	Offi	ce of Food & Nutrition Service	-		
		25: Pre-K - 8 Bi			
Monday	Tuesday	Wednesday Winter Recess 1	Thursday	Friday	
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Breakfast Quesadilla (V) with Salsa (VE) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	
6 Egg and Cheese on a Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)	7 Rise and Shine Waffles (V) Strawberry Topping (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)	10 Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	
13	14	15	16	17	
Egg & Cheese on a Bagel (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Colby Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	
Martin Luther King Jr Day 20	21	22	23	24	
Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Breakfast Quesadilla (V) with Salsa (VE) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	
27	28	Lunar New Year 29	30	31	
Egg and Cheese on a Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Strawberry Topping (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	
		OFFERED DAILY		OFNS has an extensive	
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	Breakfast After the Bell Grab and Go Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)	Options may vary by location <u>Cold Cereal Choices</u> Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE)	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE) <u>Condiments</u> Syrup (VE)	Prohibitive Ingredients List available at:	
dairy.	that excludes meat; it may inc		DCOLATE MILK e grains, vegetables, legumes, t may include, but is not limited		
				Menu subject to change. Our menus are pork free.	

	Offic	ce of Food & Nutrition Service	es	2
		Public School	s	
		X ZIII		
J	ANUARY 2025	: High School	Breakfast Men	u
Monday	Tuesday	Wednesday Winter Recess 1	Thursday	Friday
WE PROUDLY SUPPORT LOCALLY SOURCED,	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Breakfast Bar Yogurts (V)	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Hot Oatmeal (V)	Breakfast Quesadilla (V) with Salsa (VE) Hash Browns (VE) Breakfast Bar (V)	Assorted Fresh NY Bagels (VI served with Cream Cheese (V) Jelly (\ & Peanut Butter (VE) Hot Oatmeal (V)
GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (VE) 7	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE) 9	Seasonal Fresh Fruit (V
Egg and Cheese on a Whole Grain Croissant (V)	Rise and Shine Waffles (V) Strawberry Topping (V)	Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V)	Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V)	Assorted Fresh NY Bagels (VI served with Cream Cheese (V) Jelly (V & Peanut Butter (VE)
	Breakfast Bar (V)	Hot Oatmeal (V)	Breakfast Bar (V)	Hot Oatmeal (V)
Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (V
13	14	15	16	
Egg & Cheese on a Bagel (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Colby Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VI served with Cream Cheese (V) Jelly (V & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (V
Martin Luther King Jr Day 20	21	22	23	
Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Breakfast Quesadilla (V) with Salsa (VE) Hash Browns (VE) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VI served with Cream Cheese (V) Jelly (V & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (V
27	28	Lunar New Year 29	30	
Egg and Cheese on a Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Strawberry Topping (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VI served with Cream Cheese (V) Jelly (V & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (V
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	Breakfast After the Bell Grab and Go Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)	OFFERED DAILY Options may vary by location <u>Cold Cereal Choices</u> Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE)	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE) <u>Condiments</u>	OFNS has an extensive Prohibitive Ingredients I 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.



Monday Tuesday Wednesday Thursday Friday We PROUDLY SUPPORT Fresh New York Grimamon Raisin (VE) Whole Grain Assorted UCALLY SOURCED, GROWN, HARVESTED COD. Fresh New York Climamon Burst Pancakes (V) Whole Grain Assorted GROWN, HARVESTED COD. Fresh New York Easonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) <t< th=""><th></th><th></th><th>ce of Food & Nutrition Service Public Schools 25: Breakfast E</th><th></th><th></th></t<>			ce of Food & Nutrition Service Public Schools 25: Breakfast E		
Image: constraint of the second sec	Monday	Tuesday	Wednesday	Thursday	Friday
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PROUDELY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR ALL NEW YORK (TEMS ARE HIGHLIGHTED IN GREEN.Frash New York Begiel Assortment Chanamon Raisin (VE) Plain (VE)Cinnamon Burst Pancakes (V) 					
Scooters (V) Blueberry Granola (V) Strawbery Banana Apple Sauce (VE)Banana Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawbery Banana Apple Sauce (VE)Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)Assorted Fresh NY Bagels (VE) Seasonal Fresh Fruit (VE)1314151617Honey Scooters (V) Blueberry Granola (V) Raisins (VE)Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)Yogurt Choice (V) Apple Cinnamon Granola (V) Raisins (VE)Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)Assorted Fresh NY Bagels (VE) seasonal Fresh Fruit (VE)Martin Luther King Jr Day 2021222324Honey Cheerics (V) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Apple Cinnamon Burst Pancakes (V) Applesauce (VE)Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)Assorted Fresh NY Bagels (VE) served with Crean Cheese (V) Jelly (VE) & Peanut Butter (VE)Martin Luther King Jr Day 2021222324Honey Cheerics (V) Applesauce (VE)Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE)Martin Luther King Jr Day 2021222324Martin Luther King Jr Day 2021222324Martin Luther King Jr Day 20 </td <td>LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN</td> <td>Bagel Assortment Cinnamon Raisin (VE)</td> <td>Pancakes (V)</td> <td>Croissant (V) Cheese Cubes (V)</td> <td>Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)</td>	LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN	Bagel Assortment Cinnamon Raisin (VE)	Pancakes (V)	Croissant (V) Cheese Cubes (V)	Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Apple Sauce (VE)Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)Frosted With Cream Cheese (V), Jelly (VE) & Peanut Butter (VE)1314151617Honey Scooters (V) Blueberry Granola (V) Raisins (VE)Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)Yogurt Choice (V) Apple Cinnamon Granola (V) Raisins (VE)Zucchini Carrot Breakfast Bread (V) Raisins (VE)Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)Martin Luther King Jr Day 20212223Honey Cheerios (V) Animal Crackers (V) 	6	7	8	9	10
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)Yogurt Choice (V) Apple Cinnamon Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)Martin Luther King Jr Day 2021222324Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)Whole Grain Croissant (V) Cheese Cubes (V) Seasonal Fresh Fruit (VE)Assorted Fresh NY Bagels (VE) Seasonal Fresh Fruit (VE)	Blueberry Granola (V) Strawberry Banana	Breakfast Bread (V) Mozzarella Cheese Stick (V)	Honey Graham Cracker (V) Plain or Strawberry Banana	Oatmeal Muffin (V)	Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)Descriction Granola (V) Apple Cinnamon Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)Martin Luther King Jr Day 2021222324Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)Whole Grain Croissant (V) 	13	14	15	16	17
Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V)Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)Whole Grain Croissant (V) Cheese Cubes (V) Seasonal Fresh Fruit (VE)Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)	Blueberry Granola (V)	Bread (V) Colby Cheese Stick (V)	Apple Cinnamon Granola (V) Raisins (VE)	Breakfast Bread (V)	Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)
Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V)Apple Climation Breakfast Bread (V)Cinnamon Burst Pancakes (V)Croissant (V)Fresh NY Bagels (VE) served withApplesauce (VE)Cheddar Cheese Stick (V)Seasonal Fresh Fruit (VE)Seasonal Fresh Fruit (VE)Seasonal Fresh Fruit (VE)Seasonal Fresh Fruit (VE)	Martin Luther King Jr Day 20	21	22	23	24
27 28 Lunar New Year 29 30 31	Honey Graham Cracker (V) or Animal Crackers (V)	Breakfast Bread (V) Cheddar Cheese Stick (V)	Pancakes (V)	Croissant (V) Cheese Cubes (V)	Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)
	27	28	Lunar New Year 29	30	31

Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	Banana Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Apple Sauce (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	Breakfast After the Bell Grab and Go Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)	OFFERED DAILY Options may vary by location Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE)	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE) <u>Condiments</u> Syrup (VE)	OFNS has an extensive Prohibitive Ingredients List available at:
	• All Pre-K Stud	ATTENTION: ents CANNOT be Offered CH		

• 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.



		Public Schools	-	
Monday	JANUARY 20 Tuesday	25: Puree Bre Wednesday	Thursday	Friday
Monady	Tucsuay	Winter Recess 1	2	Thay
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN		Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
GREEN.	-			
6 Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	7 Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	8 Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	9 Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
13	14	15	16	
Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
Martin Luther King Jr Day 20	21	22	23	
Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
27	28	Lunar New Year 29	30	
Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Apple Sauce (VE)
		OFFERED DAILY		
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE) <u>Condiments</u> Syrup (VE)	Options may vary by location <u>Cold Cereal Choices</u> Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE)	<u>Assorted Yogurts</u> <u>Alternate Fruit</u> Peaches, Pineapples Pears, Applesauce	OFNS has an extensive Prohibitive Ingredients Lis available at:
	Available Daily Upon	Request: Transitional, Thick	Puree or Thin Puree	
Vegetarian Item (V) : A food airy.	• All Pre-K Stude d that excludes meat; it may inc	ATTENTION: ents CANNOT be Offered CHC lude, but is not limited to, whol		s, nuts, fruit, eggs, and/or



		ce of Food & Nutrition Service Public Schools	-	
Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Breakfast Quesadilla (V) Hash Browns (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
6	7	8	9	10
Egg & Cheese on a Whole Grain Croissant (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Rise and Shine Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
13	14	15	16	17
Egg & Cheese on a Bagel (V) Hot Oatmeal (V)	French Toast Sticks (V) Hot Oatmeal (V) Seasonal Fresh Fruit or	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V)	Egg & Cheese on a Whole Grain Croissant (V) Hot Oatmeal (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V)
Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Flavored Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
Martin Luther King Jr Day 20	21	22	23	24
Egg & Cheese on a Soft Roll (V)	Buttermilk Pancakes (V) Blueberry Topping (VE)	Apple Cinnamon Breakfast Bread (V)	Breakfast Quesadilla (V) Hash Browns (VE)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)
Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)

27	28	Lunar New Year 29	30	31
Egg & Cheese on a Whole Grain Croissant (V)	Rise and Shine Waffles (V)	Sweet Potato Oatmeal Muffin (V)	Yogurt Choice (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)
Hot Oatmeal (V) Seasonal Fresh Fruit or Diced	Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE)	Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE)	Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE)	Hot Oatmeal (V)
Pineapples (VE) Milk (V)	Milk (V)	Milk (V)	Milk (V)	or Diced Pears (VE) Milk (V)
<u>Milk</u> Whole Milk (V) Alternative options are	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges,	OFFERED DAILY Cold Cereal Choices Multi-Grain Oats (VE)	Options may vary by location	OFNS has an extensive Prohibitive Ingredients List available at:
available upon request (V) Indicates Vegetarian (VE) Indicates Vegan	Pears (VE) <u>Other Fruits</u> Apple Sauce, Sliced Peaches, Diced Pears, Pineapples	Toasted Oats (VE)	<u>Assorted Yogurts</u> <u>Condiments</u> Syrup (VE)	

• 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.



Menu subject to change. Our menus are pork free.

Milk (V)

	Offic	ce of Food & Nutrition Service		
		<u>N</u>		
	JARY 2025: Pre			
Monday	Tuesday	Wednesday Winter Recess 1	Thursday	Friday 3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Breakfast Quesadilla (V) with Salsa (VE) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
6 Egg and Cheese on a Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Strawberry Topping (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	8 Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	9 Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
13	14	15	16	17
Egg & Cheese on a Bagel (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Colby Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
Martin Luther King Jr Day 20	21	22	23	24
Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Breakfast Quesadilla (V) with Salsa (VE) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
27	28	Lunar New Year 29	30	31
Egg and Cheese on a Whole Grain Croissant (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Strawberry Topping (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
		OFFERED DAILY		
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	Breakfast After the Bell Grab and Go Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)	Options may vary by location <u>Cold Cereal Choices</u> Multi-Grain Oats (VE) Toasted Oats (VE)	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE) <u>Condiments</u> Syrup (VE)	OFNS has an extensive Prohibitive Ingredients List available at:
dairy. • Vegan Item (VE) : A food tha	• All Pre-K Stude I that excludes meat; it may inc at excludes animal products, su		le grains, vegetables, legumes	
Iegumes, nuts, and/or fruit.				Menu subject to change. Our menus are pork free.

	Offic	e of Food & Nutrition Service	-	
		Public Schools		
)25: Pre-K - 8 L		
Monday	Tuesday	Wednesday Winter Recess 1		Friday
			Chicken Pot Pie with Buttermilk Biscuit	Falafel (VE) With Tzatziki (V)
		Mozzarella Sticks (V) with Herbed Marinara (VE)	Fish Sticks with Dipping Sauce	Flat Bread (VE)
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR		Roasted Broccoli (VE)	Herb Roasted Potatoes (VE)	Savory Green Beans (V
PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN		Salad Bar	Salad Bar	Veggie Nuggets (VE Salad Bar
GREEN.	7	Plastic Free Lunch Day Bar	Welcome Back Bar	Welcome Back Bar
	Chicken Tenders	Veggie Burger (VE) Whole Wheat Bun (VE)	Hawaiian Veggie Nuggets (V)*	Egyptian
Pineapple Pizza (V)	with Salsa (VE)	Veggie Cheeseburger (V) Whole Wheat Bun (VE)	Hawaiian	Chickpeas (VE)* Brown Rice (VE)
Round Pizza (V)	Chipotle Broccoli (V)*	Fish & Cheese Sandwich	Grilled Chicken*	Sweet and Tangy
Superhero Spinach (VE) Salad Bar	Seasoned Bread Knot (V)	Whole Wheat Bun Seasoned Wedge Fries (VE)	Sesame Noodles (VE) Ginger Carrots (V)	Braised Kale (V)* Empanada (V)
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V) 13	Rainbow Bar 14	Classic Toppings Bar 15	Leafy Green Bar 16	Mediterranean Bar
Grandma's Pizza (V)*	BBQ Veggie Nuggets (VE)*	Southwest Burrito (V)		Carolina Pinto Beans (VE)
Garlic French Bread	BBQ Chicken Bites*	Caribbean Style Beef Patty	Big City Bean Taco (VE)	Southern Seasoned Brown Rice (VE)*
Pizza (V) Crispy Broccoli (V)	Butternut Squash Mac & Cheese (V)*	Roasted Carrot Coins (VE)	Soft Turkey Taco Guacamole & Salsa (VE)	Roasted Cauliflower (V
Salad Bar	Garlicky Green Beans (VE)	Confetti Corn (VE)	Cinnamon Plantains (VE)*	Three Cheese Grilled Cheese (V)
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Rainbow Bar	Salad Bar Classic Toppings Bar	Salad Bar Fiesta Bar	Salad Bar Leafy Green Bar
<i>l</i> artin Luther King Jr Day 20	21	22	23	
Plant Powered Ranch	<u>Brunch For Lunch</u>	Plastic Free		
Pizza (V)*	Egg & Cheese on a Buttermilk Biscuit (V)	<u>Lunch Day</u> Mozzarella Sticks (V)	Tomato Glazed Chicken Thigh*	Falafel (VE) With Tzatziki (V)
Pizza Slice (V)	Fish Sticks with Dipping Sauce	with Herbed Marinara (VE)	Pasta & Peas (V)*	Flat Bread (VE) Green Garden Salad (V
alian Roasted Carrots (VE)*	Herb Roasted Potatoes (VE)	Fresh Broccoli and Cauliflower (VE) with Ranch Dipping Sauce	Gremolata Marinated White Beans (VE)*	Veggie Nuggets (VE
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V) 27	Rainbow Bar 28	Plastic Free Lunch Day Bar Lunar New Year 29	Leafy Green Bar 30	Mediterranean Bar
		Veggie Burger (VE)	Hawaiian	
Pineapple Pizza (V)	Chicken Tenders with Salsa (VE)	Whole Wheat Bun (VE) Veggie Cheeseburger (V)	Veggie Nuggets (V)*	Egyptian Chickpeas (VE)*
Round Pizza (V)	Chipotle Broccoli (V)*	Whole Wheat Bun (VE) Fish & Cheese	Hawaiian Grilled Chicken*	Brown Rice (VE)
Superhero Spinach (VE)	Seasoned Bread Knot (V)	Sandwich Whole Wheat Bun	Sesame Noodles (VE)	Sweet and Tangy Braised Kale (V)*
Salad Bar Pizza Bar		Seasoned Wedge Fries (VE)	Ginger Carrots (V)	Empanada (V)
With Balsamic Chickpea Salad (V)	Salad Bar Rainbow Bar	Salad Bar Classic Toppings Bar	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar
onday eanut Butter and/or	Tuesday • Peanut Butter and/or	DAILY OFFERINGS Wednesday • Peanut Butter and/or	<u>Thursday</u> • Peanut Butter and/or	<u>Friday</u> • Peanut Butter and/or
nflower Seed Butter & lly Sandwich (VE) ummus and Crackers (V)	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V)	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V)	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V)	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (
ot or Cold Cheese ndwich (V)	• Hot or Cold Cheese Sandwich (V)	• Hot or Cold Cheese Sandwich (V)	• Hot or Cold Cheese Sandwich (V)	• Hot or Cold Cheese Sandwich (V)
	• Tuna Sandwich	• Tuna Sandwich	• Tuna Sandwich	 Rainbow Wrap (VE) OFNS has an extensive Prohibitive Ingredients L
<u>Milk</u> 1% Low-fat (V)	ATTENTION:	OFNS Menus Support	Seasonal Fresh Fruit	available at:
Fat Free (V) Fat Free Chocolate (V)	All Pre-K Students CANNOT be Offered Chocolate Milk or	Seasonal Fresh Fruit and Vegetables when available	Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears	
Alternative options are available upon request	Cookies		(VE)	03222

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.



	UARY 2025: Pr	e-K - 8 Express	S	Alenu
Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Curried Chicken Wrap Carrot Raisin Salad (V)	Hummus and Crackers (V), Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Marinated White Beans (VE)	Black Bean and Corn Wrap (VE) Savory Green Beans (VE)
6	7	8	9	10
Superhero Spinach Wrap (V) Chickpea & Pimento Salad (VE)	Crispy Chicken Salad Grab & Go Lemon Arugula Salad (V)	Chimichurri Chicken Wrap Basil Corn Salad (VE)	Sesame Noodle Bowl Crunchy Carrot Sticks (VE)	Chickpea Salad Wrap (VE) Kid Friendly Kale Salad (V)
13	14	15	16	17
Mediterranean Chickpea Wrap (VE) Seasoned Green Beans (VE)	BBQ Chicken Bite Grab & Go Salad Broccoli Salad (V)	Chicken Salad Hoagie Confetti Corn Salad (VE)	Chicken Caesar Salad with Croutons Balsamic Chickpea Salad (V)	Cilantro Pinto Bean Wrap (VE) Guacamole & Salsa (VE) Ranch Carrot Sticks (VE)
Martin Luther King Jr Day 20	21	22	23	24
Red White & Green Panini (V) Marinated Bean Salad (VE)	Balsamic Chicken Salad Grab & Go Classic Potato Salad (V)	Curried Chicken Wrap Cauliflower Salad (VE)	Mediterranean Chicken Pasta Salad Italian Marinated Cucumber Salad (VE)	Gremolata Marinated White Bean Grab & Go Salad (VE)* Carrot Raisin Salad (V)

27	28	Lunar New Year 2	9 30	31
Superhero Spinach Wrap (V) Chickpea & Pimento Salad (VE)	Crispy Chicken Salad Grab & Go Lemon Arugula Salad (V)	Chimichurri Chicken Wrap Basil Corn Salad (VE)	Sesame Noodle Bowl Crunchy Carrot Sticks (VE)	Chickpea Salad Wrap (VE) Kid Friendly Kale Salad (V)
		DAILY OFFERINGS		
<u>Monday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	<u>Tuesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	<u>Wednesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) • Rainbow Wrap (VE)
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)	OFNS has an extensive Prohibitive Ingredients List available at:
	* Recipes created in col	laboration with OFNS and	Wellness In The Schools	
• Vegetarian Item (V): A food	that excludes meat: it may incl	lude but is not limited to who	le graine vegetables legumes	nuts fruit eags and/or dainy

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.



		_	s Hot Lunch N	
Monday	Tuesday	Wednesday Winter Recess 1	Thursday	Friday
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Mozzarella Sticks (V) with Herbed Marinara (VE) Roasted Broccoli (VE)	Fish Sticks with Dipping Sauce Buttermilk Biscuit (V) Herb Roasted Potatoes (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Savory Green Beans (VE Veggie Nuggets (VE
6 Sicilian Slice Pizza (V) Superhero Spinach (VE) Roasted Chickpeas (VE)	7 Chicken Tenders With Salsa (VE) Chipotle Broccoli (V)* Seasoned Bread Knot (V)	8 Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) Seasoned Wedge Fries (VE)	Hawaiian Grilled Chicken* Sesame Noodles (VE) Ginger Carrots (V)	Egyptian Chickpeas (VE)* Brown Rice (VE) Sweet and Tangy Braised Kale (V)* Empanada (V)
13	14	15	16	
Sicilian Slice Pizza (V) Crispy Broccoli (V) Italian Chickpeas (VE)	BBQ Chicken Bites* Butternut Squash Mac & Cheese (V)* Garlicky Green Beans (VE)	Caribbean Style Beef Patty Roasted Carrot Coins (VE) Confetti Corn (VE)	Soft Turkey Taco Guacamole & Salsa (VE) Cinnamon Plantains (VE)*	Carolina Pinto Beans (VE) Southern Seasoned Brown Rice (VE)* Roasted Cauliflower (VE) Three Cheese Grilled Cheese (V)
Martin Luther King Jr Day 20	21	22	23	
Sicilian Slice Pizza (V) aalian Roasted Carrots (VE)* Chickpea & Pimento Salad (VE)	Fish Sticks with Dipping Sauce Buttermilk Biscuit (V) Herb Roasted Potatoes (VE)	Mozzarella Sticks (V) with Herbed Marinara (VE) Roasted Fresh Broccoli and Cauliflower (VE)	Tomato Glazed Chicken Thigh* Pasta & Peas (V)* Gremolata Marinated White Beans (VE)*	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Sauteed Spinach (V) Veggie Nuggets (VE
27	28	Lunar New Year 29	30	
Sicilian Slice Pizza (V) Superhero Spinach (VE) Roasted Chickpeas (VE)	Chicken Tenders With Salsa (VE) Chipotle Broccoli (V)* Seasoned Bread Knot (V)	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) Seasoned Wedge Fries (VE)	Hawaiian Grilled Chicken* Sesame Noodles (VE) Ginger Carrots (V)	Egyptian Chickpeas (VE)* Brown Rice (VE) Sweet and Tangy Braised Kale (V)* Empanada (V)
onday	Tuesday	DAILY OFFERINGS		Friday
lly Sandwich (VE) Iummus and Crackers (V) Iot or Cold Cheese	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) 	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) 	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V Hot or Cold Cheese Sandwich (V) Rainbow Wrap (VE)
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)	OFNS has an extensive Prohibitive Ingredients Li available at:
	* Recipes created in coll	aboration with OFNS and	Wellness In The Schools	



		e of Food & Nutrition Service Public Schools 2025: Puree Lu		
Monday	Tuesday	Wednesday	Thursday	Friday
monday	ruccuuy	Winter Recess 1	2	3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR	Daily Lunch Specials Hummus and Soft Roll (VE) 8 oz. Yogurt (V) Tuna Options may vary by location	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun Steamed Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Taco Seasoned Turkey Sweet Plantains (VE) Soft Roll (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
6	7	8	9	10
Fish & Cheese Sandwich Broccoli With Roasted Garlic (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Taco Seasoned Turkey Sweet Plantains (VE) Soft Roll (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun Honey Butternut Squash (V) <i>Fruit Offering</i> Peaches (VE)	Italian Chicken Tenders Pasta (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
13	14	15	16	17
Braised Tuna with Tomato Sauce Broccoli With Roasted Garlic (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Taco Seasoned Turkey Sweet Plantains (VE) Soft Roll (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun Steamed Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Ranch Chicken Tenders Pasta (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
Martin Luther King Jr Day 20	21	22	23	24
Fish & Cheese Sandwich Broccoli With Roasted Garlic (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Taco Seasoned Turkey Sweet Plantains (VE) Soft Roll (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun Honey Butternut Squash (V) <i>Fruit Offering</i> Peaches (VE)	Italian Chicken Tenders Pasta (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
27	28	Lunar New Year 29	30	31

Braised Tuna with Tomato Sauce Broccoli With Roasted Garlic (VE) Soft Roll (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Taco Seasoned Turkey Sweet Plantains (VE) Soft Roll (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun Steamed Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Ranch Chicken Tenders Pasta (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available (V) Indicates Vegetarian (VE) Indicates Vegan	OFFERED DAILY Options may vary by location Assorted Dressings	<u>Seasonal Fresh Fruit</u> 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

		ice of Food & Nutrition Service	-		
JANUARY 2025: Infant - Toddler Lunch Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
		Winter Recess 1	2	3	
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Lunch Specials • Hot or Cold Cheese Sandwich (V) • Hummus and Soft Roll (VE) • 4 oz. Yogurt (V) • Tuna Sandwich Options may vary by location	Mozzarella Sticks (V) with Herbed Marinara (VE) Steamed Seasoned Broccoli (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Fish Sticks with Dipping Sauce Herb Roasted Potatoes (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Savory Green Beans (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	
6	7	8	9	10	
Pineapple Pizza (V) Round Pizza (V) Superhero Spinach (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Chicken Tenders Steamed Seasoned Broccoli (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Veggie Burger (VE) Whole Wheat Bun (VE) Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Teriyaki Grilled Chicken Sesame Noodles (VE) Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Empanada (V) Cucumber Slices (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	
13	14	15	16	17	
Grandma's Pizza (V)* Garlic French Bread Pizza (V) Crispy Broccoli (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	BBQ Veggie Nuggets (VE)* Butternut Squash Mac & Cheese (V)* Garlicky Green Beans (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fish & Cheese Sandwich Whole Wheat Bun Roasted Carrot Coins (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Soft Turkey Taco Cinnamon Plantains (VE)* Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Three Cheese Grilled Cheese (V) Steamed Cauliflower (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	
Martin Luther King Jr Day 20	21	22	23	24	
Plant Powered Ranch Pizza (V)* Pizza Slice (V) Italian Roasted Carrots (VE)* Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Fish Sticks with Dipping Sauce Herb Roasted Potatoes (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Mozzarella Sticks (V) with Herbed Marinara (VE) Steamed Cauliflower (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Bites Pasta & Peas (V)* Gremolata Marinated White Beans (VE)* Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	
27	28	Lunar New Year 29	30	31	
Pineapple Pizza (V) Round Pizza (V) Superhero Spinach (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Chicken Tenders Steamed Seasoned Broccoli (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Veggie Burger (VE) Whole Wheat Bun (VE) Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Teriyaki Grilled Chicken Sesame Noodles (VE) Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Empanada (V) Cucumber Slices (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	
<u>Milk*</u> Whole Milk (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	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE) <u>Other Fruits</u> Apple Sauce, Sliced Peaches, Diced Pears, Pineapples (VE)	OFNS has an extensive Prohibitive Ingredients List available at:	
PLEASE NOTE: 1 % and Fat	Free Milk is available to stude	-	ilk is available to children 12 to	24 months. Formula is to be	
	* Recipes created in col that excludes meat; it may incl				
				Menu subject to change. Our menus are pork free.	

	Offi	ce of Food & Nutrition Service	(b) // // // // // // // // // // // // //	
		X		
	IUARY 2025: P	re-K - 8 veget	arian Lunch M	enu
Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS		Mozzarella Sticks (V) with Herbed Marinara (VE) Roasted Broccoli (VE)	Three Bean Chili (VE) with or without Cheese Buttermilk Biscuit (V) Herb Roasted Potatoes (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Savory Green Beans (VE) Veggie Nuggets (VE)
ARE HIGHLIGHTED IN GREEN.		Salad Bar	Salad Bar Welcome Back Bar	Salad Bar Welcome Back Bar
GREEN.	7	Plastic Free Lunch Day Bar 8		weicome Back Bar
Pineapple Pizza (V) Round Pizza (V) Superhero Spinach (V) Salad Bar	Guisado Kidney Beans (VE)* Chipotle Broccoli (V)* Salsa (VE) Seasoned Bread Knot (V)	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) Seasoned Wedge Fries (VE)	Hawaiian Veggie Nuggets (V)* Sesame Noodles Ginger Carrots (V)	Egyptian Chickpeas (VE) Brown Rice (VE) Sweet and Tangy Braised Kale (V)* Empanada (V)
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V) 13	Leafy Green Bar 14	Classic Toppings Bar 15	Leafy Green Bar 16	Mediterranean Bar
Grandma's Pizza (V)* Garlic French Bread Pizza (V) Crispy Broccoli (V) Salad Bar	BBQ Veggie Nuggets (VE)* Butternut Squash Mac & Cheese (V)* Garlicky Green Beans (V)	Red White and Green Panini (V) Roasted Carrot Coins (VE) Confetti Corn (VE)	Big City Bean Taco (VE) Guacamole & Salsa (VE) Cinnamon Plantains (VE)*	Carolina Pinto Beans (VE) Southern Seasoned Brown Rice (VE)* Roasted Cauliflower (VE) Three Cheese Grilled Cheese (V)
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Rainbow Bar	Classic Toppings Bar	Fiesta Bar	Leafy Green Bar
Plant Powered Ranch Pizza (V)* Pizza Slice (V) Italian Roasted Carrots (VE)* Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	<u>Brunch For Lunch</u> Egg & Cheese on a Buttermilk Biscuit (V) Herb Roasted Potatoes (VE)	Plastic Free Lunch Day Mozzarella Sticks (V) with Herbed marinara (VE) Fresh Broccoli and Cauliflower (VE) with Ranch Dipping sauce Salad Bar Plastic Free Lunch Bar	Rustic White Beans (VE) Pasta & Peas (V)* Savory Green Beans (VE) Salad Bar Leafy Green Bar	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE) Veggie Nuggets (VE) Salad Bar Mediterranean Bar
27	28	Lunar New Year 29	-	
Pineapple Pizza (V) Round Pizza (V) Superhero Spinach (V) Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Guisado Kidney Beans (VE)* Chipotle Broccoli (V)* Salsa (VE) Seasoned Bread Knot (V) Salad Bar Leafy Green Bar	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) Seasoned Wedge Fries (VE) Salad Bar Classic Toppings Bar	Hawaiian Veggie Nuggets (V)* Sesame Noodles Ginger Carrots (V) Salad Bar Leafy Green Bar	Egyptian Chickpeas (VE)* Brown Rice (VE) Sweet and Tangy Braised Kale (V)* Empanada (V) Salad Bar Mediterranean Bar
Monday	Tuesday	DAILY OFFERINGS Wednesday	<u>Thursday</u>	<u>Friday</u>
Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) 	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) 	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) 	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Rainbow Wrap (VE)
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)	OFNS has an extensive Prohibitive Ingredients List available at:
	* Recipes created in coll	aboration with OFNS and	Wellness In The Schools	
	I that excludes meat; it may inc	clude, but is not limited to, who	le grains, vegetables, legumes	, nuts, fruit, eggs, and/or
dairy. • Vegan Item (VE) : A food tha vegetables, legumes, nuts, an		uch as eggs, dairy, and meat; i	it may include, but is not limited	d to, whole grains,

	Offic	ce of Food & Nutrition Service	-	3
		Public School	s	
JANU Monday	Tuesday	1.5. & Middle S Wednesday	School Lunch Thursday	Vienu Friday
monauy	rucoudy	Winter Recess 1		Thay
			Chicken Pot Pie with Buttermilk Biscuit	Falafel (VE) With Tzatziki (V)
		Mozzarella Sticks (V) with Herbed Marinara (VE)	Fish Sticks	Flat Bread (VE)
WE PROUDLY SUPPORT LOCALLY SOURCED,		Roasted Broccoli (VE)	with Dipping Sauce Herb Roasted Potatoes (VE)	Savory Green Beans (VE)
GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS				Veggie Nuggets (VE)
ARE HIGHLIGHTED IN GREEN.		Salad Bar Plastic Free Lunch Day Bar	Salad Bar Welcome Back Bar	Salad Bar Welcome Back Bar
6	7	8 Veggie Burger (VE)		
Pineapple	Chicken Tenders	Whole Wheat Bun (VE)	Hawaiian Veggie Nuggets (V)*	Egyptian Chickpeas (VE)*
Pizza (V)	with Salsa (VE) Chipotle Broccoli (V)*	Veggie Cheeseburger (V) Whole Wheat Bun (VE)	Hawaiian Grilled Chicken*	Brown Rice (VE)
Round Pizza (V) Superhero Spinach (VE)	Seasoned Bread Knot (V)	Fish & Cheese Sandwich Whole Wheat Bun	Sesame Noodles (VE)	Sweet and Tangy Braised Kale (V)*
Salad Bar		Seasoned Wedge Fries (VE)	Ginger Carrots (V)	Empanada (V)
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Rainbow Bar	Salad Bar Classic Toppings Bar	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar
13	14	15	-	
	BBQ Veggie	Southwest Burrito (V)		Carolina
Grandma's Pizza (V)*	Nuggets (VE)*	Caribbean Style	Big City Bean Taco (VE)	Pinto Beans (VE) Southern Seasoned
Garlic French Bread Pizza (V)	BBQ Chicken Bites* Butternut Squash	Beef Patty	Soft Turkey Taco	Brown Rice (VE)*
Crispy Broccoli (V)	Mac & Cheese (V)*	Roasted Carrot Coins (VE)	Guacamole & Salsa (VE)	Roasted Cauliflower (VE) Three Cheese
Salad Bar Pizza Bar	Garlicky Green Beans (VE) Salad Bar	Confetti Corn (VE) Salad Bar	Cinnamon Plantains (VE)*	Grilled Cheese (V) Salad Bar
With Balsamic Chickpea Salad (V) ⁄Iartin Luther King Jr Day 20	Rainbow Bar 21	Classic Toppings Bar	Fiesta Bar	Leafy Green Bar
	Brunch For Lunch			
Plant Powered Ranch Pizza (V)*	Egg & Cheese on a	<u>Plastic Free</u> <u>Lunch Day</u>	Tomato Glazed	Falafel (VE)
Pizza Slice (V)	Buttermilk Biscuit (V)	Mozzarella Sticks (V) with Herbed Marinara (VE)	Chicken Thigh* Pasta & Peas (V)*	With Tzatziki (V) Flat Bread (VE)
alian Roasted Carrots (VE)*	Fish Sticks with Dipping Sauce	Fresh Broccoli	Gremolata Marinated	Green Garden Salad (VE)
Salad Bar Pizza Bar	Herb Roasted Potatoes (VE)	and Cauliflower (VE) with Ranch Dipping Sauce	White Beans (VE)*	Veggie Nuggets (VE)
With Balsamic Chickpea Salad (V)	Salad Bar Rainbow Bar	Salad Bar Plastic Free Lunch Day Bar	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar
27	28	Lunar New Year 29	30	
		Veggie Burger (VE) Whole Wheat Bun (VE)	Hawaiian Veggie Nuggets (V)*	Egyptian
Pineapple Pizza (V)	Chicken Tenders with Salsa (VE)	Veggie Cheeseburger (V) Whole Wheat Bun (VE)	Hawaiian	Chickpeas (VE)* Brown Rice (VE)
Round Pizza (V)	Chipotle Broccoli (V)*	Fish & Cheese Sandwich	Grilled Chicken*	Sweet and Tangy
Superhero Spinach (VE)	Seasoned Bread Knot (V)	Whole Wheat Bun Seasoned Wedge Fries (VE)	Sesame Noodles (VE) Ginger Carrots (V)	Braised Kale (V)* Empanada (V)
Salad Bar Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Rainbow Bar	Classic Toppings Bar DAILY OFFERINGS	Leafy Green Bar	Mediterranean Bar
<u>onday</u> Peanut Butter and/or unflower Seed Butter &	Sunflower Seed Butter &	<u>Wednesday</u> • Peanut Butter and/or Sunflower Seed Butter &	Sunflower Seed Butter &	<u>Friday</u>
elly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese	Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese	Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese	Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese	Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese
andwich (V)		Sandwich (V) • Tuna Sandwich		Sandwich (V) • Rainbow Wrap (VE)
<u>Milk</u> 1% Low-fat (V) Fat Free (V)	ATTENTION: All Pre-K Students CANNOT	OFNS Menus Support Seasonal Fresh Fruit and Vegetables	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit,	OFNS has an extensive Prohibitive Ingredients Lis available at:
Fat Free Chocolate (V) Alternative options are available upon request	be Offered Chocolate Milk or Cookies	when available	Mandarins, Oranges, Pears (VE)	
		aboration with OFNS and		
/egetarian Item (V) : A food iiry.	that excludes meat; it may inc	clude, but is not limited to, who	ole grains, vegetables, legumes	s, nuts, fruit, eggs, and/or





JANUARY 2025: High School Lunch Menu

	JANUART 202	5: rign Schoo		
Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	7	Mozzarella Sticks (V) with Herbed Marinara (VE) Roasted Broccoli (VE) Salad Bar Plastic Free Lunch Day Bar	Chicken Pot Pie with Buttermilk BiscuitFish Sticks with Dipping SauceHerb Roasted Potatoes (VE)Salad Bar Welcome Back Bar	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Savory Green Beans (VE) Veggie Nuggets (VE) <u>Salad Bar</u> Welcome Back Bar
Pineapple Pizza (V) Round Pizza (V) Superhero Spinach (VE) Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Chicken Tenders with Salsa (VE) Chipotle Broccoli (V)* Seasoned Bread Knot (V)	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) Fish & Cheese Sandwich Whole Wheat Bun Seasoned Wedge Fries (VE) Salad Bar Classic Toppings Bar	Hawaiian Veggie Nuggets (V)* Hawaiian Grilled Chicken* Sesame Noodles (VE) Ginger Carrots (V) <u>Salad Bar</u> Leafy Green Bar	Egyptian Chickpeas (VE)* Brown Rice (VE) Sweet and Tangy Braised Kale (V)* Empanada (V) Salad Bar Mediterranean Bar
13	14	15	16	17
Grandma's Pizza (V)* Garlic French Bread Pizza (V) Crispy Broccoli (V) <i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V) Martin Luther King Jr Day 20	BBQ Veggie Nuggets (VE)* BBQ Chicken Bites* Butternut Squash Mac & Cheese (V)* Garlicky Green Beans (VE) Salad Bar Rainbow Bar	Southwest Burrito (V) Caribbean Style Beef Patty Roasted Carrot Coins (VE) Salad Bar Classic Toppings Bar	Big City Bean Taco (VE) Soft Turkey Taco Guacamole & Salsa (VE) Cinnamon Plantains (VE)* Salad Bar Fiesta Bar	Carolina Pinto Beans (VE) Southern Seasoned Brown Rice (VE)* Roasted Cauliflower (VE) Three Cheese Grilled Cheese (V) <u>Salad Bar</u> Leafy Green Bar
Plant Powered Ranch Pizza (V)* Pizza Slice (V) Italian Roasted Carrots (VE)* Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Brunch For Lunch Egg & Cheese on a Buttermilk Biscuit (V) Fish Sticks with Dipping Sauce Herb Roasted Potatoes (VE) Salad Bar Rainbow Bar	Plastic Free Lunch DayMozzarella Sticks (V) with Herbed Marinara (VE)Fresh Broccoli and Cauliflower (VE) with Ranch Dipping SauceSalad Bar Plastic Free Lunch Day Bar	Tomato Glazed Chicken Thigh* Pasta & Peas (V)* Gremolata Marinated White Beans (VE)* Salad Bar Leafy Green Bar	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE) Veggie Nuggets (VE) <u>Salad Bar</u> Mediterranean Bar
27	28	Lunar New Year 29	30	31
Pineapple Pizza (V) Round Pizza (V) Superhero Spinach (VE) Salad Bar Pizza Bar With Balsamic	Chicken Tenders with Salsa (VE) Chipotle Broccoli (V)* Seasoned Bread Knot (V)	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) Fish & Cheese Sandwich Whole Wheat Bun Seasoned Wedge Fries (VE)	Hawaiian Veggie Nuggets (V)* Hawaiian Grilled Chicken* Sesame Noodles (VE) Ginger Carrots (V) Salad Bar	Egyptian Chickpeas (VE)* Brown Rice (VE) Sweet and Tangy Braised Kale (V)* Empanada (V) Salad Bar
Chickpea Salad (V)	Rainbow Bar	Classic Toppings Bar	Leafy Green Bar	Mediterranean Bar
Monday • 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)	<u>Tuesday</u> • 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	DAILY OFFERINGS Wednesday • 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	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese 	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) • Rainbow Wrap (VE) OFNS has an extensive
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)	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.



Office of Food & Nutrition Services NYCE Public JANUARY 2025: High School Express Cold Lunch Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
		Winter Recess 1	2	3	
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Curried Chicken Wrap Carrot Raisin Salad (V)	Hummus and Crackers (V), Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Marinated White Beans (VE)	Black Bean and Corn Wrap (VE) Savory Green Beans (VE)	
6	7	8	9	10	
Superhero Spinach Wrap (V) Chickpea & Pimento Salad (VE)	Crispy Chicken Salad Grab & Go Lemon Arugula Salad (V)	Chimichurri Chicken Wrap Basil Corn Salad (VE)	Sesame Noodle Bowl Crunchy Carrot Sticks (VE)	Chickpea Salad Wrap (VE) Kid Friendly Kale Salad (V)	
13	14	15	16	17	
Mediterranean Chickpea Wrap (VE) Seasoned Green Beans (VE)	BBQ Chicken Bite Grab & Go Salad Broccoli Salad (V)	Chicken Salad Hoagie Confetti Corn Salad (VE)	Chicken Caesar Salad with Croutons Balsamic Chickpea Salad (V)	Cilantro Pinto Bean Wrap (VE) Guacamole & Salsa (VE) Ranch Carrot Sticks (VE)	
Martin Luther King Jr Day 20	21	22	23	24	
Red White & Green Panini (V) Marinated Bean Salad (VE)	Balsamic Chicken Salad Grab & Go Classic Potato Salad (V)	Curried Chicken Wrap Cauliflower Salad (VE)	Mediterranean Chicken Pasta Salad Italian Marinated Cucumber Salad (VE)	Gremolata Marinated White Bean Grab & Go Salad (VE)* Carrot Raisin Salad (V)	

27	28	Lunar New Year 29	30	31	
Superhero Spinach Wrap (V) Chickpea & Pimento Salad (VE)	Crispy Chicken Salad Grab & Go Lemon Arugula Salad (V)	Chimichurri Chicken Wrap Basil Corn Salad (VE)	Sesame Noodle Bowl Crunchy Carrot Sticks (VE)	Chickpea Salad Wrap (VE) Kid Friendly Kale Salad (V)	
		DAILY OFFERINGS			
<u>Monday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	<u>Tuesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	<u>Thursday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) • Rainbow Wrap (VE)	
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	<u>Seasonal Fresh Fruit</u> 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. 					
				Menu subject to change. Our menus are pork free.	

	Offic	ce of Food & Nutrition Service Public Schools	-	
JANU	ARY 2025: Hig	h School Expr	ess Hot Lunch	Мерц
Monday	Tuesday	Wednesday	Thursday	Friday
wonday	Tucsuay	Winter Recess 1	2	Паау
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Mozzarella Sticks (V) with Herbed Marinara (VE) Roasted Broccoli (VE)	Fish Sticks with Dipping Sauce Buttermilk Biscuit (V) Herb Roasted Potatoes (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Savory Green Beans (VE) Veggie Nuggets (VE)
6	7	8	9	· · · · · · · · · · · · · · · · · · ·
Sicilian Slice Pizza (V) Roasted Chickpeas (VE)	Chicken Tenders With Salsa (VE) Chipotle Broccoli (V)* Seasoned Bread Knot (V)	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) Seasoned Wedge Fries (VE)	Hawaiian Grilled Chicken* Sesame Noodles (VE) Ginger Carrots (V)	Egyptian Chickpeas (VE)* Brown Rice (VE) Sweet and Tangy Braised Kale (V)* Empanada (V)
13	14	15	16	
Sicilian Slice Pizza (V) Italian Chickpeas (VE)	BBQ Chicken Bites* Butternut Squash Mac & Cheese (V)* Crispy Broccoli (V)	Caribbean Style Beef Patty Roasted Carrot Coins (VE)	Soft Turkey Taco Guacamole & Salsa (VE) Cinnamon Plantains (VE)*	Carolina Pinto Beans (VE) Southern Seasoned Brown Rice (VE)* Roasted Cauliflower (VE) Three Cheese Grilled Cheese (V)
Martin Luther King Jr Day 20	21	22	23	2
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)*	Fish Sticks with Dipping Sauce Buttermilk Biscuit (V) Herb Roasted Potatoes (VE)	Mozzarella Sticks (V) with Herbed Marinara (VE) Roasted Fresh Broccoli and Cauliflower (VE)	Tomato Glazed Chicken Thigh* Pasta & Peas (V)* Gremolata Marinated White Beans (VE)*	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Sauteed Spinach (V) Veggie Nuggets (VE)
27	28	Lunar New Year 29	30	:
Sicilian Slice Pizza (V) Roasted Chickpeas (VE)	Chicken Tenders With Salsa (VE) Chipotle Broccoli (V)* Seasoned Bread Knot (V)	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) Seasoned Wedge Fries (VE)	Hawaiian Grilled Chicken* Sesame Noodles (VE) Ginger Carrots (V)	Egyptian Chickpeas (VE)* Brown Rice (VE) Sweet and Tangy Braised Kale (V)* Empanada (V)
		DAILY OFFERINGS		
Monday Peanut Butter and/or Sunflower Seed Butter & Ielly 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)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Rainbow Wraps (VE)
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)	OFNS has an extensive Prohibitive Ingredients List available at:
	that excludes meat; it may incl		grains, vegetables, legumes, r may include, but is not limited t	
				Menu subject to change Our menus are pork free

		IYC School	S	
		2025: Food C	ourt Monu	
Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1		
WE PROUDLY SUPPORT LOCALLY SOURCED,		Fish & Cheese Sandwich Whole Wheat Bun Roasted Broccoli (VE)	Chicken Pot Pie with Buttermilk Biscuit Herb Roasted Potatoes (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Savory Green Beans (VI
GROWN, HARVESTED OR PRODUCED FOOD.		Salad Bar	Salad Bar	Salad Bar
ALL NEW YORK ITEMS E HIGHLIGHTED IN GREEN.		Plastic Free Lunch Day Bar	Welcome Back Bar	Welcome Back Bar
6		8 Veggie Burger (VE) Whole Wheat Bun (VE)	Hawaiian	Egyptian Chickpeas (VE)*
Empanada (V)	BBQ Chicken Sliders Chipotle Broccoli (V)*	Veggie Cheeseburger (V)	Grilled Chicken* Sesame Noodles (VE)	Brown Rice (VE) Sweet and Tangy
Roasted Chickpeas (VE)		Whole Wheat Bun (VE) Hot Confetti Corn (VE)	Ginger Carrots (VE)	Braised Kale (V)*
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Pizza Bar 13	Leafy Green Bar 14	Classic Toppings Bar 15	Leafy Green 16	Mediterranean Bar
Red White & Green	BBQ Chicken Bites*	Caribbean Style Beef Patty	Soft Turkey Taco	Carolina Pinto Beans (VE)
Panini (V)	Butternut Squash Mac & Cheese (V)*	Roasted Carrot Coins (VE)	Guacamole & Salsa (VE)	Southern Seasoned
Italian Chickpeas (VE)	Crispy Broccoli (V)		Cinnamon Plantains (VE)*	Brown Rice (VE)* Roasted Cauliflower (VE
Salad Bar Pizza Bar ⁄Iartin Luther King Jr Day 20	Salad Bar Rainbow Bar 21	Salad Bar Leafy Green Bar 22	Salad Bar Fiesta Bar 23	Salad Bar Leafy Green Bar
Veggie Nugget (VE) ralian Roasted Carrots (V)* Salad Bar Pizza Bar	<u>Brunch For Lunch</u> Egg & Cheese on a Buttermilk Biscuit (V) Herb Roasted Potatoes (VE) <u>Salad Bar</u> Rainbow Bar	Fish & Cheese Sandwich Whole Wheat Bun Roasted Broccoli and Cauliflower (VE) Salad Bar Classic Toppings Bar	Chicken Thigh* Pasta & Peas (V)* Gremolata Marinated White Bean (VE)* Salad Bar Leafy Green Bar	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE <u>Salad Bar</u> Mediterranean Bar
27			-	
Empanada (V) Roasted Chickpeas (VE)	BBQ Chicken Sliders Chipotle Broccoli (V)*	Veggie Burger (VE) Whole Wheat Bun (VE) Veggie Cheeseburger (V) Whole Wheat Bun (VE) Hot Confetti Corn (VE)	Hawaiian Grilled Chicken* Sesame Noodles (VE) Ginger Carrots (VE)	Egyptian Chickpeas (VE)* Brown Rice (VE) Sweet and Tangy Braised Kale (V)*
Salad Bar Pizza Bar	Salad Bar Leafy Green Bar	Salad Bar Classic Toppings Bar	Salad Bar Leafy Green	Salad Bar Mediterranean Bar
nday	Tuesday	DAILY OFFERINGS Wednesday	Thursday	Friday
izza (V) lozzarella Sticks (V) eanut Butter and/or nflower Seed Butter & ly Sandwich (VE) ummus and Crackers (V) ot or Cold Cheese ndwich (V) rab and Go Salads (V) easoned Wedge es (VE) gg and Cheese ndwiches (V)	 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) 	 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) 	 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) 	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (N Hot or Cold Cheese Sandwich (V) Grab and Go Salads (VE) Seasoned Wedge Fries (VE) Southwest Burrito (V) Rainbow Wrap (VE)
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)	OFNS has an extensive Prohibitive Ingredients L available at:
		aboration with OFNS and		
egetarian Item (V): A food			grains, vegetables, legumes, nu may include, but is not limited to	



Monday	Tuesday	Wednesday	Thursday	Friday	
		Winter Recess 1	2	3	
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)	Colby Cheese Stick (V) Fruit (VE)	Croissant (V) with Jelly (VE) Milk (V)	
6	7	8	9	10	
Honey Graham Crackers (V) Milk (V)	Colby Jack Cheese Cubes (V) Fresh Fruit (VE)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Crunchy Carrot Sticks (VE) Hummus Cup (VE)	
13	14	15	16	17	
Yogurt Choice (V) Blueberry Granola (V)	Honey Graham Biscuits (V) Milk (V)	Animal Crackers (V) Milk (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)	
Martin Luther King Jr Day 20	21	22	23	24	
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Mini Wheats (V) Milk (V)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)	Colby Cheese Stick (V) Fresh Fruit (VE)	Croissant (V) with Jelly (VE) Milk (V)	
27	28	Lunar New Year 29	30	31	
Honey	Colby Jack Cheese	Criony Tortillo ()/E)	Cheddar Cheese	Crunchy Carrot	

Graham Crackers (V)	Cubes (V)	Crispy Tortilla (VE)	Stick (V)	Sticks (VE)
Milk (V)	Fresh Fruit (VE)	Salsa (VE)	Fresh Fruit (VE)	Hummus Cup (VE)
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	All Fruit Offerings are 1 cup	<u>Seasonal Fresh Fruit</u> 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.





JANUA	RY 2025: After	School Infant	 Foddler Snac 	k Menu
Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Toasted Oats (V) Milk (V)	Yogurt Choice (V) Diced Pears (VE)	Multi-Grain Oats (VE) Milk (V)
6	7	8	9	
Soft Roll (VE) Hummus Cup (VE)	Croissant (V) Diced Peaches (VE)	Toasted Oats (V) Milk (V)	Yogurt Choice (V) Diced Pears (VE)	Fresh Banana (VE) Milk (V)
13	14	15	16	
Animal Crackers (V) Milk (V)	Yogurt Choice (V) Diced Pears (VE)	Apple Slices (VE) Milk (V)	Cucumber Slices (VE) Diced Pineapples (VE)	Multi-Grain Oats (VE) Milk (V)
Martin Luther King Jr Day 20	21	22	23	
Soft Roll (VE) Hummus Cup (VE)	Croissant (V) Diced Peaches (VE)	Toasted Oats (V) Milk (V)	Yogurt Choice (V) Diced Pears (VE)	Fresh Banana (VE) Milk (V)
27	28	Lunar New Year 29	30	
Animal Crackers (V) Milk (V)	Yogurt Choice (V) Diced Pears (VE)	Apple Slices (VE) Milk (V)	Cucumber Slices (VE) Diced Pineapples (VE)	Multi-Grain Oats (VE) Milk (V)
<u>Milk</u> Whole Milk (V) Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)		OFNS has an extensive Prohibitive Ingredients Lis available at:
Vegetarian Item (V): A food t	that excludes meat; it may incl	nts 2 years and over. Whole Mil be provided by the parent. ude, but is not limited to, whole ch as eggs, dairy, and meat; it r	grains, vegetables, legumes, r	nuts, fruit, eggs, and/or dairy
				Menu subject to change



MondayImage: Strengt of the stre	ARY 2025: A Tuesday Jy Supper Specials Nut Butter and/or ower Seed Butter & Sandwich (VE) ese Sandwich (V) mus and Crackers & Go (V) ns may vary by location 7 icken Salad Hoagie arrot Raisin Salad (V) 14	After School C Wednesday Winter Recess 1 Asian Sesame Crispy Chicken Grab & Go Broccoli Salad (V) 8 Chicken Breaded Bite Grab & Go Salad Cauliflower Salad (VE) 15	Seasoned Corn (VE) 9 Curried Chicken Wrap Kachumber (VE)	Friday Hummus and Crackers (V), Peanut Butter and/or Sunflower Seed Butter Jelly (VE) Marinated Bean Salad (VE) Superhero Spinach Wrap (V) Confetti Corn Salad (VE)
MondayImage: strain of the strain of t	Tuesday Jy Supper Specials Init Butter and/or ower Seed Butter & Sandwich (VE) ese Sandwich (V) imus and Crackers & Go (V) ins may vary by location icken Salad Hoagie arrot Raisin Salad (V) 14	Winter Recess 1 Winter Recess 1 Assian Sesame Crispy Chicken Grab & Go 8 Broccoli Salad (V) 8 Chicken Breaded Bite Grab & Go Salad 8 Cauliflower Salad (VE) 15 State 15	Thursday 2 Classic Tuna on Ciabatta Seasoned Corn (VE) 9 Curried Chicken Wrap Kachumber (VE) 16	Friday Hummus and Crackers (V), Peanut Butter and/or Sunflower Seed Butter Jelly (VE) Marinated Bean Salad (VE) Superhero Spinach Wrap (V) Confetti Corn Salad (VE)
JJWE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.Daily Seches Chees Option Grab & OptionCheese Lettuce & Tomato Wrap (V) Pinto Bean Salad (VE)Chies Cheese Pate Grab & Go (V) Crunchy Carrot Sticks (VE)Chies Chies Cheese Cheese Chies Chies Chies Cheese Chies Cheese 	<i>ly Supper Specials</i> nut Butter and/or ower Seed Butter & Sandwich (VE) ese Sandwich (V) nuus and Crackers & Go (V) ns may vary by location 7 icken Salad Hoagie arrot Raisin Salad (V) 14 icken Tender Wrap	Winter Recess 1 Asian Sesame Crispy Chicken Grab & Go 8 Broccoli Salad (V) 8 Chicken Breaded Bite Grab & Go Salad Cauliflower Salad (VE) 15 15 Chopped Salad	2 Classic Tuna on Ciabatta Seasoned Corn (VE) 9 Curried Chicken Wrap Kachumber (VE) 16	Hummus and Crackers (V), Peanut Butter and/or Sunflower Seed Butter Jelly (VE) Marinated Bean Salad (VE) Superhero Spinach Wrap (V) Confetti Corn Salad (VE)
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OD, ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.Pean Suffor Chees Chees Chees Cheese Lettuce & Tomato Wrap (V) Pinto Bean Salad (VE)Option Cheese Plate Grab & Go (V)13Cheese Plate Grab & Go (V) Crunchy Carrot Sticks (VE)Chie Cheese Cheese Cheese Cheese Cheese Cheese	nut Butter and/or ower Seed Butter & Sandwich (VE) ese Sandwich (V) mus and Crackers & Go (V) ins may vary by location 7 icken Salad Hoagie arrot Raisin Salad (V) 14 icken Tender Wrap	Chicken Grab & Go Broccoli Salad (V) 8 Chicken Breaded Bite Grab & Go Salad Cauliflower Salad (VE) 15 Chopped Salad	on Ciabatta Seasoned Corn (VE) 9 Curried Chicken Wrap Kachumber (VE) 16 Classic Tuna	Crackers (V), Peanut Butter and/or Sunflower Seed Butter Jelly (VE) Marinated Bean Salad (VE) Superhero Spinach Wrap (V) Confetti Corn Salad (VE)
Cheese Lettuce & Tomato Wrap (V)Chie CaPinto Bean Salad (VE)131313Cheese Plate Grab & Go (V)Chie ClaCrunchy Carrot Sticks (VE)Cla	icken Salad Hoagie arrot Raisin Salad (V) 14 icken Tender Wrap	Chicken Breaded Bite Grab & Go Salad Cauliflower Salad (VE) 15 Chopped Salad	Curried Chicken Wrap Kachumber (VE) 16 Classic Tuna	Superhero Spinach Wrap (V) Confetti Corn Salad (VE)
Tomato Wrap (V)ChiePinto Bean Salad (VE)Ca1313Cheese Plate Grab & Go (V)ChieCrunchy Carrot Sticks (VE)Cla	arrot Raisin Salad (V) 14 icken Tender Wrap	Bite Grab & Go Salad Cauliflower Salad (VE) 15 Chopped Salad	Kachumber (VE) 16 Classic Tuna	Wrap (V) Confetti Corn Salad (VE) Chickpeas with Basil
Cheese Plate Grab & Go (V) Cla Crunchy Carrot Sticks (VE)	icken Tender Wrap	Chopped Salad	Classic Tuna	Chickpeas with Basil
Grab & Go (V) Chi Crunchy Carrot Sticks (VE)		• •		•
Martin Luther King Jr Day 20		Italian Marinated Cucumber Salad (VE)	Cilantro Black Bean Salad (VE)	Pesto Wrap (V) Green Garden Salad (VE)
,	21	22	23	
Wrap (VE) Br	Caesar Chicken readed Bite Wrap anch Carrot Sticks (V)	Asian Sesame Crispy Chicken Grab & Go Broccoli Salad (V)	Chipotle Chicken Wrap Basil Corn Salad (V)	Eggless Egg Salad Sandwich (VE) Fresh Tomato Salad (V)
27	28	Lunar New Year 29	30	
Tomato Wrap (V)	icken Salad Hoagie arrot Raisin Salad (V)	Chicken Breaded Bite Grab & Go Salad Cauliflower Salad (VE)	Curried Chicken Wrap Kachumber (VE)	Superhero Spinach Wrap (V) Confetti Corn Salad (VE)
		OFFERED DAILY		OENS has an extensive
	FNS Menus Support asonal Fresh Fruit and Vegetables when available	Assorted Dressings	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)	OFNS has an extensive Prohibitive Ingredients Lis available at:



Office of Food & Nutrition Services					
JA	NUARY 2025:	After School H	lot Supper Me	nu	
Monday	Tuesday	Wednesday	Thursday	Friday	
	j	Winter Recess 1	2	_	
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Supper Specials • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) Options may vary by location	Stewed Black Beans (VE) Sweet Plantains (VE) Brown Rice (VE)	Hamburgers Whole Wheat Bun Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE)	Pizza (V) Seasoned Peas (VE)	
6	7	8	9	10	
Mozzarella Sticks (V) with Herbed Marinara (VE) Garlicy Green Beans (VE)	BBQ Chicken Sliders Classic Coleslaw (V)	Three Bean Chili Cheese Fries (V) Corn Bread (V)	Chicken Bites Corn, Peas, Carrots (VE) Dinner Roll (V)	Pizza (V) Seasoned Wedge Fries (VE)	
13	14	15	16	17	
Three Cheese Grilled Cheese (V) Honey Diced Sweet Potatoes (V)	Caprese Chicken Sandwich Seasoned Peas (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE)	Chicken Tenders Seasoned Wedge Fries (VE) Garlic Knot (V)	Pizza (V) Broccoli with Roasted Garlic (VE)	
Martin Luther King Jr Day 20	21	22	23	24	
Southwest Burrito (V) Confetti Corn (VE)	Hamburgers Whole Wheat Bun Cheeseburgers Whole Wheat Bun Baked Sweet Potato Wedge Fries (VE)	Stewed Black Beans (VE) Sweet Plantains (VE) Brown Rice (VE)	Fish & Cheese Sandwich Mixed Green Salad (V)	Pizza (V) Parmigiana Roasted Cauliflower (V)	
27	28	Lunar New Year 29	30	31	
Mozzarella Sticks (V) with Herbed Marinara (VE) Garlicy Green Beans (VE)	BBQ Chicken Sliders Classic Coleslaw (V)	Three Bean Chili Cheese Fries (V) Corn Bread (V)	Chicken Bites Corn, Peas, Carrots (VE) Dinner Roll (V)	Pizza (V) Seasoned Wedge Fries (VE)	
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	OFFERED DAILY	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)	OFNS has an extensive Prohibitive Ingredients List available at:	
	l that excludes meat; it may inc at excludes animal products, su				

		ce of Food & Nutrition Service	-			
	ARY 2025: Afte					
Monday	Tuesday	Wednesday Winter Recess 1	Thursday	Friday		
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Supper Specials • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) Options may vary by location	Stewed Black Beans (VE) Sweet Plantains (VE) Brown Rice (VE)	Empanada (V) Seasoned Wedge Fries (VE)	Pizza (V) Seasoned Peas (VE)		
6	7	8	9	10		
Mozzarella Sticks (V) with Herbed Marinara (VE) Garlicy Green Beans (VE)	BBQ Veggie Burger Whole Wheat Bun (VE) Classic Coleslaw (V)	Three Bean Chili Cheese Fries (V) Corn Bread (V)	Veggie Nuggets (VE) Corn, Peas, Carrots (VE) Dinner Roll (V)	Pizza (V) Seasoned Wedge Fries (VE)		
13	14	15	16	17		
Three Cheese Grilled Cheese (V) Honey Diced Sweet Potatoes (V)	Superhero Spinach Wrap (V) Seasoned Wedge Fries (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE)	Spinach & Cheese Quesadilla (V) Seasoned Peas (VE)	Pizza (V) Broccoli with Roasted Garlic (VE)		
Martin Luther King Jr Day 20	21	22	23	24		
Southwest Burrito (V) Confetti Corn (VE)	Red White and Green Panini (V) Baked Sweet Potato Wedge Fries (VE)	Stewed Black Beans (VE) Sweet Plantains (VE) Brown Rice (VE)	Empanada (V) Green Garden Salad (VE)	Pizza (V) Parmigiana Roasted Cauliflower (V)		
27	28	Lunar New Year 29	30	31		
Mozzarella Sticks (V) with Herbed Marinara (VE) Garlicy Green Beans (VE)	BBQ Veggie Burger Whole Wheat Bun (VE) Classic Coleslaw (V)	Three Bean Chili Cheese Fries (V) Corn Bread (V)	Veggie Nuggets (VE) Corn, Peas, Carrots (VE) Dinner Roll (V)	Pizza (V) Seasoned Wedge Fries (VE)		
		OFFERED DAILY				
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)	OFNS has an extensive Prohibitive Ingredients List available at:		
dairy.	d that excludes meat; it may inc at excludes animal products, su nd/or fruit.					



Office of Food & Nutrition Services



JANUARY 2025: Saturday Cold Morning Snack Menu

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

<u>Milk</u> 1% Low-fat (V) OFNS has an extensive Prohibitive Ingredients List available at:

Seasonal Fresh Fruit

Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)



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 DCC Public Schools JANUARY 2025: Saturday Hot Morning Snack Menu						
Saturday	Saturday	Saturday	Saturday	Saturday		
4	11	18	25	-		
Buttermilk Pancakes (V) Fresh Fruit (VE)	Rise and Shine Waffles (V) Fresh Fruit (VE)	French Toast Sticks (V) Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Fresh Fruit (VE)			
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		

<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request OFNS has an extensive Prohibitive Ingredients List available at:

Seasonal Fresh Fruit

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



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 NCC Public Schools JANUARY 2025: Saturday Cold Lunch Menu						
Saturday	Saturday	Saturday	Saturday	Saturday		
4	11	18	25			
Assorted Cold Sandwiches and Wraps	Assorted Cold Sandwiches and Wraps	Assorted Cold Sandwiches and Wraps	Assorted Cold Sandwiches and Wraps			
Seasoned Corn (VE)	Classic Potato Salad (V)	Ranch Carrot Snackers (V)	Broccoli Salad (V)			
Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)			
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		

Milk 1% Low-fat (V) **OFFERED DAILY**

OFNS has an extensive Prohibitive Ingredients List available at:

Seasonal Fresh Fruit

Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request

Assorted Dressings

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



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

Milk

OFNS has an extensive Prohibitive Ingredients List _____available at:

Seasonal Fresh Fruit

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

Assorted Dressings

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



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.

