dipping Sauce</p> <p style="text-align: center;">Classic Potato Salad (V)</p>	<p style="text-align: center;"><b>Mediterranean Chicken Pasta Salad</b></p> <p style="text-align: center;">Green Garden Salad (VE)</p>	<p style="text-align: center;"><b>Chickpea and Pimento Wrap (VE)</b></p> <p style="text-align: center;">Fresh Cilantro Healthy Coleslaw (V)</p> <p style="text-align: center; color: green;">New York Cookie Treat (V)</p>
22	23	24	25	26
<p style="text-align: center;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="text-align: center;">Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;"><b>Crispy Chicken Grab and Go Salad</b></p> <p style="text-align: center;">Asian Red Cabbage Slaw (V)</p>	<p style="text-align: center;"><b>Chimichurri Chicken Wrap</b></p> <p style="text-align: center;">Confetti Corn Salad (VE)</p>	<p style="text-align: center;"><b>Chicken Salad Hoagie</b></p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p>	<p style="text-align: center;"><b>Black Bean Wrap (VE)</b></p> <p style="text-align: center;">Fresh Tomato Salad (V)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;">Cheese Sandwich (V)</p>
29	30	31	 <p style="text-align: center; color: green; font-weight: bold; font-size: small;">                     WE PROUDLY SUPPORT                      LOCALLY SOURCED,                      GROWN, HARVESTED OR                      PRODUCED FOOD.                      ALL NEW YORK ITEMS                      ARE HIGHLIGHTED IN GREEN.                 </p>	
<p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Cheese Sandwich (V)</li> <li>• Assorted Vegetarian Wraps (V)</li> </ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Lunch Pack (VE)</li> <li>• Assorted Vegan Wraps (VE)</li> <li>• Cheese Sandwich (V)</li> </ul>

Milk

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


OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit

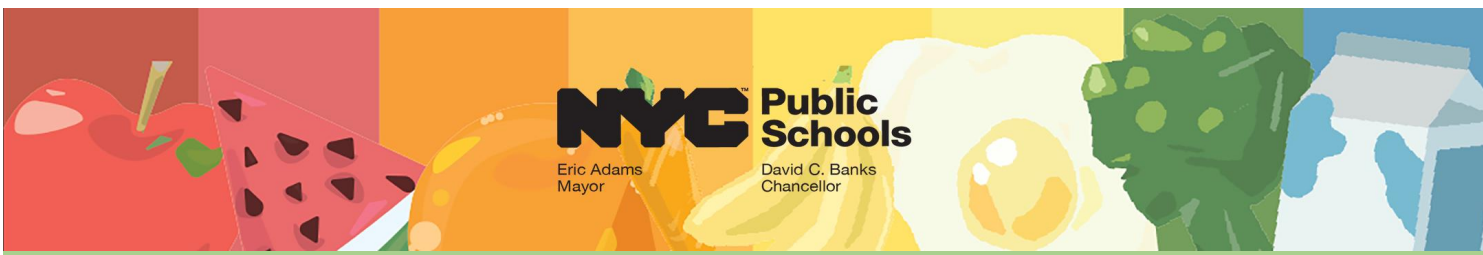
Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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

