



Office of Food & Nutrition Services

NYC Public Schools

JANUARY 2025: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Breakfast Quesadilla (V) with Salsa (VE) Hash Browns (VE) Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>
		6	7	8
<p>Egg and Cheese on a Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V) Strawberry Topping (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p>Egg & Cheese on a Bagel (V) Seasonal Fresh Fruit (VE)</p>	<p>French Toast Sticks (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V) Colby Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Caprese Egg Sandwich on Ciabatta (V) Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V) Blueberry Topping (VE) Yogurt Choice (V) Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Breakfast Quesadilla (V) with Salsa (VE) Hash Browns (VE) Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>
27	28	Lunar New Year 29	30	31
<p>Egg and Cheese on a Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V) Strawberry Topping (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>

OFFERED DAILY

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

Breakfast After the Bell Grab and Go

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

Options may vary by location

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

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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

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



Office of Food & Nutrition Services

NYC Public Schools

JANUARY 2025: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)</p> <p><i>Breakfast Bar</i> Yogurts (V) Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Breakfast Quesadilla (V) with Salsa (VE)</p> <p>Hash Browns (VE)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
6	7	8	9	10
<p>Egg and Cheese on a Whole Grain Croissant (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V) Strawberry Topping (V)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg & Cheese on a Buttermilk Biscuit (V)</p> <p>Home Fries (V)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p>Egg & Cheese on a Bagel (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>French Toast Sticks (V)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Caprese Egg Sandwich on Ciabatta (V)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Egg & Cheese on a Soft Roll (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V) Blueberry Topping (VE)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Breakfast Quesadilla (V) with Salsa (VE)</p> <p>Hash Browns (VE)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
27	28	Lunar New Year 29	30	31
<p>Egg and Cheese on a Whole Grain Croissant (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V) Strawberry Topping (V)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg & Cheese on a Buttermilk Biscuit (V)</p> <p>Home Fries (V)</p> <p>Breakfast Bar (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>

OFFERED DAILY

<p>Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request</p>	<p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p>	<p>Options may vary by location</p> <p>Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE)</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)</p> <p>Condiments Syrup (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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ATTENTION:

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

JANUARY 2025: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)</p>	<p>Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)</p>	<p>Whole Grain Croissant (V) Cheese Cubes (V) Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)</p>
6	7	8	9	10
<p>Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)</p>	<p>Banana Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)</p>	<p>Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Apple Sauce (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p>Honey Scooters (V) Blueberry Granola (V) Raisins (VE)</p>	<p>Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)</p>	<p><i>Yogurt Choice (V)</i> Apple Cinnamon Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)</p>	<p>Whole Grain Croissant (V) Cheese Cubes (V) Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)</p>
27	28	Lunar New Year 29	30	31
<p>Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)</p>	<p>Banana Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)</p>	<p>Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Apple Sauce (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)</p>

OFFERED DAILY

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

Breakfast After the Bell Grab and Go

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

Options may vary by location

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

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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

JANUARY 2025: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p>Croissant (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Breakfast Bread (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
	6	7	8	9
<p>Blueberry Breakfast Bread (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Breakfast Bread (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
13	14	15	16	17
<p>Blueberry Breakfast Bread (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Breakfast Bread (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Blueberry Breakfast Bread (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Breakfast Bread (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
27	28	Lunar New Year 29	30	31
<p>Blueberry Breakfast Bread (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Breakfast Bread (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>

OFFERED DAILY

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

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

Condiments
Syrup (VE)

Options may vary by location

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

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

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



JANUARY 2025: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Breakfast Quesadilla (V)</p> <p>Hash Browns (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
	6	7	8	9
<p>Egg & Cheese on a Whole Grain Croissant (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
13	14	15	16	17
<p>Egg & Cheese on a Bagel (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>French Toast Sticks (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Egg & Cheese on a Whole Grain Croissant (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Egg & Cheese on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Buttermilk Pancakes (V) Blueberry Topping (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Breakfast Quesadilla (V)</p> <p>Hash Browns (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
27	28	Lunar New Year 29	30	31
<p>Egg & Cheese on a Whole Grain Croissant (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>

OFFERED DAILY

Milk

Whole Milk (V)
Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

Other Fruits

Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

Cold Cereal Choices

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

Options may vary by location

Assorted Yogurts

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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

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 2025: Pre-K - 8 Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p style="color: purple; text-align: center;"><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)</p>	<p style="color: purple; text-align: center;">Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Breakfast Quesadilla (V) with Salsa (VE) Hash Browns (VE) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>
6	7	8	9	10
<p style="color: purple; text-align: center;">Egg and Cheese on a Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Rise and Shine Waffles (V) Strawberry Topping (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p style="color: purple; text-align: center;">Egg & Cheese on a Bagel (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">French Toast Sticks (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Zucchini Carrot Breakfast Bread (V) Colby Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Caprese Egg Sandwich on Ciabatta (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>
20 <small>Martin Luther King Jr Day</small>	21	22	23	24
<p style="color: purple; text-align: center;">Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Buttermilk Pancakes (V) Blueberry Topping (VE) Yogurt Choice (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Breakfast Quesadilla (V) with Salsa (VE) Hash Browns (VE) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>
27	28	29 <small>Lunar New Year</small>	30	31
<p style="color: purple; text-align: center;">Egg and Cheese on a Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Rise and Shine Waffles (V) Strawberry Topping (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)</p>	<p style="color: purple; text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (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
Multi-Grain Oats (VE)
Toasted Oats (VE)

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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



