





JANUARY	′ 2024: Pre-	K - 8 Break	cfast Menu
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Monday	Tuesday	Wednesday	Thursday	Friday
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Winter Recess 1	2	3	4	5
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
8	9	10	11	12
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Egg and Cheese (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Mortin Luther King Day 15	16	17	18	19
Martin Luther King Day 15	16	17	10	19
Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on an English Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
22	23	24	25	26
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
29	30	31		
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Fresh New York Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE)

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

Fat Free Chocolate (V Alternative options are available upon request Breakfast After the Bell Grab and Go

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk) Options may vary by location

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

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

ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.

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



J	ANUARY 2024	: High School	Breakfast Meni	u
Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3		5
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
8	9	10	11	12
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Breakfast Bar Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Egg and Cheese (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
Martin Luther King Day 15	16	17	18	19
Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Cheddar Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on an English Muffin (V) Breakfast Bar Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
22	23	24	25	26
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
29	30	31		
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Breakfast Bar Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Fresh New York Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE) Breakfast Bar Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (V) Assorted Yogurts (V) Raisins (VE)
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
Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Frosted Mini Wheats Honey Graham Cracker (V) Strawberry Banana Applesauce (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
8	9	10	11	12
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	Blueberry Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Martin Luther King Day 15	16	17	18	19
Blueberry Muffin (V) 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)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
22	23	24	25	26
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Frosted Mini Wheats Honey Graham Cracker (V) Strawberry Banana Applesauce (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
29	30	31	6	
Scooters (V) Blueberry Granola (V) Strawberry Banana	Blueberry Muffin (V) Cheddar Cheese Stick (V)	Zucchini Carrot Breakfast Bread (V) Cheddar Cheese Stick (V)	WE PROUDLY SUPPORT	

Strawberry Banana

Seasonal Fresh Fruit (VE)

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

OFFERED DAILY

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

available upon request

Breakfast After the Bell Grab and Go

Alternative Breakfast **Grab and Go** (Cereal, Fruit and Milk) **Options may vary** by location

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

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

Seasonal Fresh Fruit

Condiments Syrup (VE)

OFNS has an extensive **Prohibitive Ingredients List**



ATTENTION:

Cinnamon Flakes (VE)

• 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
Blueberry Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
8	9	10	11	12
Blueberry Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
Martin Luther King Day 15	16	17	18	19
Blueberry Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
22	23	24	25	26
Blueberry Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
29	30	31		
Blueberry Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS	OF OFFI OFFI OFFI OFFI OFFI OFFI OFFI OF

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

ARE HIGHLIGHED IN GREEN.

Alternate Fruit
Peaches, Pineapples
Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List



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

ATTENTION:

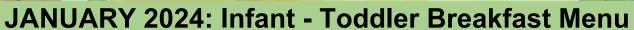
• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• 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







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

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

OFFERED DAILY

Cold Cereal Choices

Multi-Grain Oats (VE)

Toasted Oats (VE)

Oat Circles (VE)

Cinnamon Flakes (VE)

Options may vary by location

ARE HIGHLIGHED IN GREEN.

Assorted Yogurts

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List



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



Winter Recess 1 2 3 4 55 Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Raisins (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Buttermilk Pancakes (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Bueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Bueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Bueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Bueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Bueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Hot Oatmeal (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Assorted Granola (V) Raisins (VE) Rise and Shine Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) 8 9 10 11 12 Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) 8 9 10 11 12 Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
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Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) 8 9 10 11 12 Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Raisins (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE)
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Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Martin Luther King Day 15 Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
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Raisins (VE) Seasonal Fresh Fruit (VE)
Seasonal Fresh Fruit (VE)
Seasonal Fresh Fruit (VE)
22 23 24 25 26
Blueberry Muffin (V)
Cinnamon Burst Apple Cinnamon French Toast Sticks (V)
Yogurt Choice (V) Pancakes (V) Breakfast Bread (V) Peach Topping (V) Fresh NY Bagels (VE)
Assorted Granola (V) Hot Oatmeal (V) Colby Cheese Served with Colby Cheese Served with Colby Cheese Served with Colby Cheese Served with Colby Cheese
Stick (V) Cream Cheese (V) & Jelly (VE)
Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE)
Seasonal Fresh Fruit (VE)
29 30 31
29 30 31
Honey Corn Fresh New York
Honey Corn Breakfast Bread (V) Tucchini Carrot Bagel Assortment
Honey Corn Breakfast Bread (V) Buttermilk Pancakes (V) Buttermilk Pancakes (V) Breakfast Bread (V) Breakfast Bread (V)
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Buttermilk Pancakes (V) Blueberry Topping (VE) Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese
Honey Corn Breakfast Bread (V) Buttermilk Pancakes (V) Buttermilk Pancakes (V) Breakfast Bread (V) Breakfast Bread (V)
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Mozzarella Cheese Stick (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Fresh New York Bagel Stick Assortment LOCALLY SOURCED,
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Breakfast Bread (V) Mozzarella Cheese Stick (V) Mozzarella Cheese Stick (V) WE PROUDLY SUPPORT LOCALLY SOURCED. French Toast (VE)

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

Breakfast After the Bell Grab and Go

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

OFFERED DAILY

Options may vary by location

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

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

> **Condiments** Syrup (VE)