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



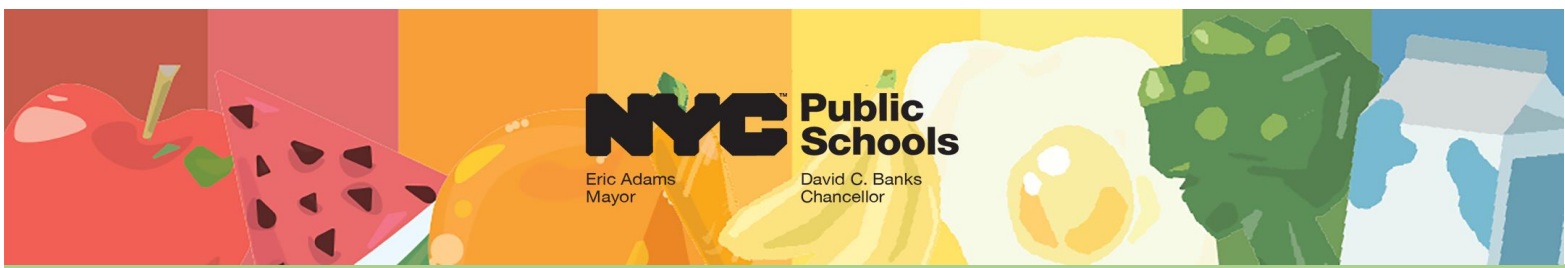
## JANUARY 2024: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<b>Big City Bean Taco (VE)</b>  Street Style Corn (V)  Black Bean Salad (VE)	<b>Sicilian Slice Pizza (V)</b>  Italian Green Bean (VE)	<b>Mozzarella Sticks (V)</b> with marinara sauce (VE)  <b>Roasted Zucchini (VE)</b>  New York Cookie Treat (V)	<b>Moroccan Roasted Chicken Drumsticks</b>  Sweet Potato Wedge Fries (VE)  Dinner Roll (V)	<b>White Bean and Pasta Primavera (VE)</b>  Three Cheese Grilled Cheese (V)  Crispy Broccoli (V)
8	9	10	11	12
<b>Sicilian Slice Pizza (V)</b>  Hot Bean Salad (VE)	<b>Guisado Kidney Beans (VE)*</b>  Sofrito Rice (VE)*  Roasted Cauliflower (VE)  Served with Salsa (VE)	<b>Caribbean Style Beef Patty</b>  Sweet Potato Waffle Fries (VE)	<b>Caribbean Spiced Jerk Chicken Thighs*</b>  Seasoned Wedge Fries (VE)  Buttermilk Biscuit (V)	<b>Zesty Chickpea Stew (VE)</b>  Southwest Burrito (V)  Superhero Spinach (VE)  Flatbread (VE)
15	16	17	18	19
<b>Hamburgers</b> <b>Cheeseburgers</b> Whole Wheat Bun  Seasoned Wedge Fries (VE)  Parmigiana Spinach (V)	<b>Sicilian Slice Pizza (V)</b>  Italian Chickpeas (VE)	<b>Soft Turkey Taco</b>  Street Style Corn (V)	<b>Crispy Chicken Bites</b>  Roasted Zucchini (V)  Garlic Knot (V)  Crispy Tortillas (VE) Served with Salsa (VE)	<b>Tropical Bean Bowl (VE)</b> with Cilantro Rice  Veggie Nuggets (VE) Dipping Sauce  Spiced Sweet Potatoes (VE)  Heart Shaped Pretzels (VE)
22	23	24	25	26
<b>Sicilian Slice Pizza (V)</b>  Seasoned Chickpeas (VE)	<b>Chicken Pot Pie</b>  Buttermilk Biscuit (V)  Herb Roasted Potatoes (VE)	<b>Mozzarella Sticks (V)</b> with marinara sauce (VE)  <b>Roasted Zucchini (VE)</b>  New York Cookie Treat (V)	<b>Moroccan Roasted Chicken Drumsticks</b>  Sweet Potato Wedge Fries (VE)  Dinner Roll (V)	<b>White Bean and Pasta Primavera (VE)</b>  Three Cheese Grilled Cheese (V)  Crispy Broccoli (V)
29	30	31		
<b>Sicilian Slice Pizza (V)</b>  Hot Bean Salad (VE)	<b>Guisado Kidney Beans (VE)*</b>  Sofrito Rice (VE)*  Roasted Cauliflower (VE)  Served with Salsa (VE)	<b>Caribbean Style Beef Patty</b>  Sweet Potato Waffle Fries (VE)	  WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	
<b>Monday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	<b>Tuesday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<b>Wednesday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<b>Thursday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<b>Friday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

<p style="text-align: center;"><b>Milk</b></p> <p style="text-align: center;">1% Low-fat (V) Fat Free (V)</p> <p style="text-align: center;"><b>Fat Free Chocolate (V)</b> Alternative options are available upon request</p>	<p style="text-align: center;"><b>ATTENTION:</b></p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk, Chocolate Chip Cookies or Chicken with Bones</p> <p style="text-align: center;"><u>Pre-K Chicken Choices</u></p> <p style="text-align: center;">Chicken Tenders Chicken Patty Chicken Bites</p>	<p style="text-align: center;">OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="text-align: center;"><u>Seasonal Fresh Fruit</u></p> <p style="text-align: center;">Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)</p>	<p style="text-align: center; color: orange;">OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;">  </div>
---	--	--	---	---