JANUARY 2025: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p style="text-align: center;">Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p style="text-align: center;">Roasted Broccoli (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Plastic Free Lunch Day Bar</p>	<p style="text-align: center;">Chicken Pot Pie with Buttermilk Biscuit</p> <p style="text-align: center;">Fish Sticks with Dipping Sauce</p> <p style="text-align: center; color: green;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Welcome Back Bar</p>	<p style="text-align: center;">Falafel (VE) With Tzatziki (V)</p> <p style="text-align: center;">Flat Bread (VE)</p> <p style="text-align: center;">Savory Green Beans (VE)</p> <p style="text-align: center;">Veggie Nuggets (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Welcome Back Bar</p>
6	7	8	9	10
<p style="text-align: center;">Pineapple Pizza (V)</p> <p style="text-align: center;">Round Pizza (V)</p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">Chicken Tenders with Salsa (VE)</p> <p style="text-align: center;">Chipotle Broccoli (V)*</p> <p style="text-align: center;">Seasoned Bread Knot (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Rainbow Bar</p>	<p style="text-align: center;">Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p style="text-align: center;">Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p style="text-align: center;">Fish & Cheese Sandwich Whole Wheat Bun</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Classic Toppings Bar</p>	<p style="text-align: center;">Hawaiian Veggie Nuggets (V)*</p> <p style="text-align: center;">Hawaiian Grilled Chicken*</p> <p style="text-align: center;">Sesame Noodles (VE)</p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Leafy Green Bar</p>	<p style="text-align: center;">Egyptian Chickpeas (VE)*</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;">Sweet and Tangy Braised Kale (V)*</p> <p style="text-align: center;">Empanada (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Mediterranean Bar</p>
13	14	15	16	17
<p style="text-align: center;">Grandma's Pizza (V)*</p> <p style="text-align: center;">Garlic French Bread Pizza (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">BBQ Veggie Nuggets (VE)*</p> <p style="text-align: center;">BBQ Chicken Bites*</p> <p style="text-align: center; color: green;">Butternut Squash Mac & Cheese (V)*</p> <p style="text-align: center; color: green;">Garlicky Green Beans (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Rainbow Bar</p>	<p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;">Caribbean Style Beef Patty</p> <p style="text-align: center;">Roasted Carrot Coins (VE)</p> <p style="text-align: center; color: green;">Confetti Corn (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Classic Toppings Bar</p>	<p style="text-align: center;">Big City Bean Taco (VE)</p> <p style="text-align: center;">Soft Turkey Taco</p> <p style="text-align: center;">Guacamole & Salsa (VE)</p> <p style="text-align: center;">Cinnamon Plantains (VE)*</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Fiesta Bar</p>	<p style="text-align: center;">Carolina Pinto Beans (VE)</p> <p style="text-align: center;">Southern Seasoned Brown Rice (VE)*</p> <p style="text-align: center;">Roasted Cauliflower (VE)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Leafy Green Bar</p>
Martin Luther King Jr Day 20		21	22	23
<p style="text-align: center;">Plant Powered Ranch Pizza (V)*</p> <p style="text-align: center;">Pizza Slice (V)</p> <p style="text-align: center; color: green;">Italian Roasted Carrots (VE)*</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center; color: purple;"><i>Brunch For Lunch</i></p> <p style="text-align: center;">Egg & Cheese on a Buttermilk Biscuit (V)</p> <p style="text-align: center;">Fish Sticks with Dipping Sauce</p> <p style="text-align: center; color: green;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Rainbow Bar</p>	<p style="text-align: center; color: red;"><i>Plastic Free Lunch Day</i></p> <p style="text-align: center;">Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p style="text-align: center;">Fresh Broccoli and Cauliflower (VE) with Ranch Dipping Sauce</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Plastic Free Lunch Day Bar</p>	<p style="text-align: center;">Tomato Glazed Chicken Thigh*</p> <p style="text-align: center; color: green;">Pasta & Peas (V)*</p> <p style="text-align: center;">Gremolata Marinated White Beans (VE)*</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Leafy Green Bar</p>	<p style="text-align: center;">Falafel (VE) With Tzatziki (V)</p> <p style="text-align: center;">Flat Bread (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p> <p style="text-align: center;">Veggie Nuggets (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Mediterranean Bar</p>
27	28	Lunar New Year 29	30	31
<p style="text-align: center;">Pineapple Pizza (V)</p> <p style="text-align: center;">Round Pizza (V)</p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">Chicken Tenders with Salsa (VE)</p> <p style="text-align: center;">Chipotle Broccoli (V)*</p> <p style="text-align: center;">Seasoned Bread Knot (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Rainbow Bar</p>	<p style="text-align: center;">Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p style="text-align: center;">Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p style="text-align: center;">Fish & Cheese Sandwich Whole Wheat Bun</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Classic Toppings Bar</p>	<p style="text-align: center;">Hawaiian Veggie Nuggets (V)*</p> <p style="text-align: center;">Hawaiian Grilled Chicken*</p> <p style="text-align: center;">Sesame Noodles (VE)</p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Leafy Green Bar</p>	<p style="text-align: center;">Egyptian Chickpeas (VE)*</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;">Sweet and Tangy Braised Kale (V)*</p> <p style="text-align: center;">Empanada (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Mediterranean Bar</p>

DAILY OFFERINGS

<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Rainbow Wrap (VE)
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<p style="text-align: center;">Milk</p> <p style="font-size: small;">1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request</p>	<p style="text-align: center;">ATTENTION:</p> <p style="font-size: small;">All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p style="font-size: small;">OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="font-size: small;">Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)</p>
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OFNS has an extensive Prohibitive Ingredients List available at:

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

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

JANUARY 2025: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p>Curried Chicken Wrap Carrot Raisin Salad (V)</p>	<p>Hummus and Crackers (V), Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Marinated White Beans (VE)</p>	<p>Black Bean and Corn Wrap (VE) Savory Green Beans (VE)</p>
6	7	8	9	10
<p>Superhero Spinach Wrap (V) Chickpea & Pimento Salad (VE)</p>	<p>Crispy Chicken Salad Grab & Go Lemon Arugula Salad (V)</p>	<p>Chimichurri Chicken Wrap Basil Corn Salad (VE)</p>	<p>Sesame Noodle Bowl Crunchy Carrot Sticks (VE)</p>	<p>Chickpea Salad Wrap (VE) Kid Friendly Kale Salad (V)</p>
13	14	15	16	17
<p>Mediterranean Chickpea Wrap (VE) Seasoned Green Beans (VE)</p>	<p>BBQ Chicken Bite Grab & Go Salad Broccoli Salad (V)</p>	<p>Chicken Salad Hoagie Confetti Corn Salad (VE)</p>	<p>Chicken Caesar Salad with Croutons Balsamic Chickpea Salad (V)</p>	<p>Cilantro Pinto Bean Wrap (VE) Guacamole & Salsa (VE) Ranch Carrot Sticks (VE)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Red White & Green Panini (V) Marinated Bean Salad (VE)</p>	<p>Balsamic Chicken Salad Grab & Go Classic Potato Salad (V)</p>	<p>Curried Chicken Wrap Cauliflower Salad (VE)</p>	<p>Mediterranean Chicken Pasta Salad Italian Marinated Cucumber Salad (VE)</p>	<p>Gremolata Marinated White Bean Grab & Go Salad (VE)* Carrot Raisin Salad (V)</p>
27	28	Lunar New Year 29	30	31
<p>Superhero Spinach Wrap (V) Chickpea & Pimento Salad (VE)</p>	<p>Crispy Chicken Salad Grab & Go Lemon Arugula Salad (V)</p>	<p>Chimichurri Chicken Wrap Basil Corn Salad (VE)</p>	<p>Sesame Noodle Bowl Crunchy Carrot Sticks (VE)</p>	<p>Chickpea Salad Wrap (VE) Kid Friendly Kale Salad (V)</p>

DAILY OFFERINGS

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

<p>Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request</p>	<p>ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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* Recipes created in collaboration with OFNS and Wellness In The Schools

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



Office of Food & Nutrition Services

NYC Public Schools

JANUARY 2025: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Roasted Broccoli (VE)</p>	<p>Fish Sticks with Dipping Sauce</p> <p>Buttermilk Biscuit (V)</p> <p>Herb Roasted Potatoes (VE)</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Savory Green Beans (VE)</p> <p>Veggie Nuggets (VE)</p>
6	7	8	9	10
<p>Sicilian Slice Pizza (V)</p> <p>Superhero Spinach (VE)</p> <p>Roasted Chickpeas (VE)</p>	<p>Chicken Tenders With Salsa (VE)</p> <p>Chipotle Broccoli (V)*</p> <p>Seasoned Bread Knot (V)</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Hawaiian Grilled Chicken*</p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (V)</p>	<p>Egyptian Chickpeas (VE)*</p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)*</p> <p>Empanada (V)</p>
13	14	15	16	17
<p>Sicilian Slice Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p>Italian Chickpeas (VE)</p>	<p>BBQ Chicken Bites*</p> <p>Butternut Squash Mac & Cheese (V)*</p> <p>Garlicky Green Beans (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Roasted Carrot Coins (VE)</p> <p>Confetti Corn (VE)</p>	<p>Soft Turkey Taco</p> <p>Guacamole & Salsa (VE)</p> <p>Cinnamon Plantains (VE)*</p>	<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)*</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Sicilian Slice Pizza (V)</p> <p>Italian Roasted Carrots (VE)*</p> <p>Chickpea & Pimento Salad (VE)</p>	<p>Fish Sticks with Dipping Sauce</p> <p>Buttermilk Biscuit (V)</p> <p>Herb Roasted Potatoes (VE)</p>	<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Roasted Fresh Broccoli and Cauliflower (VE)</p>	<p>Tomato Glazed Chicken Thigh*</p> <p>Pasta & Peas (V)*</p> <p>Gremolata Marinated White Beans (VE)*</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Sauteed Spinach (V)</p> <p>Veggie Nuggets (VE)</p>
27	28	Lunar New Year 29	30	31
<p>Sicilian Slice Pizza (V)</p> <p>Superhero Spinach (VE)</p> <p>Roasted Chickpeas (VE)</p>	<p>Chicken Tenders With Salsa (VE)</p> <p>Chipotle Broccoli (V)*</p> <p>Seasoned Bread Knot (V)</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Hawaiian Grilled Chicken*</p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (V)</p>	<p>Egyptian Chickpeas (VE)*</p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)*</p> <p>Empanada (V)</p>

DAILY OFFERINGS

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

<p>Milk</p> <p>1% Low-fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p>Alternative options are available upon request</p>	<p>ATTENTION:</p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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* Recipes created in collaboration with OFNS and Wellness In The Schools

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

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

JANUARY 2025: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Daily Lunch Specials</p> <ul style="list-style-type: none"> • Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna <p>Options may vary by location</p>	<p>100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun</p> <p>Steamed Carrots (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Taco Seasoned Turkey</p> <p>Sweet Plantains (VE)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
		6	7	8
<p>Fish & Cheese Sandwich</p> <p>Broccoli With Roasted Garlic (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Taco Seasoned Turkey</p> <p>Sweet Plantains (VE)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun</p> <p>Honey Butternut Squash (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Italian Chicken Tenders</p> <p>Pasta (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
13	14	15	16	17
<p>Braised Tuna with Tomato Sauce</p> <p>Broccoli With Roasted Garlic (VE)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Taco Seasoned Turkey</p> <p>Sweet Plantains (VE)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun</p> <p>Steamed Carrots (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Ranch Chicken Tenders</p> <p>Pasta (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Fish & Cheese Sandwich</p> <p>Broccoli With Roasted Garlic (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Taco Seasoned Turkey</p> <p>Sweet Plantains (VE)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun</p> <p>Honey Butternut Squash (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Italian Chicken Tenders</p> <p>Pasta (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
27	28	Lunar New Year 29	30	31
<p>Braised Tuna with Tomato Sauce</p> <p>Broccoli With Roasted Garlic (VE)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Taco Seasoned Turkey</p> <p>Sweet Plantains (VE)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun</p> <p>Steamed Carrots (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Ranch Chicken Tenders</p> <p>Pasta (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</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
(V) Indicates Vegetarian
(VE) Indicates Vegan

Options may vary by location
Assorted Dressings

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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

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



Office of Food & Nutrition Services

NYC Public Schools

JANUARY 2025: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Daily Lunch Specials</p> <ul style="list-style-type: none"> • Hot or Cold Cheese Sandwich (V) • Hummus and Soft Roll (VE) • 4 oz. Yogurt (V) • Tuna Sandwich <p>Options may vary by location</p>	<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Steamed Seasoned Broccoli (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Fish Sticks with Dipping Sauce</p> <p>Herb Roasted Potatoes (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Savory Green Beans (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
		6	7	8
<p>Pineapple Pizza (V)</p> <p>Round Pizza (V)</p> <p>Superhero Spinach (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p>Chicken Tenders</p> <p>Steamed Seasoned Broccoli (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Teriyaki Grilled Chicken</p> <p>Sesame Noodles (VE)</p> <p>Steamed Carrot Coins (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Empanada (V)</p> <p>Cucumber Slices (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
13	14	15	16	17
<p>Grandma's Pizza (V)*</p> <p>Garlic French Bread Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p>BBQ Veggie Nuggets (VE)*</p> <p>Butternut Squash Mac & Cheese (V)*</p> <p>Garlicky Green Beans (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Fish & Cheese Sandwich Whole Wheat Bun</p> <p>Roasted Carrot Coins (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Soft Turkey Taco</p> <p>Cinnamon Plantains (VE)*</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Three Cheese Grilled Cheese (V)</p> <p>Steamed Cauliflower (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Plant Powered Ranch Pizza (V)*</p> <p>Pizza Slice (V)</p> <p>Italian Roasted Carrots (VE)*</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p>Fish Sticks with Dipping Sauce</p> <p>Herb Roasted Potatoes (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Steamed Cauliflower (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Chicken Bites</p> <p>Pasta & Peas (V)*</p> <p>Gremolata Marinated White Beans (VE)*</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Green Garden Salad (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
27	28	Lunar New Year 29	30	31
<p>Pineapple Pizza (V)</p> <p>Round Pizza (V)</p> <p>Superhero Spinach (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p>Chicken Tenders</p> <p>Steamed Seasoned Broccoli (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Teriyaki Grilled Chicken</p> <p>Sesame Noodles (VE)</p> <p>Steamed Carrot Coins (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Empanada (V)</p> <p>Cucumber Slices (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>

<p>Milk* Whole Milk (V) *Alternative options are available upon request</p>	<p>ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE) Other Fruits Apple Sauce, Sliced Peaches, Diced Pears, Pineapples (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 24 months. Formula is to be provided by the parent.
Consistencies upon request: puree, mashed and finely chopped.

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

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



JANUARY 2025: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p style="text-align: center;">Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p style="text-align: center;">Roasted Broccoli (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Plastic Free Lunch Day Bar</p>	<p style="text-align: center;">Three Bean Chili (VE) with or without Cheese</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center; color: green;"><i>Herb Roasted Potatoes (VE)</i></p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Welcome Back Bar</p>	<p style="text-align: center;">Falafel (VE) With Tzatziki (V)</p> <p style="text-align: center;">Flat Bread (VE)</p> <p style="text-align: center;">Savory Green Beans (VE)</p> <p style="text-align: center;">Veggie Nuggets (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Welcome Back Bar</p>
6	7	8	9	10
<p style="text-align: center;">Pineapple Pizza (V)</p> <p style="text-align: center;">Round Pizza (V)</p> <p style="text-align: center;">Superhero Spinach (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">Guisado Kidney Beans (VE)*</p> <p style="text-align: center;">Chipotle Broccoli (V)*</p> <p style="text-align: center;">Salsa (VE)</p> <p style="text-align: center;">Seasoned Bread Knot (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Leafy Green Bar</p>	<p style="text-align: center;">Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p style="text-align: center;">Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Classic Toppings Bar</p>	<p style="text-align: center;">Hawaiian Veggie Nuggets (V)*</p> <p style="text-align: center;">Sesame Noodles</p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Leafy Green Bar</p>	<p style="text-align: center;">Egyptian Chickpeas (VE)*</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;">Sweet and Tangy Braised Kale (V)*</p> <p style="text-align: center;">Empanada (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Mediterranean Bar</p>
13	14	15	16	17
<p style="text-align: center;">Grandma's Pizza (V)*</p> <p style="text-align: center;">Garlic French Bread Pizza (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">BBQ Veggie Nuggets (VE)*</p> <p style="text-align: center; color: green;"><i>Butternut Squash Mac & Cheese (V)*</i></p> <p style="text-align: center; color: green;"><i>Garlicky Green Beans (V)</i></p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center;">Red White and Green Panini (V)</p> <p style="text-align: center;">Roasted Carrot Coins (VE)</p> <p style="text-align: center; color: green;"><i>Confetti Corn (VE)</i></p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Classic Toppings Bar</p>	<p style="text-align: center;">Big City Bean Taco (VE)</p> <p style="text-align: center;">Guacamole & Salsa (VE)</p> <p style="text-align: center;">Cinnamon Plantains (VE)*</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Fiesta Bar</p>	<p style="text-align: center;">Carolina Pinto Beans (VE)</p> <p style="text-align: center;">Southern Seasoned Brown Rice (VE)*</p> <p style="text-align: center;">Roasted Cauliflower (VE)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Leafy Green Bar</p>
20	21	22	23	24
Martin Luther King Jr Day				
<p style="text-align: center;">Plant Powered Ranch Pizza (V)*</p> <p style="text-align: center;">Pizza Slice (V)</p> <p style="text-align: center; color: green;"><i>Italian Roasted Carrots (VE)*</i></p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center; color: purple;"><i>Brunch For Lunch</i></p> <p style="text-align: center;">Egg & Cheese on a Buttermilk Biscuit (V)</p> <p style="text-align: center; color: green;"><i>Herb Roasted Potatoes (VE)</i></p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center; color: red;"><i>Plastic Free Lunch Day</i></p> <p style="text-align: center;">Mozzarella Sticks (V) with Herbed marinara (VE)</p> <p style="text-align: center;">Fresh Broccoli and Cauliflower (VE) with Ranch Dipping sauce</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p style="text-align: center;">Rustic White Beans (VE)</p> <p style="text-align: center; color: green;"><i>Pasta & Peas (V)*</i></p> <p style="text-align: center;">Savory Green Beans (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Leafy Green Bar</p>	<p style="text-align: center;">Falafel (VE) With Tzatziki (V)</p> <p style="text-align: center;">Flat Bread (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p> <p style="text-align: center;">Veggie Nuggets (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Mediterranean Bar</p>
27	28	29	30	31
Lunar New Year				
<p style="text-align: center;">Pineapple Pizza (V)</p> <p style="text-align: center;">Round Pizza (V)</p> <p style="text-align: center;">Superhero Spinach (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">Guisado Kidney Beans (VE)*</p> <p style="text-align: center;">Chipotle Broccoli (V)*</p> <p style="text-align: center;">Salsa (VE)</p> <p style="text-align: center;">Seasoned Bread Knot (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Leafy Green Bar</p>	<p style="text-align: center;">Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p style="text-align: center;">Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Classic Toppings Bar</p>	<p style="text-align: center;">Hawaiian Veggie Nuggets (V)*</p> <p style="text-align: center;">Sesame Noodles</p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Leafy Green Bar</p>	<p style="text-align: center;">Egyptian Chickpeas (VE)*</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;">Sweet and Tangy Braised Kale (V)*</p> <p style="text-align: center;">Empanada (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i> Mediterranean Bar</p>

DAILY OFFERINGS

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

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

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

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

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



JANUARY 2025: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p style="text-align: center;">Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p style="text-align: center;">Roasted Broccoli (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Plastic Free Lunch Day Bar</p>	<p style="text-align: center;">Chicken Pot Pie with Buttermilk Biscuit</p> <p style="text-align: center;">Fish Sticks with Dipping Sauce</p> <p style="text-align: center; color: green;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Welcome Back Bar</p>	<p style="text-align: center;">Falafel (VE) With Tzatziki (V)</p> <p style="text-align: center;">Flat Bread (VE)</p> <p style="text-align: center;">Savory Green Beans (VE)</p> <p style="text-align: center;">Veggie Nuggets (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Welcome Back Bar</p>
6	7	8	9	10
<p style="text-align: center;">Pineapple Pizza (V)</p> <p style="text-align: center;">Round Pizza (V)</p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">Chicken Tenders with Salsa (VE)</p> <p style="text-align: center;">Chipotle Broccoli (V)*</p> <p style="text-align: center;">Seasoned Bread Knot (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Rainbow Bar</p>	<p style="text-align: center;">Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p style="text-align: center;">Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p style="text-align: center;">Fish & Cheese Sandwich Whole Wheat Bun</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Classic Toppings Bar</p>	<p style="text-align: center;">Hawaiian Veggie Nuggets (V)*</p> <p style="text-align: center;">Hawaiian Grilled Chicken*</p> <p style="text-align: center;">Sesame Noodles (VE)</p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Leafy Green Bar</p>	<p style="text-align: center;">Egyptian Chickpeas (VE)*</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;">Sweet and Tangy Braised Kale (V)*</p> <p style="text-align: center;">Empanada (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Mediterranean Bar</p>
13	14	15	16	17
<p style="text-align: center;">Grandma's Pizza (V)*</p> <p style="text-align: center;">Garlic French Bread Pizza (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">BBQ Veggie Nuggets (VE)*</p> <p style="text-align: center;">BBQ Chicken Bites*</p> <p style="text-align: center; color: green;">Butternut Squash Mac & Cheese (V)*</p> <p style="text-align: center; color: green;">Garlicky Green Beans (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Rainbow Bar</p>	<p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;">Caribbean Style Beef Patty</p> <p style="text-align: center;">Roasted Carrot Coins (VE)</p> <p style="text-align: center; color: green;">Confetti Corn (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Classic Toppings Bar</p>	<p style="text-align: center;">Big City Bean Taco (VE)</p> <p style="text-align: center;">Soft Turkey Taco</p> <p style="text-align: center;">Guacamole & Salsa (VE)</p> <p style="text-align: center;">Cinnamon Plantains (VE)*</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Fiesta Bar</p>	<p style="text-align: center;">Carolina Pinto Beans (VE)</p> <p style="text-align: center;">Southern Seasoned Brown Rice (VE)*</p> <p style="text-align: center;">Roasted Cauliflower (VE)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Leafy Green Bar</p>
20	21	22	23	24
Martin Luther King Jr Day 20				
<p style="text-align: center;">Plant Powered Ranch Pizza (V)*</p> <p style="text-align: center;">Pizza Slice (V)</p> <p style="text-align: center; color: green;">Italian Roasted Carrots (VE)*</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center; color: purple;"><i>Brunch For Lunch</i></p> <p style="text-align: center;">Egg & Cheese on a Buttermilk Biscuit (V)</p> <p style="text-align: center;">Fish Sticks with Dipping Sauce</p> <p style="text-align: center; color: green;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Rainbow Bar</p>	<p style="text-align: center; color: red;"><i>Plastic Free Lunch Day</i></p> <p style="text-align: center;">Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p style="text-align: center;">Fresh Broccoli and Cauliflower (VE) with Ranch Dipping Sauce</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Plastic Free Lunch Day Bar</p>	<p style="text-align: center;">Tomato Glazed Chicken Thigh*</p> <p style="text-align: center; color: green;">Pasta & Peas (V)*</p> <p style="text-align: center;">Gremolata Marinated White Beans (VE)*</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Leafy Green Bar</p>	<p style="text-align: center;">Falafel (VE) With Tzatziki (V)</p> <p style="text-align: center;">Flat Bread (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p> <p style="text-align: center;">Veggie Nuggets (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Mediterranean Bar</p>
27	28	29	30	31
		Lunar New Year		
<p style="text-align: center;">Pineapple Pizza (V)</p> <p style="text-align: center;">Round Pizza (V)</p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">Chicken Tenders with Salsa (VE)</p> <p style="text-align: center;">Chipotle Broccoli (V)*</p> <p style="text-align: center;">Seasoned Bread Knot (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Rainbow Bar</p>	<p style="text-align: center;">Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p style="text-align: center;">Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p style="text-align: center;">Fish & Cheese Sandwich Whole Wheat Bun</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Classic Toppings Bar</p>	<p style="text-align: center;">Hawaiian Veggie Nuggets (V)*</p> <p style="text-align: center;">Hawaiian Grilled Chicken*</p> <p style="text-align: center;">Sesame Noodles (VE)</p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Leafy Green Bar</p>	<p style="text-align: center;">Egyptian Chickpeas (VE)*</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;">Sweet and Tangy Braised Kale (V)*</p> <p style="text-align: center;">Empanada (V)</p> <p style="text-align: center; color: purple;"><i>Salad Bar</i></p> <p style="text-align: center; color: purple;">Mediterranean Bar</p>