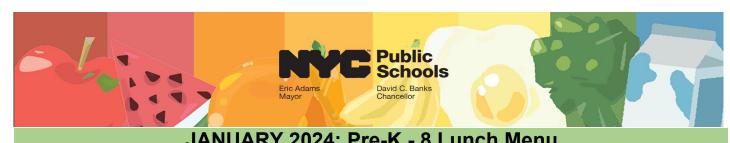
OFNS has an extensive

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

O.F.N.S. WFOOD ALLIANEE



	JANUARY 2	024: Pre-K - 8 L	unch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1				5
Big City		Manicotti (V) in Marinara Sauce (V)	Moroccan Roasted Chicken Drumsticks	White Bean and Pasta Primavera (VE)
Bean Taco (VE)	Sicilian Slice Pizza (V)	Mozzarella Sticks (V) with marinara sauce (VE)	Jollof Cauliflower (V)*	Three Cheese Grilled
Street Style Corn (V)	Italian Green Beans (VE)	Roasted Zucchini (VE)	Sweet Potato Wedge Fries (VE)	Cheese (V) Crispy Broccoli (V)
Salad Bar		Garlic Knot (V)	Dinner Roll (V)	
Fiesta Bar (With Black Bean Salad)	Salad Bar Welcome Back Bar	Salad Bar Pizza Bar 10	Salad Bar Rainbow Bar	Salad Bar Leafy Green Salad Bar 12
8	9		11	12
	Guisado Kidney Beans (VE)*	<u>Plastic Free</u> <u>Lunch Day</u>	Caribbean Spiced Jerk Chicken Thighs*	Zesty Chickpea Stew (VE)
Pizza by the Slice (V)	Sofrito Rice (VE)*	Garlic and Tomato Panini (V)	Veggie Nuggets (VE) Dipping Sauce	Southwest Burrito (V)
Kid Friendly Kale Salad (V)	Grab & Go Salad Roasted Cauliflower (VE)	Caribbean Style Beef Patty	Kelewele Plantains (VE)*	Kachumbar Salad (VE)*
Salad Bar	Served with Salsa (VE)	Baby Carrots (VE)	Buttermilk Biscuit (V)	Flatbread (VE)
Pizza Bar (With Balsamic Chickpea Salad)	Salad Bar Leafy Green Salad Bar	Salad Bar Plastic Free Lunch Bar	Salad Bar Rainbow Bar	<i>Salad Bar</i> Mediterranean Bar
Martin Luther King Day 15	5 16	17	18	19
BBQ Veggie Burger (VE)		Big City Bean Taco (VE)	Chicken Tender Melt	Tropical Bean Bowl (VE) with Sofrito Rice*
BBQ Veggie Cheeseburger (V)	French Bread Pizza (V)	Soft Turkey Taco	On Ciabatta Bread	Veggie Nuggets (VE) Dipping Sauce
Whole Wheat Bun	Garlicky Green Bean (VE)	Street Style Corn (V)	Superhero Spinach (VE)	Spiced Sweet Potatoes (VE)
Seasoned Wedge Fries (VE)		Crispy Tortillas (VE) Served with Salsa (VE)	New York Cookie Treat (V)	Pineapple Salsa (VE)
Salad Bar Classic Toppings	Salad Bar Welcome Back Bar	Salad Bar Fiesta Bar (With Black Bean Salad)	Salad Bar Rainbow Bar	Salad Bar Fiesta Bar
22	23	24	25	26
Sicilian Slice Pizza (V)	Chicken Pot Pie	Manicotti in Marinara Sauce (V)	Moroccan Roasted Chicken Drumsticks	White Bean and Pasta Primavera (VE)
. ,	Buttermilk Biscuit (V)	Mozzarella Sticks (V) with marinara sauce (VE)	Jollof Cauliflower (V)*	Three Cheese Grilled Cheese (V)
Italian Green Beans (VE)	Herb Roasted Potatoes (VE)	Roasted Zucchini (VE)	Sweet Potato Wedge Fries (VE)	Crispy Broccoli (V)
Salad Bar	Salad Bar Leafy Green Salad Bar	Garlic Knot (V) Salad Bar	Dinner Roll (V) Salad Bar	Salad Bar
Welcome Back Bar	(With Seasoned Chickpeas)	Pizza Bar	Rainbow Bar	Leafy Green Salad Bar
29	30	31	4	
	Guisado Kidney Beans (VE)*	<u>Plastic Free</u> <u>Lunch Day</u>	OF OF	
Pizza by the Slice (V)	Sofrito Rice (VE)*	Garlic and Tomato Panini (V)		
Kid Friendly Kale Salad (V)	Grab & Go Salad	Caribbean Style Beef	WEW 10	
	Roasted Cauliflower (VE)	Patty	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN,	
<i>Salad Bar</i> Pizza Bar	Served with Salsa (VE)	Baby Carrots (VE)	HARVESTED OR PRODUCED FOOD.	
(With Balsamic Chickpea Salad)	Salad Bar Leafy Green Salad Bar	Salad Bar Plastic Free Lunch Bar	ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Monday • Peanut Butter and/or	Tuesday • Peanut Butter and/or Sunflower		Thursday • Peanut Butter and/or	Friday • Peanut Butter and/or
Sunflower Seed Butter & Jelly (VE)	Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)
Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE)
Sandwich (V) • Assorted Vegetarian	Sandwich (V) • Tuna Sandwich	Sandwich (V) • Tuna Sandwich	Sandwich (V) • Tuna Sandwich	 Hot or Cold Cheese Sandwich (V)
Wraps (V)	ATTENTION:			Southwest Burrito (V) OFNS has an extensive
Milk	All Pre-K Students CANNOT be Offered Chocolate Milk, Cookies			Prohibitive Ingredients List available at:

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

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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



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



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

Monday Winter Recess 1	Tuesday	Wednesday 3	Thursday 4	Friday 5
Winter Recess 1	2	3	4	5
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) Pinto Bean Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
8	9	10	11	12
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)	Superhero Spinach Wrap (V) Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Heart Shaped Pretzels (VE)
Martin Luther King Day 15	16	17	18	19
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Crispy Tortillas (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V) New York Cookie Treat (V)
22	23	24	25	26
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) Pinto Bean Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
29	30	31	<u>*</u>	
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Peanut Butter and/or Sunflower Seed Butter & S Jelly (VE) Hummus Grab & Go (V) Cheese Sandwich (V) Assorted Vegetarian	Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Cheese Sandwich (V)

ATTENTION:

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

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, 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

Milk 1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are

available upon request



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

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

ATTENTION:
All Pre-K Students CANNOT
be Offered Chocolate Milk,
Cookies or Chicken with
Bones

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

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

OFNS has an extensive Prohibitive Ingredients List



* Recipes created in collaboration with OFNS and the Chef Council

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

Milk

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are

available upon request







JANUARY 2024: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
Fish & Cheese Sandwich Broccoli With Garlic & Oil (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Honey Butternut Squash (V) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
8	9	10	11	12
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
Martin Luther King Day 15	16	17	18	19
Fish & Cheese Sandwich Broccoli With Garlic & Oil (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Honey Butternut Squash (V) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
22	23	24	25	26
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
29	30	31		
Fish & Cheese Sandwich Broccoli With Garlic & Oil (VE)	Crispy Chicken Sandwich Sweet Plantains (VE)	100% Beef Hamburgers & Cheeseburgers Honey Butternut Squash (V)	WE PROUDLY SUPPORT	• Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna

Fruit Offering Flavored Apple Sauce (VE) **Fruit Offering** Pears (VE)

Fruit Offering Peaches (VE)

LOCALLY SOURCED, **GROWN, HARVESTED OR** PRODUCED FOOD. **ALL NEW YORK ITEMS** ARE HIGHLIGHED IN GREEN.

Options may vary by location

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(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:



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
Big City Bean Taco (VE) Black Bean Salsa (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Sicilian Slice Pizza (V) Italian Green Bean (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Hamburger, Cheeseburger or Whole Wheat Bun Sweet Potato Wedge Fries (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Homemade Grilled Cheese (VE) Steamed Broccoli (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
8	9	10	11	12
Pizza by the Slice (V) Seasoned Chickpeas (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Turkey Burger Whole Wheat Bun Steamed Cauliflower (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Caribbean Style Beef Patty Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Sliders Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Burger (V) Italian Marinated Cucumber Salad (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
Martin Luther King Day 15	16	17	18	19
Teriyaki Veggie Nuggets (VE) Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	French Bread Pizza (V) Garlicky Green Bean (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Chicken Bites with Dipping Sauce Honey Butternut Squash (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Tenders and Waffles Superhero Spinach (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Nuggets (VE) with Dipping Sauce Spiced Sweet Potatoes (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
22	23	24	25	26
Sicilian Slice Pizza (V) Italian Green Bean (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Soft Turkey Taco Black Bean Salsa (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Hamburger, Cheeseburger or Whole Wheat Bun Sweet Potato Wedge Fries (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Homemade Grilled Cheese (VE) Steamed Broccoli (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
29	30	31	*	
Pizza by the Slice (V) Seasoned Chickpeas (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Turkey Burger Whole Wheat Bun Steamed Cauliflower (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Caribbean Style Beef Patty Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Paily Lunch Specials • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (VE) • 4 oz. Yogurt (V) • Tuna Sandwich Options may vary by location
				OFNS has an extensive

<u>Milk*</u> Whole Milk (V) Alternative options ar

*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

Seasonal Fresh Fruit

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

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

OFNS has an extensive Prohibitive Ingredients List



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

Consistencies upon request: puree, mashed and finely chopped.