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

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



## JANUARY 2024: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<b>Manicotti</b> in Marinara Sauce (V)  <b>Italian Chickpeas (VE)</b>	<b>BBQ Chicken Sliders</b>  <b>Crisp Sweet Potato Wedge Fries (VE)</b>	<b>Caribbean Style Beef Patty</b>  <b>Hot Confetti Corn (VE)</b>  <b>Salsa (VE)</b>	<b>International Roasted Chicken Drumsticks</b>  <b>Jollof Cauliflower (V)*</b>  <b>Dinner Roll (V)</b>	<b>White Bean and Pasta Primavera (VE)</b>  <b>Crispy Broccoli (V)</b>  <b>Garlic Knot (V)</b>
8	9	10	11	12
<b>Veggie Burger (VE)</b> <b>Veggie Cheeseburger (V)</b> <b>Whole Wheat Bun</b>  <b>Baked Beans (VE)</b>	<b>Guisado Kidney Beans (VE)*</b>  <b>Sofrito Rice (VE)*</b>  <b>Roasted Carrot Coins (VE)</b>  <b>Crispy Tortillas (VE)</b> Served with Salsa (VE)	<b>Turkey Burger</b> <b>Turkey Cheeseburger</b> <b>on Ciabatta Bread</b>  <b>Superhero Spinach (VE)</b>	<b>Moroccan Roasted Chicken Thighs</b>  <b>Kelewele Plantains (VE)*</b>  <b>Buttermilk Biscuit (V)</b>	<b>Zesty Chickpea Stew (VE)</b>  <b>Kachumbar Salad (VE)*</b>  <b>Flatbread (VE)</b>  <b>New York Cookie Treat (V)</b>
Martin Luther King Day 15	16	17	18	19
<b>Veggie Nuggets (VE)</b> With Dipping Sauce  <b>Marinated White Beans (VE)</b>  <b>Bread Stick (VE)</b>	<b>Spicy Chicken Sandwich</b> <b>Whole Wheat Bun</b>  <b>Crisp Sweet Potato Wedge Fries (VE)</b>	<b>Fish and Cheese Sandwich</b> <b>Whole Wheat Bun</b>  <b>Roasted Broccoli (VE)</b>	<b>Chicken Tender Melt</b> <b>On Ciabatta Bread</b>  <b>Kale Caesar Salad (V)</b>	<b>Tropical Bean Bowl (VE)</b> with Cilantro Rice  <b>Spiced Sweet Potatoes (VE)</b>  <b>Pineapple Salsa (VE)</b>  <b>Heart Shaped Pretzels (VE)</b>
22	23	24	25	26
<b>Manicotti</b> in Marinara Sauce (V)  <b>Italian Chickpeas (VE)</b>	<b>BBQ Chicken Sliders</b>  <b>Crisp Sweet Potato Wedge Fries (VE)</b>	<b>Caribbean Style Beef Patty</b>  <b>Hot Confetti Corn (VE)</b>  <b>Salsa (VE)</b>	<b>International Roasted Chicken Drumsticks</b>  <b>Jollof Cauliflower (V)*</b>  <b>Dinner Roll (V)</b>	<b>White Bean and Pasta Primavera (VE)</b>  <b>Crispy Broccoli (V)</b>  <b>Garlic Knot (V)</b>
29	30	31		
<b>Veggie Burger (VE)</b> <b>Veggie Cheeseburger (V)</b> <b>Whole Wheat Bun</b>  <b>Baked Beans (VE)</b>	<b>Guisado Kidney Beans (VE)*</b>  <b>Sofrito Rice (VE)*</b>  <b>Roasted Carrot Coins (VE)</b>  <b>Crispy Tortillas (VE)</b> Served with Salsa (VE)	<b>Turkey Burger</b> <b>Turkey Cheeseburger</b> <b>on Ciabatta Bread</b>  <b>Superhero Spinach (VE)</b>	<b>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</b>	
<b>Monday</b> <ul style="list-style-type: none"> <li>• Pizza (V)</li> <li>• Baked Mozzarella Sticks (V)</li> <li>• Southwest Burrito (V)</li> <li>• Grab and Go Salads (V)</li> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Assorted Vegetarian Wraps (V)</li> <li>• Seasoned Wedge Fries (VE)</li> </ul>	<b>Tuesday</b> <ul style="list-style-type: none"> <li>• Pizza (V)</li> <li>• Baked Mozzarella Sticks (V)</li> <li>• Chicken Tenders</li> <li>• Southwest Burrito (V)</li> <li>• Grab and Go Salads</li> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> <li>• Assorted Wraps and Sandwiches</li> <li>• Seasoned Wedge Fries (VE)</li> </ul>	<b>Wednesday</b> <ul style="list-style-type: none"> <li>• Pizza (V)</li> <li>• Baked Mozzarella Sticks (V)</li> <li>• Chicken Tenders</li> <li>• Southwest Burrito (V)</li> <li>• Grab and Go Salads</li> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> <li>• Assorted Wraps and Sandwiches</li> <li>• Seasoned Wedge Fries (VE)</li> </ul>	<b>Thursday</b> <ul style="list-style-type: none"> <li>• Pizza (V)</li> <li>• Baked Mozzarella Sticks (V)</li> <li>• Chicken Tenders</li> <li>• Southwest Burrito (V)</li> <li>• Grab and Go Salads</li> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> <li>• Assorted Wraps and Sandwiches</li> <li>• Seasoned Wedge Fries (VE)</li> </ul>	<b>Friday</b> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus Lunch Pack (VE)</li> <li>• Assorted Vegan Wraps (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Southwest Burrito (V)</li> <li>• Grab and Go Salads (VE)</li> <li>• Seasoned Wedge Fries (VE)</li> </ul>

### Cold Cereal Choices

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

### Breakfast Bar

Assorted Berries (H)  
& Fresh Cut Fruit (VE) (H)  
Assorted Yogurts (V) (H)  
Raisins (VE) (H)

\*Alternative options are available upon request

### Daily Breakfast Offerings

Assorted Berries & Fresh Cut Fruit (VE)

Yogurt (V)

Granola (V)

Raisins (VE)