DAILY OFFERINGS

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

OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

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

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

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

JANUARY 2025: High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Roasted Broccoli (VE)</p> <p>Salad Bar Plastic Free Lunch Day Bar</p>	<p>Chicken Pot Pie with Buttermilk Biscuit</p> <p>Fish Sticks with Dipping Sauce</p> <p>Herb Roasted Potatoes (VE)</p> <p>Salad Bar Welcome Back Bar</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Savory Green Beans (VE)</p> <p>Veggie Nuggets (VE)</p> <p>Salad Bar Welcome Back Bar</p>
6	7	8	9	10
<p>Pineapple Pizza (V)</p> <p>Round Pizza (V)</p> <p>Superhero Spinach (VE)</p> <p>Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Chicken Tenders with Salsa (VE)</p> <p>Chipotle Broccoli (V)*</p> <p>Seasoned Bread Knot (V)</p> <p>Salad Bar Rainbow Bar</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p>Fish & Cheese Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p>Salad Bar Classic Toppings Bar</p>	<p>Hawaiian Veggie Nuggets (V)*</p> <p>Hawaiian Grilled Chicken*</p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (V)</p> <p>Salad Bar Leafy Green Bar</p>	<p>Egyptian Chickpeas (VE)*</p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)*</p> <p>Empanada (V)</p> <p>Salad Bar Mediterranean Bar</p>
13	14	15	16	17
<p>Grandma's Pizza (V)*</p> <p>Garlic French Bread Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p>Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>BBQ Veggie Nuggets (VE)*</p> <p>BBQ Chicken Bites*</p> <p>Butternut Squash Mac & Cheese (V)*</p> <p>Garlicky Green Beans (VE)</p> <p>Salad Bar Rainbow Bar</p>	<p>Southwest Burrito (V)</p> <p>Caribbean Style Beef Patty</p> <p>Roasted Carrot Coins (VE)</p> <p>Salad Bar Classic Toppings Bar</p>	<p>Big City Bean Taco (VE)</p> <p>Soft Turkey Taco</p> <p>Guacamole & Salsa (VE)</p> <p>Cinnamon Plantains (VE)*</p> <p>Salad Bar Fiesta Bar</p>	<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)*</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Salad Bar Leafy Green Bar</p>
Martin Luther King Jr Day 20		21	22	23
<p>Plant Powered Ranch Pizza (V)*</p> <p>Pizza Slice (V)</p> <p>Italian Roasted Carrots (VE)*</p> <p>Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Brunch For Lunch</p> <p>Egg & Cheese on a Buttermilk Biscuit (V)</p> <p>Fish Sticks with Dipping Sauce</p> <p>Herb Roasted Potatoes (VE)</p> <p>Salad Bar Rainbow Bar</p>	<p>Plastic Free Lunch Day</p> <p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Fresh Broccoli and Cauliflower (VE) with Ranch Dipping Sauce</p> <p>Salad Bar Plastic Free Lunch Day Bar</p>	<p>Tomato Glazed Chicken Thigh*</p> <p>Pasta & Peas (V)*</p> <p>Gremolata Marinated White Beans (VE)*</p> <p>Salad Bar Leafy Green Bar</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Green Garden Salad (VE)</p> <p>Veggie Nuggets (VE)</p> <p>Salad Bar Mediterranean Bar</p>
27	28	29	30	31
<p>Pineapple Pizza (V)</p> <p>Round Pizza (V)</p> <p>Superhero Spinach (VE)</p> <p>Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Chicken Tenders with Salsa (VE)</p> <p>Chipotle Broccoli (V)*</p> <p>Seasoned Bread Knot (V)</p> <p>Salad Bar Rainbow Bar</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p>Fish & Cheese Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p>Salad Bar Classic Toppings Bar</p>	<p>Hawaiian Veggie Nuggets (V)*</p> <p>Hawaiian Grilled Chicken*</p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (V)</p> <p>Salad Bar Leafy Green Bar</p>	<p>Egyptian Chickpeas (VE)*</p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)*</p> <p>Empanada (V)</p> <p>Salad Bar Mediterranean Bar</p>

DAILY OFFERINGS

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

<p>Milk</p> <p>1% Low-fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p>Alternative options are available upon request</p>	<p>ATTENTION:</p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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* Recipes created in collaboration with OFNS and Wellness In The Schools

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

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



Office of Food & Nutrition Services

NYC Public Schools

JANUARY 2025: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p>Curried Chicken Wrap</p> <p>Carrot Raisin Salad (V)</p>	<p>Hummus and Crackers (V), Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</p> <p>Marinated White Beans (VE)</p>	<p>Black Bean and Corn Wrap (VE)</p> <p>Savory Green Beans (VE)</p>
6	7	8	9	10
<p>Superhero Spinach Wrap (V)</p> <p>Chickpea & Pimento Salad (VE)</p>	<p>Crispy Chicken Salad Grab & Go</p> <p>Lemon Arugula Salad (V)</p>	<p>Chimichurri Chicken Wrap</p> <p>Basil Corn Salad (VE)</p>	<p>Sesame Noodle Bowl</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Chickpea Salad Wrap (VE)</p> <p>Kid Friendly Kale Salad (V)</p>
13	14	15	16	17
<p>Mediterranean Chickpea Wrap (VE)</p> <p>Seasoned Green Beans (VE)</p>	<p>BBQ Chicken Bite Grab & Go Salad</p> <p>Broccoli Salad (V)</p>	<p>Chicken Salad Hoagie</p> <p>Confetti Corn Salad (VE)</p>	<p>Chicken Caesar Salad with Croutons</p> <p>Balsamic Chickpea Salad (V)</p>	<p>Cilantro Pinto Bean Wrap (VE)</p> <p>Guacamole & Salsa (VE)</p> <p>Ranch Carrot Sticks (VE)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Red White & Green Panini (V)</p> <p>Marinated Bean Salad (VE)</p>	<p>Balsamic Chicken Salad Grab & Go</p> <p>Classic Potato Salad (V)</p>	<p>Curried Chicken Wrap</p> <p>Cauliflower Salad (VE)</p>	<p>Mediterranean Chicken Pasta Salad</p> <p>Italian Marinated Cucumber Salad (VE)</p>	<p>Gremolata Marinated White Bean Grab & Go Salad (VE)*</p> <p>Carrot Raisin Salad (V)</p>
27	28	Lunar New Year 29	30	31
<p>Superhero Spinach Wrap (V)</p> <p>Chickpea & Pimento Salad (VE)</p>	<p>Crispy Chicken Salad Grab & Go</p> <p>Lemon Arugula Salad (V)</p>	<p>Chimichurri Chicken Wrap</p> <p>Basil Corn Salad (VE)</p>	<p>Sesame Noodle Bowl</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Chickpea Salad Wrap (VE)</p> <p>Kid Friendly Kale Salad (V)</p>

DAILY OFFERINGS

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

<p>Milk</p> <p>1% Low-fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p>Alternative options are available upon request</p>	<p>OFNS Menu Support</p> <p>Seasonal Fresh Fruit and Vegetables when available</p>	<p>Assorted Dressings</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p>
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* Recipes created in collaboration with OFNS and Wellness In The Schools

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

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



JANUARY 2025: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Roasted Broccoli (VE)</p>	<p>Fish Sticks with Dipping Sauce</p> <p>Buttermilk Biscuit (V)</p> <p style="color: green;">Herb Roasted Potatoes (VE)</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Savory Green Beans (VE)</p> <p>Veggie Nuggets (VE)</p>
6	7	8	9	10
<p>Sicilian Slice Pizza (V)</p> <p>Roasted Chickpeas (VE)</p>	<p>Chicken Tenders With Salsa (VE)</p> <p>Chipotle Broccoli (V)*</p> <p>Seasoned Bread Knot (V)</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Hawaiian Grilled Chicken*</p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (V)</p>	<p>Egyptian Chickpeas (VE)*</p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)*</p> <p>Empanada (V)</p>
13	14	15	16	17
<p>Sicilian Slice Pizza (V)</p> <p>Italian Chickpeas (VE)</p>	<p>BBQ Chicken Bites*</p> <p style="color: green;">Butternut Squash Mac & Cheese (V)*</p> <p>Crispy Broccoli (V)</p>	<p>Caribbean Style Beef Patty</p> <p>Roasted Carrot Coins (VE)</p>	<p>Soft Turkey Taco</p> <p>Guacamole & Salsa (VE)</p> <p>Cinnamon Plantains (VE)*</p>	<p>Carolina Pinto Beans (VE)</p> <p>Southern Seasoned Brown Rice (VE)*</p> <p>Roasted Cauliflower (VE)</p> <p>Three Cheese Grilled Cheese (V)</p>
Martin Luther King Jr Day 20		21	22	23
<p>Sicilian Slice Pizza (V)</p> <p>Italian Roasted Carrots (VE)*</p>	<p>Fish Sticks with Dipping Sauce</p> <p>Buttermilk Biscuit (V)</p> <p style="color: green;">Herb Roasted Potatoes (VE)</p>	<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Roasted Fresh Broccoli and Cauliflower (VE)</p>	<p>Tomato Glazed Chicken Thigh*</p> <p style="color: green;">Pasta & Peas (V)*</p> <p>Gremolata Marinated White Beans (VE)*</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Sauteed Spinach (V)</p> <p>Veggie Nuggets (VE)</p>
27	28	Lunar New Year 29	30	31
<p>Sicilian Slice Pizza (V)</p> <p>Roasted Chickpeas (VE)</p>	<p>Chicken Tenders With Salsa (VE)</p> <p>Chipotle Broccoli (V)*</p> <p>Seasoned Bread Knot (V)</p>	<p>Veggie Burger (VE) Whole Wheat Bun (VE)</p> <p>Veggie Cheeseburger (V) Whole Wheat Bun (VE)</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Hawaiian Grilled Chicken*</p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (V)</p>	<p>Egyptian Chickpeas (VE)*</p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)*</p> <p>Empanada (V)</p>

DAILY OFFERINGS

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

Milk

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

Alternative options are available upon request

ATTENTION:

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

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

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



JANUARY 2025: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		Fish & Cheese Sandwich Whole Wheat Bun Roasted Broccoli (VE) <i>Salad Bar</i> Plastic Free Lunch Day Bar	Chicken Pot Pie with Buttermilk Biscuit <i>Herb Roasted Potatoes (VE)</i> <i>Salad Bar</i> Welcome Back Bar	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Savory Green Beans (VE) <i>Salad Bar</i> Welcome Back Bar
6	7	8	9	10
Empanada (V) Roasted Chickpeas (VE) <i>Salad Bar</i> Pizza Bar	BBQ Chicken Sliders Chipotle Broccoli (V)* <i>Salad Bar</i> Leafy Green Bar	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) <i>Hot Confetti Corn (VE)</i> <i>Salad Bar</i> Classic Toppings Bar	Hawaiian Grilled Chicken* Sesame Noodles (VE) Ginger Carrots (VE) <i>Salad Bar</i> Leafy Green	Egyptian Chickpeas (VE)* Brown Rice (VE) Sweet and Tangy Braised Kale (V)* <i>Salad Bar</i> Mediterranean Bar
13	14	15	16	17
Red White & Green Panini (V) Italian Chickpeas (VE) <i>Salad Bar</i> Pizza Bar	BBQ Chicken Bites* <i>Butternut Squash Mac & Cheese (V)*</i> Crispy Broccoli (V) <i>Salad Bar</i> Rainbow Bar	Caribbean Style Beef Patty Roasted Carrot Coins (VE) <i>Salad Bar</i> Leafy Green Bar	Soft Turkey Taco Guacamole & Salsa (VE) Cinnamon Plantains (VE)* <i>Salad Bar</i> Fiesta Bar	Carolina Pinto Beans (VE) Southern Seasoned Brown Rice (VE)* Roasted Cauliflower (VE) <i>Salad Bar</i> Leafy Green Bar
Martin Luther King Jr Day 20				
21	22	23	24	25
Veggie Nugget (VE) Italian Roasted Carrots (V)* <i>Salad Bar</i> Pizza Bar	<u>Brunch For Lunch</u> Egg & Cheese on a Buttermilk Biscuit (V) <i>Herb Roasted Potatoes (VE)</i> <i>Salad Bar</i> Rainbow Bar	Fish & Cheese Sandwich Whole Wheat Bun Roasted Broccoli and Cauliflower (VE) <i>Salad Bar</i> Classic Toppings Bar	Tomato Glazed Chicken Thigh* <i>Pasta & Peas (V)*</i> Gremolata Marinated White Bean (VE)* <i>Salad Bar</i> Leafy Green Bar	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE) <i>Salad Bar</i> Mediterranean Bar
27	28	29	30	31
Lunar New Year				
Empanada (V) Roasted Chickpeas (VE) <i>Salad Bar</i> Pizza Bar	BBQ Chicken Sliders Chipotle Broccoli (V)* <i>Salad Bar</i> Leafy Green Bar	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) <i>Hot Confetti Corn (VE)</i> <i>Salad Bar</i> Classic Toppings Bar	Hawaiian Grilled Chicken* Sesame Noodles (VE) Ginger Carrots (VE) <i>Salad Bar</i> Leafy Green	Egyptian Chickpeas (VE)* Brown Rice (VE) Sweet and Tangy Braised Kale (V)* <i>Salad Bar</i> Mediterranean Bar

DAILY OFFERINGS

Monday • Pizza (V) • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (V) • Seasoned Wedge Fries (VE) • Egg and Cheese Sandwiches (V)	Tuesday • Pizza (V) • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Seasoned Wedge Fries (VE) • Egg and Cheese Sandwiches (V)	Wednesday • Pizza (V) • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Seasoned Wedge Fries (VE) • Egg and Cheese Sandwiches (V)	Thursday • Pizza (V) • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Seasoned Wedge Fries (VE) • Egg and Cheese Sandwiches (V)	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (VE) • Seasoned Wedge Fries (VE) • Southwest Burrito (V) • Rainbow Wrap (VE)
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<p style="text-align: center;">Milk</p> <p style="text-align: center;">1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)</p> <p style="font-size: x-small;">Alternative options are available upon request</p>	<p style="text-align: center;">ATTENTION:</p> <p style="font-size: x-small;">All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p style="font-size: x-small;">OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="font-size: x-small; color: orange;">OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;"> </div> <p style="font-size: x-small; color: orange;">Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)</p>
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* Recipes created in collaboration with OFNS and Wellness In The Schools

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

JANUARY 2025: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p>Honey Roasted Sunflower Seeds (V)</p> <p>Fresh Fruit (VE)</p>	<p>Colby Cheese Stick (V)</p> <p>Fruit (VE)</p>	<p>Croissant (V) with Jelly (VE)</p> <p>Milk (V)</p>
	6	7	8	9
<p>Honey Graham Crackers (V)</p> <p>Milk (V)</p>	<p>Colby Jack Cheese Cubes (V)</p> <p>Fresh Fruit (VE)</p>	<p>Crispy Tortilla (VE)</p> <p>Salsa (VE)</p>	<p>Cheddar Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Crunchy Carrot Sticks (VE)</p> <p>Hummus Cup (VE)</p>
13	14	15	16	17
<p>Yogurt Choice (V)</p> <p>Blueberry Granola (V)</p>	<p>Honey Graham Biscuits (V)</p> <p>Milk (V)</p>	<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Mozzarella Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>	<p>Mini Wheats (V)</p> <p>Milk (V)</p>	<p>Honey Roasted Sunflower Seeds (V)</p> <p>Fresh Fruit (VE)</p>	<p>Colby Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Croissant (V) with Jelly (VE)</p> <p>Milk (V)</p>
27	28	Lunar New Year 29	30	31
<p>Honey Graham Crackers (V)</p> <p>Milk (V)</p>	<p>Colby Jack Cheese Cubes (V)</p> <p>Fresh Fruit (VE)</p>	<p>Crispy Tortilla (VE)</p> <p>Salsa (VE)</p>	<p>Cheddar Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Crunchy Carrot Sticks (VE)</p> <p>Hummus Cup (VE)</p>

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

All Fruit Offerings are 1 cup

Seasonal Fresh Fruit
 Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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

JANUARY 2025: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p>Toasted Oats (V)</p> <p>Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Diced Pears (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
	6	7	8	9
<p>Soft Roll (VE)</p> <p>Hummus Cup (VE)</p>	<p>Croissant (V)</p> <p>Diced Peaches (VE)</p>	<p>Toasted Oats (V)</p> <p>Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Diced Pears (VE)</p>	<p>Fresh Banana (VE)</p> <p>Milk (V)</p>
13	14	15	16	17
<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Diced Pears (VE)</p>	<p>Apple Slices (VE)</p> <p>Milk (V)</p>	<p>Cucumber Slices (VE)</p> <p>Diced Pineapples (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Soft Roll (VE)</p> <p>Hummus Cup (VE)</p>	<p>Croissant (V)</p> <p>Diced Peaches (VE)</p>	<p>Toasted Oats (V)</p> <p>Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Diced Pears (VE)</p>	<p>Fresh Banana (VE)</p> <p>Milk (V)</p>
27	28	Lunar New Year 29	30	31
<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Diced Pears (VE)</p>	<p>Apple Slices (VE)</p> <p>Milk (V)</p>	<p>Cucumber Slices (VE)</p> <p>Diced Pineapples (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>

OFNS has an extensive Prohibitive Ingredients List available at:



Milk

Whole Milk (V)

Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

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

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

JANUARY 2025: After School Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) <p>Options may vary by location</p>	<p>Asian Sesame Crispy Chicken Grab & Go</p> <p>Broccoli Salad (V)</p>	<p>Classic Tuna on Ciabatta</p> <p>Seasoned Corn (VE)</p>	<p>Hummus and Crackers (V), Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</p> <p>Marinated Bean Salad (VE)</p>
6	7	8	9	10
<p>Cheese Lettuce & Tomato Wrap (V)</p> <p>Pinto Bean Salad (VE)</p>	<p>Chicken Salad Hoagie</p> <p>Carrot Raisin Salad (V)</p>	<p>Chicken Breaded Bite Grab & Go Salad</p> <p>Cauliflower Salad (VE)</p>	<p>Curried Chicken Wrap</p> <p>Kachumber (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Confetti Corn Salad (VE)</p>
13	14	15	16	17
<p>Cheese Plate Grab & Go (V)</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Chicken Tender Wrap</p> <p>Classic Potato Salad (V)</p>	<p>Chopped Salad Grab & Go</p> <p>Italian Marinated Cucumber Salad (VE)</p>	<p>Classic Tuna on Ciabatta</p> <p>Cilantro Black Bean Salad (VE)</p>	<p>Chickpeas with Basil Pesto Wrap (V)</p> <p>Green Garden Salad (VE)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Black Bean & Corn Wrap (VE)</p> <p>Seasoned Green Beans (VE)</p>	<p>Caesar Chicken Breaded Bite Wrap</p> <p>Ranch Carrot Sticks (V)</p>	<p>Asian Sesame Crispy Chicken Grab & Go</p> <p>Broccoli Salad (V)</p>	<p>Chipotle Chicken Wrap</p> <p>Basil Corn Salad (V)</p>	<p>Eggless Egg Salad Sandwich (VE)</p> <p>Fresh Tomato Salad (V)</p>
27	28	Lunar New Year 29	30	31
<p>Cheese Lettuce & Tomato Wrap (V)</p> <p>Pinto Bean Salad (VE)</p>	<p>Chicken Salad Hoagie</p> <p>Carrot Raisin Salad (V)</p>	<p>Chicken Breaded Bite Grab & Go Salad</p> <p>Cauliflower Salad (VE)</p>	<p>Curried Chicken Wrap</p> <p>Kachumber (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Confetti Corn Salad (VE)</p>

OFFERED DAILY

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

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables
when available

Assorted Dressings

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Grapefruit,
Mandarins, Oranges, Pears
(VE)

OFNS has an extensive
Prohibitive Ingredients List
available at:



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

JANUARY 2025: After School Hot Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) <p>Options may vary by location</p>	<p>Stewed Black Beans (VE)</p> <p>Sweet Plantains (VE)</p> <p>Brown Rice (VE)</p>	<p>Hamburgers Whole Wheat Bun</p> <p>Cheeseburgers Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Pizza (V)</p> <p>Seasoned Peas (VE)</p>
		6	7	8
<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Garlicy Green Beans (VE)</p>	<p>BBQ Chicken Sliders</p> <p>Classic Coleslaw (V)</p>	<p>Three Bean Chili Cheese Fries (V)</p> <p>Corn Bread (V)</p>	<p>Chicken Bites</p> <p>Corn, Peas, Carrots (VE)</p> <p>Dinner Roll (V)</p>	<p>Pizza (V)</p> <p>Seasoned Wedge Fries (VE)</p>
13	14	15	16	17
<p>Three Cheese Grilled Cheese (V)</p> <p>Honey Diced Sweet Potatoes (V)</p>	<p>Caprese Chicken Sandwich</p> <p>Seasoned Peas (VE)</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Green Garden Salad (VE)</p>	<p>Chicken Tenders</p> <p>Seasoned Wedge Fries (VE)</p> <p>Garlic Knot (V)</p>	<p>Pizza (V)</p> <p>Broccoli with Roasted Garlic (VE)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Southwest Burrito (V)</p> <p>Confetti Corn (VE)</p>	<p>Hamburgers Whole Wheat Bun</p> <p>Cheeseburgers Whole Wheat Bun</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Stewed Black Beans (VE)</p> <p>Sweet Plantains (VE)</p> <p>Brown Rice (VE)</p>	<p>Fish & Cheese Sandwich</p> <p>Mixed Green Salad (V)</p>	<p>Pizza (V)</p> <p>Parmigiana Roasted Cauliflower (V)</p>
27	28	Lunar New Year 29	30	31
<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Garlicy Green Beans (VE)</p>	<p>BBQ Chicken Sliders</p> <p>Classic Coleslaw (V)</p>	<p>Three Bean Chili Cheese Fries (V)</p> <p>Corn Bread (V)</p>	<p>Chicken Bites</p> <p>Corn, Peas, Carrots (VE)</p> <p>Dinner Roll (V)</p>	<p>Pizza (V)</p> <p>Seasoned Wedge Fries (VE)</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, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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

JANUARY 2025: After School Vegetarian Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p><i>Daily Supper Specials</i></p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) <p>Options may vary by location</p>	<p>Stewed Black Beans (VE)</p> <p>Sweet Plantains (VE)</p> <p>Brown Rice (VE)</p>	<p>Empanada (V)</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Pizza (V)</p> <p>Seasoned Peas (VE)</p>
	6	7	8	9
<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Garlicy Green Beans (VE)</p>	<p>BBQ Veggie Burger Whole Wheat Bun (VE)</p> <p>Classic Coleslaw (V)</p>	<p>Three Bean Chili Cheese Fries (V)</p> <p>Corn Bread (V)</p>	<p>Veggie Nuggets (VE)</p> <p>Corn, Peas, Carrots (VE)</p> <p>Dinner Roll (V)</p>	<p>Pizza (V)</p> <p>Seasoned Wedge Fries (VE)</p>
13	14	15	16	17
<p>Three Cheese Grilled Cheese (V)</p> <p>Honey Diced Sweet Potatoes (V)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Green Garden Salad (VE)</p>	<p>Spinach & Cheese Quesadilla (V)</p> <p>Seasoned Peas (VE)</p>	<p>Pizza (V)</p> <p>Broccoli with Roasted Garlic (VE)</p>
Martin Luther King Jr Day 20	21	22	23	24
<p>Southwest Burrito (V)</p> <p>Confetti Corn (VE)</p>	<p>Red White and Green Panini (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Stewed Black Beans (VE)</p> <p>Sweet Plantains (VE)</p> <p>Brown Rice (VE)</p>	<p>Empanada (V)</p> <p>Green Garden Salad (VE)</p>	<p>Pizza (V)</p> <p>Parmigiana Roasted Cauliflower (V)</p>
27	28	Lunar New Year 29	30	31
<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Garlicy Green Beans (VE)</p>	<p>BBQ Veggie Burger Whole Wheat Bun (VE)</p> <p>Classic Coleslaw (V)</p>	<p>Three Bean Chili Cheese Fries (V)</p> <p>Corn Bread (V)</p>	<p>Veggie Nuggets (VE)</p> <p>Corn, Peas, Carrots (VE)</p> <p>Dinner Roll (V)</p>	<p>Pizza (V)</p> <p>Seasoned Wedge Fries (VE)</p>

OFFERED DAILY

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

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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

Office of Food & Nutrition Services



JANUARY 2025: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
4	11	18	25	
<p>Yogurt Choice (V)</p> <p>Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Milk (V)</p>	<p>Croissant (V) with Jelly (VE)</p> <p>Fresh Fruit (VE)</p>	<p>Blueberry Breakfast Bread (V)</p> <p>Milk (V)</p>	
				<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>

Milk

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are available upon request

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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

Office of Food & Nutrition Services



JANUARY 2025: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
4	11	18	25	
<p>Buttermilk Pancakes (V)</p> <p>Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V)</p> <p>Fresh Fruit (VE)</p>	<p>French Toast Sticks (V)</p> <p>Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Fresh Fruit (VE)</p>	
				<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>

Milk

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are available upon request

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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



Menu subject to change. Our menus are pork free.

Office of Food & Nutrition Services



JANUARY 2025: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
4	11	18	25	
Assorted Cold Sandwiches and Wraps Seasoned Corn (VE) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Classic Potato Salad (V) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Ranch Carrot Snackers (V) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V) Fresh Fruit (VE) Milk (V)	
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

OFFERED DAILY

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

Assorted Dressings

Seasonal Fresh Fruit
 Apples, Apple Slices,
 Bananas, Grapefruit,
 Mandarins, Oranges, Pears
 (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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

Office of Food & Nutrition Services



JANUARY 2025: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
4	11	18	25	
Chicken Tenders Garlic Knot (V) Hot Confetti Corn (VE) Fresh Fruit (VE) Milk (V)	Hamburgers & Cheeseburgers Seasoned Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Mozzarella Sticks (V) with Herbed Marinara (VE) Crispy Broccoli (V) Fresh Fruit (VE) Milk (V)	BBQ Chicken Sliders Baked Sweet Potato Waffle Fries (VE) Fresh Fruit (VE) Milk (V)	
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

OFFERED DAILY

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

Assorted Dressings

Seasonal Fresh Fruit
 Apples, Apple Slices,
 Bananas, Grapefruit,
 Mandarins, Oranges, Pears
 (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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