- 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

Manday	Tuesday	Madagaday	Thursday	Enidow
Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
Big City Bean Taco (VE)	Sicilian Slice Pizza (V) Italian Green Beans (VE)	Quesadillas (VE) Kelewele Plantains (VE)*	Mozzarella Sticks (V) with Marinara Sauce (VE)	Guisado Kidney Beans (VE)* Three Cheese Grilled Cheese (V)
Street Style Corn (V)	Crieny Breezeli (M)	Crispy Tortillas (VE)	Grab & Go Salad	Cofrito Dico (VE)*
Sureet Style Com (v)	Crispy Broccoli (V)	Served with Salsa (VE)	Superhero Spinach (VE)	Sofrito Rice (VE)* Roasted Carrot Coins (VE)
Salad Bar Fiesta Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
(With Black Bean Salad)	Welcome Back Bar	Fiesta Bar	Pizza Bar	Leafy Green Salad Bar
8	9	10	11	12
Pizza by the Slice (V)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun	<u>Plastic Free</u> <u>Lunch Day</u>	Zucchini Parmigiana (V) Grab & Go Salad	Zesty Chickpea Stew (VE) Southwest Burrito (V)
Kid Friendly Kale Salad (V)	Baked Beans (VE)	Garlic and Tomato	Grab & Go Sarau	Kachumbar Salad (VE)*
• ()	` ,	Panini (V)	Spaghetti Marinara (VE)	Flatbread (VE)
Salad Bar	Seasoned Wedge Fries (VE)	Baby Carrots (VE)	Basil Corn Salad (VE)	New York Cookie Treat (V)
Pizza Bar (With Balsamic Chickpea Salad)	Salad Bar Classic Toppings	Salad Bar Plastic Free Lunch Bar	<i>Salad Bar</i> Leafy Green Salad Bar	Salad Bar Mediterranean Bar
Martin Luther King Day 15	16	17	18	19
Teriyaki Veggie Nuggets (VE) Ginger Carrots (V)	French Bread Pizza (V)	White Bean and Pasta Primavera (VE)	Red White and Green Panini (V) Grab & Go Salad	Tropical Bean Bowl (VE) with Cilantro Rice Veggie Nuggets (VE) Dipping Sauce
Olliger Carrots (V)		` ,		
Pineapple Rice Medley (V)*	Garlicky Green Bean (VE)	Crispy Broccoli (V)	Seasoned Wedge Fries (VE) Balsamic Chickpea	Spiced Sweet Potatoes (VE) Pineapple Salsa (VE)
Green Garden Salad (VE) Salad Bar Leafy Green Salad Bar	Salad Bar Pizza Bar (With Balsamic Chickpea Salad)	<i>Salad Bar</i> Rainbow Bar	Salad (V) Salad Bar Classic Toppings	Heart Shaped Pretzels (VE) Salad Bar Fiesta Bar
22	23	24	25	26
Sicilian Slice Pizza (V) Italian Green Beans (VE) Crispy Broccoli (V)	Big City Bean Taco (VE) Street Style Corn (V)	Quesadillas (VE) Kelewele Plantains (VE)* Crispy Tortillas (VE) Served with Salsa (VE)	Mozzarella Sticks (V) with Marinara Sauce (VE) Grab & Go Salad Superhero Spinach (VE)	Guisado Kidney Beans (VE)* Three Cheese Grilled Cheese (V) Sofrito Rice (VE)*
Salad Bar		Served with Salsa (VL)		Roasted Carrot Coins (VE)
Pizza Bar (With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad)	Fiesta Bar	Fiesta Bar	Pizza Bar	Leafy Green Salad Bar
29	30	31		
Pizza by the Slice (V) Kid Friendly Kale Salad (V)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Baked Beans (VE)	Plastic Free Lunch Day Garlic and Tomato		
(-)	Seasoned Wedge Fries (VE)	Panini (V)	WE PROUDLY SUPPORT	
Salad Bar Pizza Bar (With Balsamic Chickpea Salad) Monday	Salad Bar Classic Toppings	Baby Carrots (VE) Salad Bar Plastic Free Lunch Bar	LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Peanut Butter and/or	Tuesday • Peanut Butter and/or	<u>Wednesday</u> • Peanut Butter and/or	Thursday • Peanut Butter and/or	Friday • Peanut Butter and/or
Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)
Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	• Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V)	• Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V)	• Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V)	Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Hot or Cold Cheese
Assorted Vegetarian	Chickpea Wrap (V)	• Chickpea Wrap (V)	• Chickpea Wrap (V)	Sandwich (V) • Southwest Burrito (V)
Wraps (V)		OFFERED DAILY		Coulinest Burnto (V)
		OFFERED DAILY		

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

Manday	Tuesday	Madagaday	Thursday	Fuldou
Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
Dia City		Manicotti (V) in Marinara Sauce (V)	Moroccan Roasted Chicken Drumsticks	White Bean and Pasta Primavera (VE)
Big City Bean Taco (VE)	Sicilian Slice Pizza (V)	Mozzarella Sticks (V) with marinara sauce (VE)	Jollof Cauliflower (V)*	Three Cheese Grilled
Street Style Corn (V)	Italian Green Beans (VE)	Roasted Zucchini (VE)	Sweet Potato Wedge Fries (VE)	Cheese (V) Crispy Broccoli (V)
Salad Bar		Garlic Knot (V)	Dinner Roll (V)	
Fiesta Bar (With Black Bean Salad)	Salad Bar Welcome Back Bar	Salad Bar Pizza Bar	Salad Bar Rainbow Bar	Salad Bar Leafy Green Salad Bar
8	9	10	11	12
Dirmo hu the Clice (A)	Guisado Kidney Beans (VE)*	Plastic Free Lunch Day	Caribbean Spiced Jerk Chicken Thighs*	Zesty Chickpea Stew (VE)
Pizza by the Slice (V)	Sofrito Rice (VE)*	Garlic and Tomato Panini (V)	Veggie Nuggets (VE) Dipping Sauce	Southwest Burrito (V)
Kid Friendly Kale Salad (V)	Grab & Go Salad	Caribbean Style Beef	Kelewele Plantains (VE)*	Kachumbar Salad (VE)*
Salad Bar	Roasted Cauliflower (VE) Served with Salsa (VE)	Patty Baby Carrots (VE)	Buttermilk Biscuit (V)	Flatbread (VE)
Pizza Bar (With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad)	Leafy Green Salad Bar	Plastic Free Lunch Bar	Rainbow Bar	Mediterranean Bar
Martin Luther King Day 15	16	17	18	19
BBQ Veggie Burger (VE)		Big City Bean Taco (VE)	Chicken Tender Melt	Tropical Bean Bowl (VE) with Sofrito Rice*
BBQ Veggie Cheeseburger (V)	French Bread Pizza (V)	Soft Turkey Taco	On Ciabatta Bread	Veggie Nuggets (VE) Dipping Sauce
Whole Wheat Bun	Garlicky Green Bean (VE)	Street Style Corn (V)	Superhero Spinach (VE)	Spiced Sweet Potatoes (VE)
Seasoned Wedge Fries (VE)		Crispy Tortillas (VE) Served with Salsa (VE)	New York Cookie Treat (V)	Pineapple Salsa (VE)
Salad Bar Classic Toppings	Salad Bar Welcome Back Bar	Salad Bar Fiesta Bar (With Black Bean Salad)	Salad Bar Rainbow Bar	Salad Bar Fiesta Bar
22	23	24	25	26
0 0 0 40	Chicken Pot Pie	Manicotti in Marinara Sauce (V)	Moroccan Roasted Chicken Drumsticks	White Bean and Pasta Primavera (VE)
Sicilian Slice Pizza (V)	Buttermilk Biscuit (V)	Mozzarella Sticks (V) with marinara sauce (VE)	Jollof Cauliflower (V)*	Three Cheese Grilled
Italian Green Beans (VE)	Herb Roasted Potatoes (VE)	Roasted Zucchini (VE)	Sweet Potato Wedge Fries (VE)	Cheese (V) Crispy Broccoli (V)
	Salad Bar	Garlic Knot (V)	Dinner Roll (V)	
Salad Bar Welcome Back Bar	Leafy Green Salad Bar (With Seasoned Chickpeas)	Salad Bar Pizza Bar	Salad Bar Rainbow Bar	Salad Bar Leafy Green Salad Bar
29	30	31		
	Guisado Kidney Beans (VE)*	<u>Plastic Free</u> <u>Lunch Day</u>		
Pizza by the Slice (V)	Sofrito Rice (VE)*	Garlic and Tomato Panini (V)	**************************************	
Kid Friendly Kale Salad (V)	Grab & Go Salad	Caribbean Style Beef	VEW	
	Roasted Cauliflower (VE)	Patty	WE PROUDLY SUPPORT LOCALLY SOURCED,	
Salad Bar Pizza Bar	Served with Salsa (VE)	Baby Carrots (VE)	GROWN, HARVESTED OR PRODUCED FOOD.	
(With Balsamic Chickpea Salad)	Salad Bar Leafy Green Salad Bar	Salad Bar Plastic Free Lunch Bar	ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Monday • Peanut Butter and/or	<u>Tuesday</u> • Peanut Butter and/or	Wednesday • Peanut Butter and/or	Thursday • Peanut Butter and/or	Friday • Peanut Butter and/or
Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)
Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE)
Sandwich (V) • Assorted Vegetarian	Sandwich (V) • Tuna Sandwich	Sandwich (V) • Tuna Sandwich	Sandwich (V) • Tuna Sandwich	Hot or Cold Cheese Sandwich (V)
Wraps (V)	ATTENTION:			\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \

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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

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, 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



	JANUART 202	24. nign Schoo	Lanch Mena	
Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1			4	
Timo Nosce		Manicotti (V) in Marinara Sauce (V)	Moroccan Roasted Chicken Drumsticks	White Bean and
Big City Bean Taco (VE)	Sicilian Slice Pizza (V)	Mozzarella Sticks (V)	Jollof Cauliflower (V)*	Pasta Primavera (VE) Three Cheese Grilled
Street Style Corn (V)	Italian Green Beans (VE)	with marinara sauce (VE) Roasted Zucchini (VE)	Sweet Potato Wedge Fries (VE)	Cheese (V)
Salad Bar		Garlic Knot (V)	Dinner Roll (V)	Crispy Broccoli (V)
Fiesta Bar (With Black Bean Salad)	Salad Bar Welcome Back Bar	<i>Salad Bar</i> Pizza Bar	<i>Salad Bar</i> Rainbow Bar	Salad Bar Leafy Green Salad Bar
8	9	10	11	12
Diego by the Clies (A)	Guisado Kidney Beans (VE)*	Plastic Free Lunch Day	Caribbean Spiced Jerk Chicken Thighs*	Zesty Chickpea Stew (VE)
Pizza by the Slice (V)	Sofrito Rice (VE)*	Garlic and Tomato Panini (V)	Veggie Nuggets (VE) Dipping Sauce	Southwest Burrito (V)
Kid Friendly Kale Salad (V)	Grab & Go Salad Roasted Cauliflower (VE)	Caribbean Style Beef Patty	Kelewele Plantains (VE)*	Kachumbar Salad (VE)*
Salad Bar	Served with Salsa (VE)	Baby Carrots (VE)	Buttermilk Biscuit (V)	Flatbread (VE)
Pizza Bar (With Balsamic Chickpea Salad)	Salad Bar Leafy Green Salad Bar	Salad Bar Plastic Free Lunch Bar	<i>Salad Bar</i> Rainbow Bar	<i>Salad Bar</i> Mediterranean Bar
Martin Luther King Day 15	16	17	18	19
BBQ Veggie Burger (VE)		Big City Bean Taco (VE)		Tropical Bean Bowl (VE) with Sofrito Rice*
BBQ Veggie Cheeseburger (V)	French Bread Pizza (V)	Soft Turkey Taco	Chicken Tender Melt On Ciabatta Bread	Veggie Nuggets (VE) Dipping Sauce
Whole Wheat Bun	Garlicky Green Bean (VE)	Street Style Corn (V) Crispy Tortillas (VE)	Superhero Spinach (VE)	Spiced Sweet Potatoes (VE)
Seasoned Wedge Fries (VE)		Served with Salsa (VÉ)	New York Cookie Treat (V)	Pineapple Salsa (VE)
Salad Bar Classic Toppings	Salad Bar Welcome Back Bar	Salad Bar Fiesta Bar (With Black Bean Salad)	Salad Bar Rainbow Bar	Salad Bar Fiesta Bar
22	23	24	25	26
	Chicken Pot Pie	Manicotti in Marinara Sauce (V)	Moroccan Roasted Chicken Drumsticks	White Bean and Pasta Primavera (VE)
Sicilian Slice Pizza (V)	Buttermilk Biscuit (V)	Mozzarella Sticks (V) with marinara sauce (VE)	Jollof Cauliflower (V)*	Three Cheese Grilled
Italian Green Beans (VE)	Herb Roasted Potatoes (VE)	Roasted Zucchini (VE)	Sweet Potato Wedge Fries (VE)	Cheese (V) Crispy Broccoli (V)
Salad Bar	Salad Bar	Garlic Knot (V) Salad Bar	Dinner Roll (V) Salad Bar	Salad Bar
Welcome Back Bar	Leafy Green Salad Bar (With Seasoned Chickpeas)	Pizza Bar	Rainbow Bar	Leafy Green Salad Bar
29	30	31		
	Guisado Kidney Beans (VE)*	<u>Plastic Free</u> <u>Lunch Day</u>	OF OR	
Pizza by the Slice (V)	Sofrito Rice (VE)*	Garlic and Tomato Panini (V)		
Kid Friendly Kale Salad (V)	Grab & Go Salad Roasted Cauliflower (VE)	Caribbean Style Beef Patty	WE BROWN WATER	
Salad Bar	Served with Salsa (VE)	Baby Carrots (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR	
Pizza Bar (With Balsamic Chickpea Salad)	Salad Bar Leafy Green Salad Bar	Salad Bar Plastic Free Lunch Bar	PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Monday	Tuesday	Wednesday	Thursday	<u>Friday</u>
Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or
Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)
 Hummus Grab & Go (V) Hot or Cold Cheese Sandwich	Hummus Grab & Go (V) Hot or Cold Cheese Sandwich	Hummus Grab & Go (V) Hot or Cold Cheese Sandwich	Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE)
(V) • Assorted Vegetarian Wraps (V)	(V) • Tuna Sandwich	(V) • Tuna Sandwich	Sandwich (V) • Tuna Sandwich	 Hot or Cold Cheese Sandwich (V)
	ATTENTION:			

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

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

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, 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: High School Express Cold Lunch Menu

	·	144		
Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
8	9	10	11	12
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)	Superhero Spinach Wrap (V) Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Heart Shaped Pretzels (VE)
Martin Luther King Day 15	16	17	18	19
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Crispy Tortillas (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V) New York Cookie Treat (V)
22	23	24	25	26
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
29	30	31		
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich OFFERED DAILY	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Cheese Sandwich (V)

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: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
Big City Bean Taco (VE) Street Style Corn (V) Black Bean Salad (VE)	Sicilian Slice Pizza (V) Italian Green Bean (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini (VE) New York Cookie Treat (V)	Moroccan Roasted Chicken Drumsticks Sweet Potato Wedge Fries (VE) Dinner Roll (V)	White Bean and Pasta Primavera (VE) Three Cheese Grilled Cheese (V) Crispy Broccoli (V)
8	9	10	11	12
Sicilian Slice Pizza (V) Hot Bean Salad (VE)	Guisado Kidney Beans (VE)* Sofrito Rice (VE)* Roasted Cauliflower (VE) Served with Salsa (VE)	Caribbean Style Beef Patty Sweet Potato Waffle Fries (VE)	Caribbean Spiced Jerk Chicken Thighs* Seasoned Wedge Fries (VE) Buttermilk Biscuit (V)	Zesty Chickpea Stew (VE) Southwest Burrito (V) Superhero Spinach (VE) Flatbread (VE)
Martin Luther King Day 15	16	17	18	19
Hamburgers Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE) Parmigiana Spinach (V)	Sicilian Slice Pizza (V) Italian Chickpeas (VE)	Soft Turkey Taco Street Style Corn (V)	Crispy Chicken Bites Roasted Zucchini (V) Garlic Knot (V) Crispy Tortillas (VE) Served with Salsa (VE)	Tropical Bean Bowl (VE) with Cilantro Rice Veggie Nuggets (VE) Dipping Sauce Spiced Sweet Potatoes (VE) Heart Shaped Pretzels (VE)
22	23	24	25	26
Sicilian Slice Pizza (V) Seasoned Chickpeas (VE)	Chicken Pot Pie Buttermilk Biscuit (V) Herb Roasted Potatoes (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini (VE) New York Cookie Treat (V)	Moroccan Roasted Chicken Drumsticks Sweet Potato Wedge Fries (VE) Dinner Roll (V)	White Bean and Pasta Primavera (VE) Three Cheese Grilled Cheese (V) Crispy Broccoli (V)
29	30	31		
Sicilian Slice Pizza (V) Hot Bean Salad (VE)	Guisado Kidney Beans (VE)* Sofrito Rice (VE)* Roasted Cauliflower (VE) Served with Salsa (VE)	Caribbean Style Beef Patty Sweet Potato Waffle Fries (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Monday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Assorted Vegetarian Wraps (V)	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich ATTENTION: All Pre-K Students CANNOT	Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Hot or Cold Cheese Sandwich (V) Southwest Burrito (V) OFNS has an extensive

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

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

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

OFNS has an extensive Prohibitive Ingredients List



* Recipes created in collaboration with OFNS and the Chef Council

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

<u>Milk</u>

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are

available upon request



JANUARY	2024:	Food	Court	Menu

	07 1 07 1		J 01. C 11. C 1. G	
Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
Manicotti in Marinara Sauce (V) Italian Chickpeas (VE)	BBQ Chicken Sliders Crisp Sweet Potato Wedge Fries (VE)	Caribbean Style Beef Patty Hot Confetti Corn (VE) Salsa (VE)	International Roasted Chicken Drumsticks Jollof Cauliflower (V)* Dinner Roll (V)	White Bean and Pasta Primavera (VE) Crispy Broccoli (V) Garlic Knot (V)
8	9	10	11	12
Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Baked Beans (VE)	Guisado Kidney Beans (VE)* Sofrito Rice (VE)* Roasted Carrot Coins (VE) Crispy Tortillas (VE) Served with Salsa (VE)	Turkey Burger Turkey Cheeseburger on Ciabatta Bread Superhero Spinach (VE)	Moroccan Roasted Chicken Thighs Kelewele Plantains (VE)* Buttermilk Biscuit (V)	Zesty Chickpea Stew (VE) Kachumbar Salad (VE)* Flatbread (VE) New York Cookie Treat (V)
Martin Luther King Day 15	16	17	18	19
Veggie Nuggets (VE) With Dipping Sauce Marinated White Beans (VE) Bread Stick (VE)	Spicy Chicken Sandwich Whole Wheat Bun Crisp Sweet Potato Wedge Fries (VE)	Fish and Cheese Sandwich Whole Wheat Bun Roasted Broccoli (VE)	Chicken Tender Melt On Ciabatta Bread Kale Caesar Salad (V)	Tropical Bean Bowl (VE) with Cilantro Rice Spiced Sweet Potatoes (VE) Pineapple Salsa (VE) Heart Shaped Pretzels (VE)
22	23	24	25	26
Manicotti in Marinara Sauce (V) Italian Chickpeas (VE)	BBQ Chicken Sliders Crisp Sweet Potato Wedge Fries (VE)	Caribbean Style Beef Patty Hot Confetti Corn (VE) Salsa (VE)	International Roasted Chicken Drumsticks Jollof Cauliflower (V)* Dinner Roll (V)	White Bean and Pasta Primavera (VE) Crispy Broccoli (V) Garlic Knot (V)
29	30	31		
Veggie Burger (VE)	Guisado Kidney Beans (VE)*	Turkey Rurger		

Veggie Burger (VE) Veggie Cheeseburger (V)

Whole Wheat Bun

Baked Beans (VE)

Sofrito Rice (VE)*

Roasted Carrot Coins (VE)

Crispy Tortillas (VE) Served with Salsa (VE)

Turkey Burger Turkey Cheeseburger on Ciabatta Bread

Superhero Spinach (VE)

WE PROUDLY SUPPORT LOCALLY SOURCED, **GROWN, HARVESTED OR** PRODUCED FOOD. **ALL NEW YORK ITEMS**

Jelly (VE)

Pizza (V)

Baked Mozzarella Sticks (V) Southwest Burrito (V) Grab and Go Salads (V)

• Peanut Butter and/or Sunflower Seed Butter &

Jelly (VE) • Hummus Grab & Go (V)

Hot or ColdCheese Sandwich (V)Assorted Vegetarian

Wraps (V) •Seasoned Wedge Fries (VE)

Baked Mozzarella Sticks (V) Chicken Tenders Southwest Burrito (V)

Grab and Go Salads Peanut Butter and/or

Pizza (V)

Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V)

Hot or Cold

Cheese Sandwich (V)

Tuna Sandwich

Assorted Wraps and Sandwiches Seasoned Wedge Fries (VE)

Pizza (V) Baked Mozzarella Sticks (V) Chicken Tenders
Southwest Burrito (V)

Grab and Go Salads Peanut Butter and/or Sunflower Seed Butter &

Jelly (VE)

• Hummus Grab & Go (V) • Hot or Cold

Cheese Sandwich (V)

Tuna Sandwich

 Assorted Wraps and Sandwiches Seasoned Wedge Fries (VE)

ARE HIGHLIGHED IN GREEN.

Pizza (V) Baked Mozzarella Sticks (V)

Chicken TendersSouthwest Burrito (V)

Grab and Go Salads Peanut Butter and/or

Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V)

· Hot or Cold Cheese Sandwich (V)

Tuna Sandwich

Assorted Wraps and SandwichesSeasoned Wedge Fries (VE)

Peanut Butter and/or

Sunflower Seed Butter &

Assorted Vegan Wraps (VE) Hot or Cold
 Cheese Sandwich (V)
 Southwest Burrito (V) Grab and Go Salads (VE)

Seasoned Wedge Fries (VE)

Hummus Lunch Pack (VE)

Cold Cereal Choices Shredded Wheat

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

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

*Alternative options are available upon request

Raisins (VE) (H)

Daily Breakfast 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



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22

29



	JANUARY 202	24: After Schoo	ol Snack Menu
	Tuesday	Wednesday	Thursday
1	2	3	4

Animal	Crackers	(V)
<i>-</i>		ι-,

Monday

Winter Recess

Milk (V)

Honey Graham Biscuits (V)

Milk (V)

Yogurt Choice (V)

Blueberry Granola (V)

Mozzarella Cheese Stick (V)

Fresh Fruit (VE)

11

18

25

Multi-Grain Oats (VE)

Friday

Milk (V)

Heart Shaped Pretzels (VE)

Hummus Cup (VE)

Cinnamon Flakes (VE)

Milk (V)

16

23

30

Animal Crackers (V)

Milk (V)

10

17

24

31

Colby Cheese Stick (V)

Fresh Fruit (VE)

Honey Roasted Sunflower Seeds (V)

12

19

26

Fresh Fruit (VE)

Martin Luther King Day 15

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)

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)

Heart Shaped Pretzels (VE)

Hummus Cup (VE)

Cinnamon Flakes (VE)

Milk (V)

Animal Crackers (V)

Milk (V)

WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN. OK OK YOU WANTED

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

available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

All Fruit
Offerings are 1 cup

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, 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







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 HIGHLIGHED IN GREEN.	OF THE WYON

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







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

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



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







Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	BBQ Chicken Sliders Baked Beans (VE)	Hamburgers & Cheeseburgers Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Pizza (V) Green Garden Salad (VE)	Southwest Burrito (V) Street Style Corn (V) Crispy Tortillas (VE)
8	9	10	11	12
Homemade Grilled Cheese Sandwich (V) Crispy Broccoli (V)	Fish and Cheese Sandwich Whole Wheat Bun Baked Sweet Potato Wedge Fries (VE)	Pizza (V) Roasted Zucchini (VE)	Chicken Tenders Slow Roasted Baby Carrots (V) Dinner Roll (V)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
Martin Luther King Day 15	16	17	18	19
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Chicken Dumplings Seasoned Fresh Green Beans (V)	Turkey Burger Whole Wheat Bun Crisp Sweet Potato Waffle Fries (VE)	Pizza (V) Superhero Spinach (VE) New York Cookie Treat (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
22	23	24	25	26
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	BBQ Chicken Sliders Baked Beans (VE) New York Cookie Treat (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Pizza (V) Green Garden Salad (VE)	Southwest Burrito (V) Street Style Corn (V) Crispy Tortillas (VE)
29	30	31		
Homemade Grilled Cheese Sandwich (V) Crispy Broccoli (V)	Fish and Cheese Sandwich Whole Wheat Bun Baked Sweet Potato Wedge Fries (VE)	Pizza (V) Roasted Zucchini (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Daily Supper Specials • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (V) Options may vary by location

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







Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V) Garlic Knot (V)	Black Bean and Plantain Power Bowl (VE) with Cilantro Rice (VE) Crispy Tortillas (VE)	Pizza (V) Crispy Broccoli (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
8	9	10	11	12
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Mozzarella Sticks (VE) Green Garden Salad (VE)	Pizza (V) Roasted Zucchini (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
Martin Luther King Day 15	16	17	18	19
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Super Hero Spinach Wrap (V) Baked Beans (VE)	Pizza (V) Roasted Chickpeas With Basil Pesto (V)	Southwest Burrito (V) Street Style Corn (V) New York Cookie Treat (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
22	23	24	25	26
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V) Garlic Knot (V)	Black Bean and Plantain Power Bowl (VE) with Cilantro Rice (VE) Crispy Tortillas (VE)	Pizza (V) Crispy Broccoli (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
29	30	31		
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Mozzarella Sticks (VE) Green Garden Salad (VE)	WE DROUDLY SUPPORT	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

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)

ARE HIGHLIGHED IN GREEN.

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	
Honey Corn Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Sweet Potato Oatmeal Muffin (V) Fresh Fruit (VE) Milk (V)	Blueberry Breakfast Bread (V) 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:



O.F.N.S. TIFOOD ALLIANDE







JANUARY 2024: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6	13	20	27	
Honey Corn Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Buttermilk Pancakes (V) Fresh Fruit (VE) Milk (V)	Blueberry Breakfast Bread (V) 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:



O.F.N.S. TFOOD ALLLIANCE







JANUARY 2024: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6	13	20	27	
Assorted Cold Sandwiches and Wraps				
Confetti Corn Salad (VE)	Italian Green Beans (VE)	Carrot Sticks (VE)	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



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







JANUARY 2024: Saturday Hot Lunch Menu

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

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:



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