### Seasonal Fresh Fruit

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

### Milk

1% Low-fat (V)  
Fat Free (V)  
Fat Free Chocolate (V)  
  
Assorted Condiments  
Dipping Sauces and  
Dressings are Available  
Daily

OFNS has an extensive Prohibitive Ingredients List available at:



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

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





## JANUARY 2024: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Yogurt Choice (V) Blueberry Granola (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)
8	9	10	11	12
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cinnamon Flakes (VE) Milk (V)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)
Martin Luther King Day 15	16	17	18	19
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
22	23	24	25	26
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Yogurt Choice (V) Blueberry Granola (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)
29	30	31		
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cinnamon Flakes (VE) Milk (V)	Animal Crackers (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

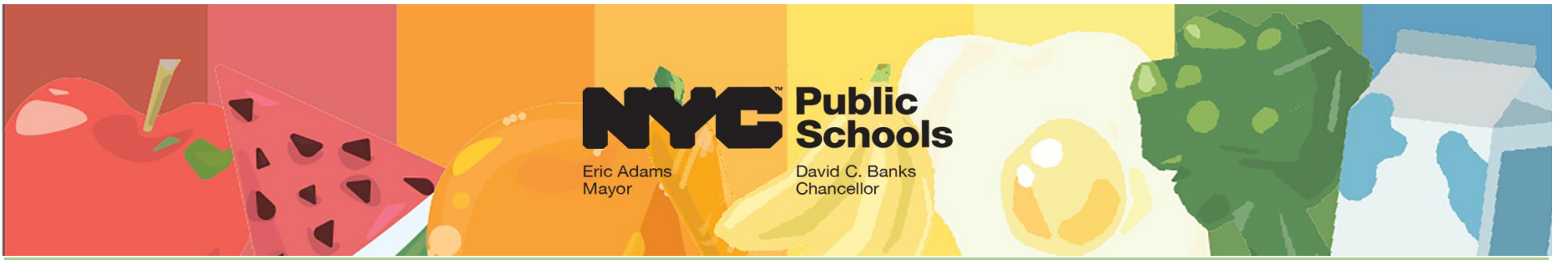
OFNS Menu Support  
Seasonal Fresh Fruit and Vegetables when available

**All Fruit**  
Offerings are 1 cup

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

OFNS has an extensive Prohibitive Ingredients List available at:

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



## JANUARY 2024: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	Yogurt Choice (V) Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)
8	9	10	11	12
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
Martin Luther King Day 15	16	17	18	19
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	Yogurt Choice (V) Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)
22	23	24	25	26
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
29	30	31		
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	Yogurt Choice (V) Diced Peaches (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

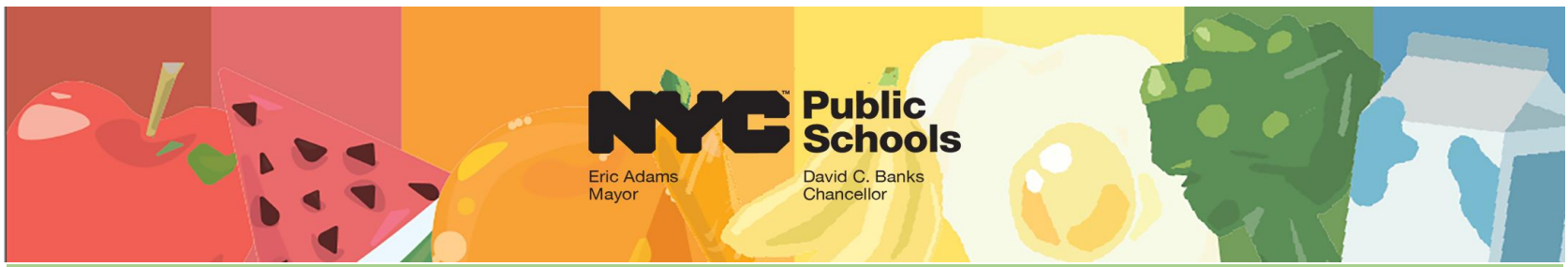
OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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.

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



## JANUARY 2024: After School Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<b>Grab and Go Cheese Plate (V)</b>  Italian Green Beans (VE)	<b>Chicken Tender Wrap</b> Dipping Sauce  Classic Potato Salad (V)	<b>BBQ Crispy Chicken</b> Grab and Go Salad  Cilantro Black Bean Salad (VE)	<b>Mediterranean Chicken</b> Pasta Salad  Green Garden (V)	<b>Chickpea and Pimento Wrap (VE)</b>  Fresh Cilantro Healthy Coleslaw (V)  New York Cookie Treat (V)
8	9	10	11	12
<b>Superhero Spinach Wrap (V)</b>  Broccoli Salad (V)	<b>Crispy Chicken</b> Grab and Go Salad  Asian Red Cabbage Slaw (V)	<b>Chicken Salad</b> Hoagie  Kid Friendly Kale Salad (V)	<b>Chimichurri</b> Chicken Wrap  Confetti Corn Salad (VE)	<b>Black Bean Wrap (VE)</b>  Fresh Tomato Salad (V)  Heart Shaped Pretzels (VE)
Martin Luther King Day 15	16	17	18	19
<b>Red, White and Green Panini (V)</b>  Balsamic Chickpea Salad (V)	<b>Balsamic Chicken</b> Grab and Go Salad  Crispy Tortillas (VE) Served with Salsa (VE)	<b>Curried Chicken Wrap</b> Dipping Sauce  Fresh Tomato Salad (V)	<b>Sesame Noodle Bowl</b>  Broccoli Salad (V)	<b>Italian Veggie</b> Grab & Go Salad (VE)  Italian Marinated Cucumber Salad (VE)
22	23	24	25	26
<b>Grab and Go Cheese Plate (V)</b>  Italian Green Beans (VE)	<b>Chicken Tender Wrap</b> Dipping Sauce  Classic Potato Salad (V)	<b>BBQ Crispy Chicken</b> Grab and Go Salad  Cilantro Black Bean Salad (VE)	<b>Mediterranean Chicken</b> Pasta Salad  Green Garden (V)	<b>Chickpea and Pimento Wrap (VE)</b>  Fresh Cilantro Healthy Coleslaw (V)  New York Cookie Treat (V)
29	30	31	 <p style="text-align: center; font-weight: bold; color: green;">                         WE PROUDLY SUPPORT                          LOCALLY SOURCED,                          GROWN, HARVESTED OR                          PRODUCED FOOD.                          ALL NEW YORK ITEMS                          ARE HIGHLIGHTED IN GREEN.                     </p>	
<b>Superhero Spinach Wrap (V)</b>  Broccoli Salad (V)	<b>Crispy Chicken</b> Grab and Go Salad  Asian Red Cabbage Slaw (V)	<b>Chicken Salad</b> Hoagie  Kid Friendly Kale Salad (V)	<b>Daily Supper Specials</b>  • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (V)  Options may vary by location	

### OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

**Assorted Dressings**

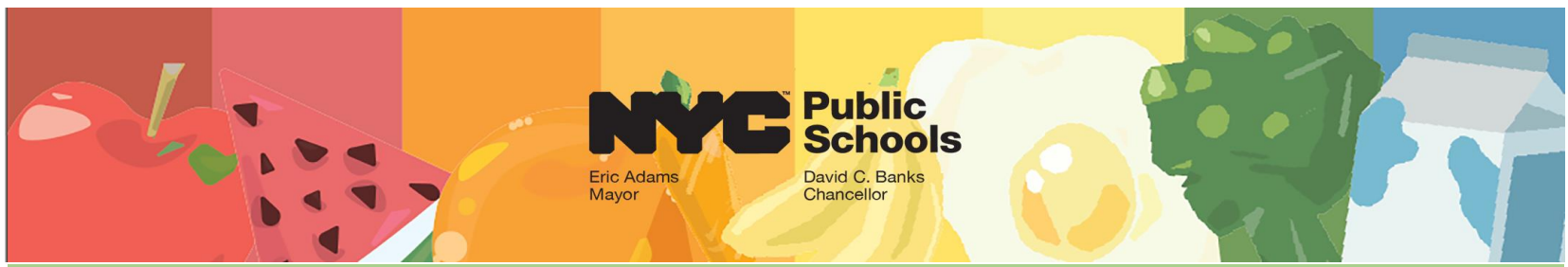
**Seasonal Fresh Fruit**  
 Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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





## JANUARY 2024: After School Hot Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<p style="text-align: center;"><b>Red White and Green Panini (V)</b></p> <p>Seasoned Wedge Fries (VE)</p>	<p style="text-align: center;"><b>BBQ Chicken Sliders</b></p> <p style="text-align: center;">Baked Beans (VE)</p>	<p style="text-align: center;"><b>Hamburgers &amp; Cheeseburgers</b> <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Cilantro Healthy Coleslaw (V)</p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p style="text-align: center;">Green Garden Salad (VE)</p>	<p style="text-align: center;"><b>Southwest Burrito (V)</b></p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;">Crispy Tortillas (VE)</p>
8	9	10	11	12
<p style="text-align: center;"><b>Homemade Grilled Cheese Sandwich (V)</b></p> <p style="text-align: center;">Crispy Broccoli (V)</p>	<p style="text-align: center;"><b>Fish and Cheese Sandwich</b> <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Baked Sweet Potato Wedge Fries (VE)</p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p style="text-align: center;">Roasted Zucchini (VE)</p>	<p style="text-align: center;"><b>Chicken Tenders</b></p> <p style="text-align: center;">Slow Roasted Baby Carrots (V)</p> <p style="text-align: center;">Dinner Roll (V)</p>	<p style="text-align: center;"><b>Veggie Nuggets (VE) with Dipping Sauce (V)</b></p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Dinner Roll (VE)</i></p>
15	16	17	18	19
<p style="text-align: center;"><b>Martin Luther King Day</b></p> <p style="text-align: center;"><b>Mozzarella Sticks (V)</b> Marinara Sauce (VE)</p> <p style="text-align: center;">Crispy Broccoli (V)</p>	<p style="text-align: center;"><b>Chicken Dumplings</b></p> <p style="text-align: center;">Seasoned Fresh Green Beans (V)</p>	<p style="text-align: center;"><b>Turkey Burger</b> <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Crisp Sweet Potato Waffle Fries (VE)</p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center;">New York Cookie Treat (V)</p>	<p style="text-align: center;"><b>Veggie Burger (VE) or Veggie Cheeseburger(V)</b> <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p>
22	23	24	25	26
<p style="text-align: center;"><b>Red White and Green Panini (V)</b></p> <p>Seasoned Wedge Fries (VE)</p>	<p style="text-align: center;"><b>BBQ Chicken Sliders</b></p> <p style="text-align: center;">Baked Beans (VE)</p> <p style="text-align: center;"><i>New York Cookie Treat (V)</i></p>	<p style="text-align: center;"><b>Hamburgers &amp; Cheeseburgers</b> <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Cilantro Healthy Coleslaw (V)</p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p style="text-align: center;">Green Garden Salad (VE)</p>	<p style="text-align: center;"><b>Southwest Burrito (V)</b></p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;">Crispy Tortillas (VE)</p>
29	30	31	<p style="margin: 0;"><b>Daily Supper Specials</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Hummus and Pretzels Grab &amp; Go (V)</li> </ul> <p style="font-size: small; margin: 0;">Options may vary by location</p>	
<p style="text-align: center;"><b>Homemade Grilled Cheese Sandwich (V)</b></p> <p style="text-align: center;">Crispy Broccoli (V)</p>	<p style="text-align: center;"><b>Fish and Cheese Sandwich</b> <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Baked Sweet Potato Wedge Fries (VE)</p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p style="text-align: center;">Roasted Zucchini (VE)</p>	<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

OFFERED DAILY

OFNS Menu Support  
Seasonal Fresh Fruit and  
Vegetables  
when available

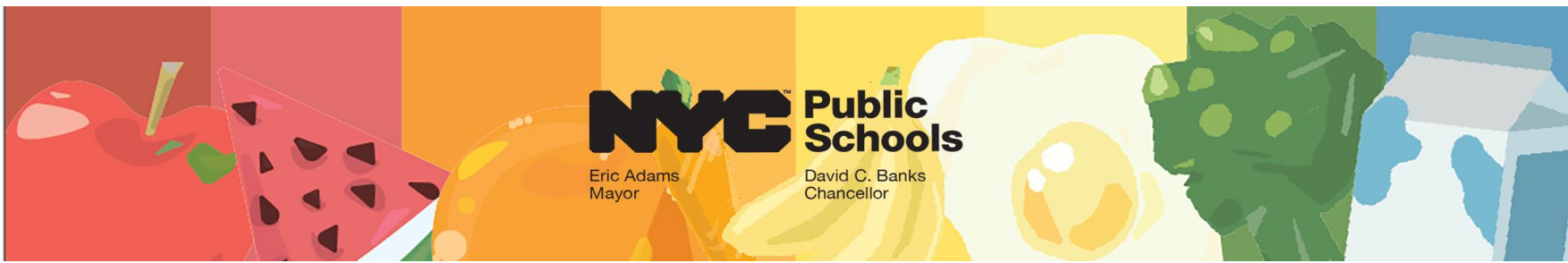
Assorted Dressings

Seasonal Fresh Fruit

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

OFNS has an extensive  
Prohibitive Ingredients List  
available at:

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



## JANUARY 2024: After School Vegetarian Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<p style="text-align: center;"><b>Red White and Green Panini (V)</b></p> <p>Seasoned Wedge Fries (VE)</p>	<p style="text-align: center;"><b>Manicotti (V)</b> with marinara sauce (VE)</p> <p>Seasoned Fresh Green Beans (V)</p> <p style="color: green;">Garlic Knot (V)</p>	<p style="text-align: center;"><b>Black Bean and Plantain Power Bowl (VE)</b> with Cilantro Rice (VE)</p> <p>Crispy Tortillas (VE)</p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p>Crispy Broccoli (V)</p>	<p style="text-align: center;"><b>White Bean and Pasta Primavera (VE)</b></p> <p>Roasted Fresh Tomatoes (VE)</p>
8	9	10	11	12
<p style="text-align: center;"><b>Homemade Grilled Cheese Sandwich (V)</b></p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p style="text-align: center;"><b>Vegetarian Quesadilla (V)</b> served with Salsa (VE)</p> <p>Fiesta Black Beans (VE)</p>	<p style="text-align: center;"><b>Mozzarella Sticks (VE)</b></p> <p>Green Garden Salad (VE)</p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p>Roasted Zucchini (VE)</p>	<p style="text-align: center;"><b>Veggie Nuggets (VE)</b> with Dipping Sauce (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: green;">Dinner Roll (VE)</p>
Martin Luther King Day 15	16	17	18	19
<p style="text-align: center;"><b>Mozzarella Sticks (V)</b> Marinara Sauce (VE)</p> <p>Crispy Broccoli (V)</p>	<p style="text-align: center;"><b>Super Hero Spinach Wrap (V)</b></p> <p>Baked Beans (VE)</p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p>Roasted Chickpeas With Basil Pesto (V)</p>	<p style="text-align: center;"><b>Southwest Burrito (V)</b></p> <p style="color: green;">Street Style Corn (V)</p> <p style="color: green;">New York Cookie Treat (V)</p>	<p style="text-align: center;"><b>Veggie Burger (VE)</b> or <b>Veggie Cheeseburger(V)</b> Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>
22	23	24	25	26
<p style="text-align: center;"><b>Red White and Green Panini (V)</b></p> <p>Seasoned Wedge Fries (VE)</p>	<p style="text-align: center;"><b>Manicotti (V)</b> with marinara sauce (VE)</p> <p>Seasoned Fresh Green Beans (V)</p> <p style="color: green;">Garlic Knot (V)</p>	<p style="text-align: center;"><b>Black Bean and Plantain Power Bowl (VE)</b> with Cilantro Rice (VE)</p> <p>Crispy Tortillas (VE)</p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p>Crispy Broccoli (V)</p>	<p style="text-align: center;"><b>White Bean and Pasta Primavera (VE)</b></p> <p>Roasted Fresh Tomatoes (VE)</p>
29	30	31	<p style="text-align: center; color: green; font-weight: bold; font-size: small;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	
<p style="text-align: center;"><b>Homemade Grilled Cheese Sandwich (V)</b></p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p style="text-align: center;"><b>Vegetarian Quesadilla (V)</b> served with Salsa (VE)</p> <p>Fiesta Black Beans (VE)</p>	<p style="text-align: center;"><b>Mozzarella Sticks (VE)</b></p> <p>Green Garden Salad (VE)</p>	<p style="text-align: center; color: white;"><b>Daily Supper Specials</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Hummus and Pretzels Grab &amp; Go (V)</li> </ul> <p style="text-align: center; color: white; font-size: x-small;">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 Menus Support Seasonal Fresh Fruit and Vegetables when available

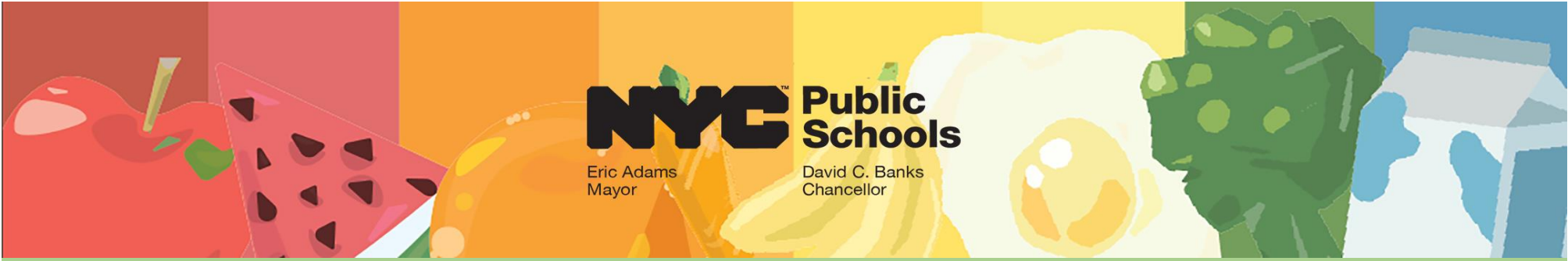
Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



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



## JANUARY 2024: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6	13	20	27	
<b>Honey Corn Breakfast Bread (V)</b>  Fresh Fruit (VE) Milk (V)	<b>Cinnamon Burst Pancakes (V)</b>  Fresh Fruit (VE) Milk (V)	<b>Sweet Potato Oatmeal Muffin (V)</b>  Fresh Fruit (VE) Milk (V)	<b>Blueberry Breakfast Bread (V)</b>  Fresh Fruit (VE) Milk (V)	

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

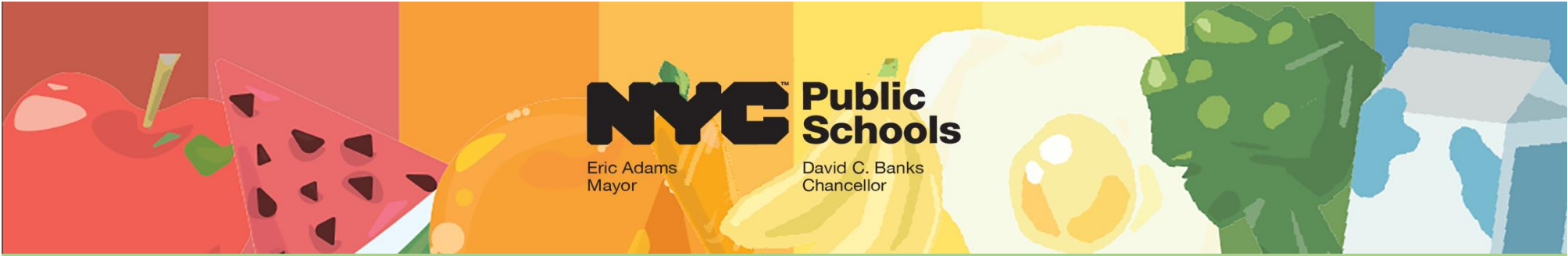
(V) Indicates Vegetarian  
 (VE) Indicates Vegan

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

OFNS has an extensive Prohibitive Ingredients List available at:







## JANUARY 2024: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6	13	20	27	
<p><b>Honey Corn Breakfast Bread (V)</b></p> <p>Fresh Fruit (VE) Milk (V)</p>	<p><b>Cinnamon Burst Pancakes (V)</b></p> <p>Fresh Fruit (VE) Milk (V)</p>	<p><b>Buttermilk Pancakes (V)</b></p> <p>Fresh Fruit (VE) Milk (V)</p>	<p><b>Blueberry Breakfast Bread (V)</b></p> <p>Fresh Fruit (VE) Milk (V)</p>	

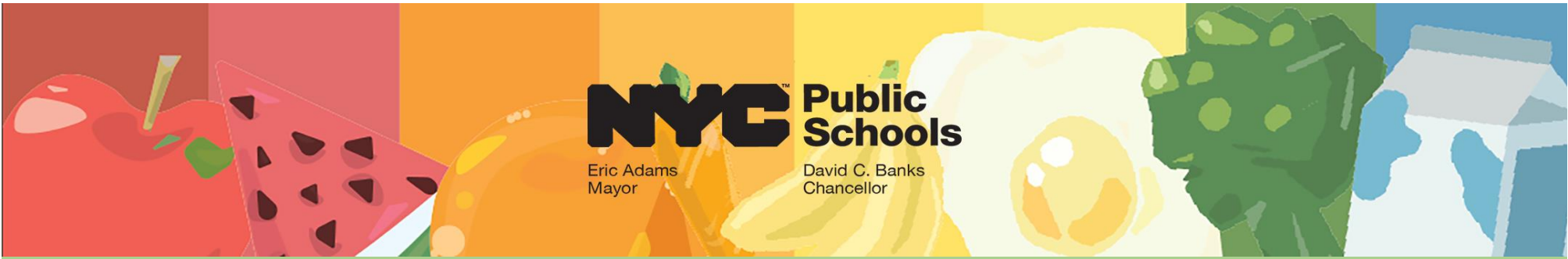
**Milk**  
**1% Low-fat (V)**  
**Fat Free (V)**  
**Fat Free Chocolate (V)**  
 Alternative options are available upon request

(V) Indicates Vegetarian  
 (VE) Indicates Vegan

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

OFNS has an extensive Prohibitive Ingredients List available at:





## JANUARY 2024: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6	13	20	27	
<b>Assorted Cold Sandwiches and Wraps</b> Confetti Corn Salad (VE) Fresh Fruit (VE) Milk (V)	<b>Assorted Cold Sandwiches and Wraps</b> Italian Green Beans (VE) Fresh Fruit (VE) Milk (V)	<b>Assorted Cold Sandwiches and Wraps</b> Carrot Sticks (VE) Fresh Fruit (VE) Milk (V)	<b>Assorted Cold Sandwiches and Wraps</b> Broccoli Salad (V) Fresh Fruit (VE) Milk (V)	

**OFFERED DAILY**

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

(V) Indicates Vegetarian  
 (VE) Indicates Vegan

**Assorted Dressings**

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

OFNS has an extensive Prohibitive Ingredients List available at:





## JANUARY 2024: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6	13	20	27	
<b>Grilled Cheese Sandwich (V)</b>  Seasoned Wedge Fries (VE)  Fresh Fruit (VE) Milk (V)	<b>Hamburgers &amp; Cheeseburgers</b>  Baked Sweet Potato Waffle Fries (VE)  Fresh Fruit (VE) Milk (V)	<b>Baked Mozzarella Sticks (V)</b> Marinara Sauce (VE)  Crispy Broccoli (V)  Fresh Fruit (VE) Milk (V)	<b>Crispy Chicken Sandwich</b> Whole Wheat Bun  Seasoned Wedge Fries (VE)  Fresh Fruit (VE) Milk (V)	

### OFFERED DAILY

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

(V) Indicates Vegetarian  
 (VE) Indicates Vegan

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:

