



MARCH 2023: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE) French Toast (VE)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V) Turkey Sausage Hot Oatmeal (V) Fresh Apples (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
6	7	8	9	10
<p>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Tasty Waffles (V) Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Turkey Sausage With Cheese on a Buttermilk Biscuit Hot Oatmeal (V) New York Apples Slices (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p>Honey Corn Breakfast Bread (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>French Toast Sticks (V) Turkey Sausage Hot Oatmeal (V) Fresh Apples (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
20	21	22	23	24
<p>Banana Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V) Turkey Sausage Hot Oatmeal (V) Fresh Apples (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
27	28	29	30	31
<p>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Tasty Waffles (V) Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Turkey Sausage With Cheese on a Buttermilk Biscuit Hot Oatmeal (V) New York Apples Slices (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p>	<p>OFFERED DAILY</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) Oat Circles (VE) Cinnamon Flakes (VE)</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Oranges, Bananas, and Pears</p> <p>Condiments Syrup</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
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



MARCH 2023: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) French Toast (VE)</p> <p>Breakfast Bar Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (V) New York Yogurts (V)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V)</p> <p>Turkey Sausage</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>Fresh Apples (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
6	7	8	9	10
<p>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Tasty Waffles (V)</p> <p>Breakfast Bar</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Turkey Sausage With Cheese on a Buttermilk Biscuit</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>New York Apples Slices (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p>Honey Corn Breakfast Bread (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Breakfast Bar</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>French Toast Sticks (V)</p> <p>Turkey Sausage</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>Fresh Apples (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
20	21	22	23	24
<p>Banana Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Mini Blueberry Waffles (V)</p> <p>Breakfast Bar</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V)</p> <p>Turkey Sausage</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>Fresh Apples (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
27	28	29	30	31
<p>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Tasty Waffles (V)</p> <p>Breakfast Bar</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Turkey Sausage With Cheese on a Buttermilk Biscuit</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p>New York Apples Slices (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

Breakfast After the Bell
Grab and Go

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

Options may vary
by location

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

Seasonal Fresh Fruit
Apples, Apple Slices,
Oranges, Bananas, and
Pears

Condiments
Syrup

OFNS has an extensive
Prohibitive Ingredients List
available at:



ATTENTION:

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



MARCH 2023: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Fresh Apples (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
6	7	8	9	10
<p>Honey Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Raisins (VE)</p>	<p>Whole Grain Croissant (V)</p> <p>served with Jelly (VE)</p> <p>Granola Bars (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p>Frosted Mini Wheats (V)</p> <p>Honey Graham Cracker (V)</p> <p>Strawberry Banana Applesauce (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
20	21	22	23	24
<p>Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Strawberry Banana Apple Sauce (VE)</p>	<p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Fresh Apples (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
27	28	29	30	31
<p>Honey Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Raisins (VE)</p>	<p>Whole Grain Croissant (V)</p> <p>served with Jelly (VE)</p> <p>Granola Bars (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

Breakfast After the Bell
Grab and Go

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

Options may vary
by location

Cold Cereal Choices

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

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Bananas, and
Pears

Condiments

Syrup

OFNS has an extensive
Prohibitive Ingredients List
available at:



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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

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



MARCH 2023: Pre-K - 8 Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE) French Toast (VE)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V) Hot Oatmeal (V) Fresh Apples (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
6	7	8	9	10
<p>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Tasty Waffles (V) Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Croissant (V) served with Jelly (VE) Hot Oatmeal (V) Fresh Apples (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p>Honey Corn Breakfast Bread (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>French Toast Sticks (V) Hot Oatmeal (V) Fresh Apples (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
20	21	22	23	24
<p>Banana Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V) Hot Oatmeal (V) Fresh Apples (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
27	28	29	30	31
<p>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Tasty Waffles (V) Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</p>	<p>Croissant (V) served with Jelly (VE) Hot Oatmeal (V) Fresh Apples (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p>	<p>OFFERED DAILY</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) Oat Circles (VE) Cinnamon Flakes (VE)</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Oranges, Bananas, and Pears</p> <p>Condiments Syrup</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
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



MARCH 2023: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	<p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Croissant (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
		6	7	8
<p>Blueberry Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
13	14	15	16	17
<p>Blueberry Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
20	21	22	23	24
<p>Blueberry Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
27	28	29	30	31
<p>Blueberry Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

Seasonal Fresh Fruit
Apples, Apple Slices, Oranges, Bananas, and Pears

Condiments
Syrup

Options may vary by location

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

Assorted Yogurts

Alternate Fruit
Peaches, Pineapples
Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List available at:



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

ATTENTION:

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



MARCH 2023: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	Caribbean Style Beef Patty Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE) Salad Bar Pickles, Lettuce and Tomato (VE)	Roasted Chicken Thigh Grab and Go Salad Crispy Broccoli (V) Buttermilk Biscuit (V) Fresh Apples (VE) Salad Bar Black Bean & Corn Salad (VE)	Three Bean Chili (VE) served with Rice (VE) Southwest Burrito (V) Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) Guacamole (VE) Salad Bar Spinach, Tomato, Red Pepper Salad (V)
6	7	8	9	10
Plastic Free Lunch Day Cheesy Garlic Pizza (V) Fresh Broccoli Florets (VE) Salad Bar Veggie Dippers (VE)	Chicken Fajitas Street Style Corn (V) Cilantro Black Bean Salad (VE) Salad Bar Kid Friendly Kale Salad (V)	Mozzarella Sticks (V) with marinara sauce (VE) Pasta Primavera (VE) Green Garden Salad (VE) Salad Bar Chef Choice Bean Salad (V)	Roasted Chicken Drumsticks Grab and Go Salad Crisp Sweet Potato Waffle Fries (VE) Soft Dinner Roll (V) Fresh Apples (VE) Salad Bar Strawberry Cucumber Salad (V)	Sweet Potato Gumbo (VE) served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V) Salad Bar Broccoli Salad (V)
13	14	15	16	17
Classic Pizza Slice (V) Parmigiana Spinach (V) Salad Bar Kale Caesar Salad (V)	Crispy Chicken Tenders With Dipping Sauce Seasoned Wedge Fries (VE) Garlic Knot (V) Salad Bar Carrot Raisin Salad (V)	Turkey Quesadilla Sweet Roasted Plantains (VE) Crispy Tortillas (VE) Served with Salsa (VE) Guacamole (VE) Salad Bar Confetti Corn Salad (VE)	Country Chicken with Gravy on Kaiser Roll Grab & Go Salad Corn, Peas, Carrots (VE) New York Apples Slices (VE) New York Cookie Treat (V) Salad Bar Lemon Arugula Salad (V)	BBQ Veggie Burger (VE) Whole Wheat Bun 3 Cheese Grilled Cheese (V) Baked Beans (VE) Glazed Carrots (VE) Salad Bar Cilantro Healthy Coleslaw (V)
20	21	22	23	24
Sicilian Slice Pizza (V) Balsamic Chickpea Salad (V) Salad Bar Italian Classic Salad (VE)	Teriyaki Veggie Nuggets (VE) Chicken Dumplings Veggie Ginger Soy Rice (VE) Garlicky Green Bean (VE) Salad Bar Asian Red Cabbage Slaw (V)	Caribbean Style Beef Patty Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE) Salad Bar Pickles, Lettuce and Tomato (VE)	Roasted Chicken Thigh Grab and Go Salad Crispy Broccoli (V) Buttermilk Biscuit (V) Fresh Apples (VE) Salad Bar Black Bean & Corn Salad (VE)	Three Bean Chili (VE) served with Rice (VE) Southwest Burrito (V) Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) Guacamole (VE) Salad Bar Spinach, Tomato, Red Pepper Salad (V)
27	28	29	30	31
Cheesy Garlic Pizza (V) Fresh Broccoli Florets (VE) Salad Bar Veggie Dippers (VE)	Chicken Fajitas Street Style Corn (V) Cilantro Black Bean Salad (VE) Salad Bar Kid Friendly Kale Salad (V)	Mozzarella Sticks (V) with marinara sauce (VE) Pasta Primavera (VE) Green Garden Salad (VE) Salad Bar Chef Choice Bean Salad (V)	Roasted Chicken Drumsticks Grab and Go Salad Crisp Sweet Potato Waffle Fries (VE) Soft Dinner Roll (V) Fresh Apples (VE) Salad Bar Strawberry Cucumber Salad (V)	Sweet Potato Gumbo (VE) served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V) Salad Bar Broccoli Salad (V)
<ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V) 	<ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (V) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Bananas, and Pears

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2023: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	Chicken Caesar Wrap Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) New York Apples Slices (VE)	Black Bean and Corn Grab & Go Salad (VE) Salsa (VE) Italian Marinated Cucumber Salad (VE) Cheese Sandwich (V)
6	7	8	9	10
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	Balsamic Chicken Grab and Go Salad Confetti Corn Salad (VE)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V) Lemon Arugula Salad (V)	Assorted Cold Sandwiches and Wraps Cilantro Healthy Coleslaw (V) New York Apples Slices (VE)	Italian Veggie Grab & Go Salad (VE) White Bean Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
13	14	15	16	17
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Broccoli Salad (V) New York Apples Slices (VE) New York Cookie Treat (V)	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)
20	21	22	23	24
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Ranch Carrot Sticks (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chicken Caesar Wrap Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) New York Apples Slices (VE)	Black Bean and Corn Grab & Go Salad (VE) Salsa (VE) Italian Marinated Cucumber Salad (VE) Cheese Sandwich (V)
27	28	29	30	31
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	Balsamic Chicken Grab and Go Salad Confetti Corn Salad (VE)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V) Lemon Arugula Salad (V)	Assorted Cold Sandwiches and Wraps Cilantro Healthy Coleslaw (V) New York Apples Slices (VE)	Italian Veggie Grab & Go Salad (VE) White Bean Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches	Friday • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Cheese Sandwich (V)

OFFERED DAILY

Milk*
 1% Low-fat
 Fat Free
 Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
 Seasonal Fresh Fruit and
 Vegetables
 when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
 Oranges, Bananas, and
 Pears

OFNS has an extensive
 Prohibitive Ingredients List
 available at:



ATTENTION:

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



MARCH 2023: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	Caribbean Style Beef Patty Seasoned Wedge Fries (VE) Ranch Carrot Snackers (V)	Roasted Chicken Thigh Crispy Broccoli (V) Buttermilk Biscuit (V) Fresh Apples (VE)	Veggie Nuggets (VE) with Dipping Sauce Southwest Burrito (V) Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE)
6	7	8	9	10
Sicilian Slice Pizza (V) White Bean Salad (VE) Roasted Fresh Broccoli (VE)	Hamburgers Cheeseburgers Whole Wheat Bun Home Fries (V)	Mozzarella Sticks (V) with marinara sauce (VE) Confetti Corn (VE) Garlic Knot (V)	Roasted Chicken Drumsticks Crisp Sweet Potato Waffle Fries (VE) Soft Dinner Roll (V) New York Apples Slices (VE)	Sweet Potato Gumbo (VE) Served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V)
13	14	15	16	17
Sicilian Slice Pizza (V) Parmigiana Spinach (V)	Crispy Chicken Tenders With Dipping Sauce Seasoned Wedge Fries (VE) Garlic Knot (V)	Manicotti (V) with Marinara Sauce (VE) Hot Marinated Bean Salad (VE)	Country Chicken with Gravy on Kaiser Roll Corn, Peas, Carrots (VE) Sweet Roasted Plantains (VE) New York Cookie Treat (V)	BBQ Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun 3 Cheese Grilled Cheese (V) Glazed Carrots (VE)
20	21	22	23	24
Sicilian Slice Pizza (V) Balsamic Chickpea Salad (V)	Chicken Dumplings Veggie Ginger Soy Rice (VE) Garlincy Green Bean (VE)	Caribbean Style Beef Patty Seasoned Wedge Fries (VE) Ranch Carrot Snackers (V)	Roasted Chicken Thigh Crispy Broccoli (V) Buttermilk Biscuit (V) Fresh Apples (VE)	Veggie Nuggets (VE) with Dipping Sauce Southwest Burrito (V) Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE)
27	28	29	30	31
Sicilian Slice Pizza (V) White Bean Salad (VE) Roasted Fresh Broccoli (VE)	Hamburgers Cheeseburgers Whole Wheat Bun Home Fries (V)	Mozzarella Sticks (V) with marinara sauce (VE) Confetti Corn (VE) Garlic Knot (V)	Roasted Chicken Drumsticks Crisp Sweet Potato Waffle Fries (VE) Soft Dinner Roll (V) New York Apples Slices (VE)	Sweet Potato Gumbo (VE) Served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V)
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches	Friday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

Milk*

Whole Milk

*Alternative options are available upon request

OFNS Menu Support
 Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Bananas, and Pears

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2023: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	Mediterranean Chickpea with Pasta (VE) Grab & Go Salad Crispy Broccoli (V) Dinner Roll (V) <i>Salad Bar</i> Kid Friendly Kale Salad (V)	Zucchini Parmesan Hero (V) Seasoned Wedge Fries (VE) Fresh Apples (VE) New York Cookie Treat (V) <i>Salad Bar</i> Veggie Cup (VE)	Three Bean Chili (VE) served with Rice (VE) Southwest Burrito (V) Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) Guacamole (VE) <i>Salad Bar</i> Spinach, Tomato, Red Pepper Salad (V)
6	7	8	9	10
<p><i>Plastic Free Lunch Day</i></p> Cheesy Garlic Pizza (V) Fresh Broccoli Florets (VE) <i>Salad Bar</i> Veggie Dippers (VE)	White Bean and Pasta Primavera (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) <i>Salad Bar</i> Greek Zucchini Salad (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Green Garden Salad (VE) <i>Salad Bar</i> Chef Choice Bean Salad (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) <i>Salad Bar</i> Cilantro Healthy Coleslaw (V)	Sweet Potato Gumbo (VE) Served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V) <i>Salad Bar</i> Broccoli Salad (V)
13	14	15	16	17
Classic Pizza Slice (V) Parmigiana Spinach (V) <i>Salad Bar</i> Kale Caesar Salad (V)	Zesty Chickpea Stew (VE) Grab and Go Salad Slow Roasted Baby Carrots (V) Buttermilk Biscuit (V) <i>Salad Bar</i> Carrot Raisin Salad (V)	Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE) Guacamole (VE) <i>Salad Bar</i> Confetti Corn Salad (VE)	Manicotti (V) with Marinara Sauce (VE) Corn, Peas and Carrots (VE) Green Garden Salad (VE) <i>Salad Bar</i> Lemon Arugula Salad (V)	BBQ Veggie Burger (VE) Whole Wheat Bun (V) 3 Cheese Grilled Cheese (V) Seasoned Wedge Fries (VE) Glazed Carrots (VE) <i>Salad Bar</i> Strawberry Cucumber Salad (V)
20	21	22	23	24
Sicilian Slice Pizza (V) Balsamic Chickpea Salad (V) <i>Salad Bar</i> Italian Classico Salad (VE)	Teriyaki Veggie Nuggets (VE) Veggie Ginger Soy Rice (VE) Garlicky Green Bean (VE) <i>Salad Bar</i> Asian Red Cabbage Slaw (V)	Mediterranean Chickpea with Pasta (VE) Grab & Go Salad Crispy Broccoli (V) Dinner Roll (V) <i>Salad Bar</i> Kid Friendly Kale Salad (V)	Zucchini Parmesan Hero (V) Seasoned Wedge Fries (VE) Fresh Apples (VE) New York Cookie Treat (V) <i>Salad Bar</i> Black Bean & Corn Salad (VE)	served with Rice (VE) Southwest Burrito (V) Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) Guacamole (VE) <i>Salad Bar</i> Spinach, Tomato, Red Pepper Salad (V)
27	28	29	30	31
Cheesy Garlic Pizza (V) Fresh Broccoli Florets (VE) <i>Salad Bar</i> Veggie Dippers (VE)	White Bean and Pasta Primavera (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) <i>Salad Bar</i> Greek Zucchini Salad (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Green Garden Salad (VE) <i>Salad Bar</i> Chef Choice Bean Salad (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) <i>Salad Bar</i> Cilantro Healthy Coleslaw (V)	Sweet Potato Gumbo (VE) Served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V) <i>Salad Bar</i> Broccoli Salad (V)
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	Friday • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Bananas, and Pears

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2023: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Daily Lunch Specials • Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna Options may vary by location	 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	100% Beef Hamburgers & Cheeseburgers Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (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
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (VE) Soft Roll (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (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
Fish & Cheese Sandwich Broccoli With Garlic & Oil (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
20	21	22	23	24
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (VE) Soft Roll (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (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	29	30	31
Fish & Cheese Sandwich Broccoli With Garlic & Oil (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)

OFFERED DAILY

Milk*
 1% Low-fat
 Fat Free
 Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
 Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
 (VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Bananas, and Pears

OFNS has an extensive Prohibitive Ingredients List available at:



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



MARCH 2023: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	Caribbean Style Beef Patty Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Roasted Chicken Thigh Grab and Go Salad Crispy Broccoli (V) Buttermilk Biscuit (V) Fresh Apples (VE) <i>Salad Bar</i> Black Bean & Corn Salad (VE)	Three Bean Chili (VE) served with Rice (VE) Southwest Burrito (V) Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) Guacamole (VE) <i>Salad Bar</i> Spinach, Tomato, Red Pepper Salad (V)
6	7	8	9	10
<i>Plastic Free Lunch Day</i> Cheesy Garlic Pizza (V) Fresh Broccoli Florets (VE) <i>Salad Bar</i> Veggie Dippers (VE)	Chicken Fajitas Street Style Corn (V) Cilantro Black Bean Salad (VE) <i>Salad Bar</i> Kid Friendly Kale Salad (V)	Mozzarella Sticks (V) with marinara sauce (VE) Pasta Primavera (VE) Green Garden Salad (VE) <i>Salad Bar</i> Chef Choice Bean Salad (V)	Roasted Chicken Drumsticks Grab and Go Salad Crisp Sweet Potato Waffle Fries (VE) Soft Dinner Roll (V) Fresh Apples (VE) <i>Salad Bar</i> Strawberry Cucumber Salad (V)	Sweet Potato Gumbo (VE) served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V) <i>Salad Bar</i> Broccoli Salad (V)
13	14	15	16	17
Classic Pizza Slice (V) Parmigiana Spinach (V) <i>Salad Bar</i> Kale Caesar Salad (V)	Crispy Chicken Tenders With Dipping Sauce Seasoned Wedge Fries (VE) Garlic Knot (V) <i>Salad Bar</i> Carrot Raisin Salad (V)	Turkey Quesadilla Sweet Roasted Plantains (VE) Crispy Tortillas (VE) Served with Salsa (VE) Guacamole (VE) <i>Salad Bar</i> Confetti Corn Salad (VE)	Country Chicken with Gravy on Kaiser Roll Grab & Go Salad Corn, Peas, Carrots (VE) New York Apples Slices (VE) New York Cookie Treat (V) <i>Salad Bar</i> Lemon Arugula Salad (V)	BBQ Veggie Burger (VE) Whole Wheat Bun 3 Cheese Grilled Cheese (V) Baked Beans (VE) Glazed Carrots (VE) <i>Salad Bar</i> Cilantro Healthy Coleslaw (V)
20	21	22	23	24
Sicilian Slice Pizza (V) Balsamic Chickpea Salad (V) <i>Salad Bar</i> Italian Classico Salad (VE)	Teriyaki Veggie Nuggets (VE) Chicken Dumplings Veggie Ginger Soy Rice (VE) Garlincy Green Bean (VE) <i>Salad Bar</i> Asian Red Cabbage Slaw (V)	Caribbean Style Beef Patty Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Roasted Chicken Thigh Grab and Go Salad Crispy Broccoli (V) Buttermilk Biscuit (V) Fresh Apples (VE) <i>Salad Bar</i> Black Bean & Corn Salad (VE)	Three Bean Chili (VE) served with Rice (VE) Southwest Burrito (V) Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) Guacamole (VE) <i>Salad Bar</i> Spinach, Tomato, Red Pepper Salad (V)
27	28	29	30	31
Cheesy Garlic Pizza (V) Fresh Broccoli Florets (VE) <i>Salad Bar</i> Veggie Dippers (VE)	Chicken Fajitas Street Style Corn (V) Cilantro Black Bean Salad (VE) <i>Salad Bar</i> Kid Friendly Kale Salad (V)	Mozzarella Sticks (V) with marinara sauce (VE) Pasta Primavera (VE) Green Garden Salad (VE) <i>Salad Bar</i> Chef Choice Bean Salad (V)	Roasted Chicken Drumsticks Grab and Go Salad Crisp Sweet Potato Waffle Fries (VE) Soft Dinner Roll (V) Fresh Apples (VE) <i>Salad Bar</i> Strawberry Cucumber Salad (V)	Sweet Potato Gumbo (VE) served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V) <i>Salad Bar</i> Broccoli Salad (V)
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Friday • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Bananas, and Pears

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2023: High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	Caribbean Style Beef Patty Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE) Salad Bar Pickles, Lettuce and Tomato (VE)	Roasted Chicken Thigh Grab and Go Salad Crispy Broccoli (V) Buttermilk Biscuit (V) Fresh Apples (VE) Salad Bar Black Bean & Corn Salad (VE)	Three Bean Chili (VE) served with Rice (VE) Southwest Burrito (V) Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) Guacamole (VE) Salad Bar Spinach, Tomato, Red Pepper Salad (V)
6	7	8	9	10
Plastic Free Lunch Day Cheesy Garlic Pizza (V) Fresh Broccoli Florets (VE) Salad Bar Veggie Dippers (VE)	Chicken Fajitas Street Style Corn (V) Cilantro Black Bean Salad (VE) Salad Bar Kid Friendly Kale Salad (V)	Mozzarella Sticks (V) with marinara sauce (VE) Pasta Primavera (VE) Green Garden Salad (VE) Salad Bar Chef Choice Bean Salad (V)	Roasted Chicken Drumsticks Grab and Go Salad Crisp Sweet Potato Waffle Fries (VE) Soft Dinner Roll (V) Fresh Apples (VE) Salad Bar Strawberry Cucumber Salad (V)	Sweet Potato Gumbo (VE) served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V) Salad Bar Broccoli Salad (V)
13	14	15	16	17
Classic Pizza Slice (V) Parmigiana Spinach (V) Salad Bar Kale Caesar Salad (V)	Crispy Chicken Tenders With Dipping Sauce Seasoned Wedge Fries (VE) Garlic Knot (V) Salad Bar Carrot Raisin Salad (V)	Turkey Quesadilla Sweet Roasted Plantains (VE) Crispy Tortillas (VE) Served with Salsa (VE) Guacamole (VE) Salad Bar Confetti Corn Salad (VE)	Country Chicken with Gravy on Kaiser Roll Grab & Go Salad Corn, Peas, Carrots (VE) New York Apples Slices (VE) New York Cookie Treat (V) Salad Bar Lemon Arugula Salad (V)	BBQ Veggie Burger (VE) Whole Wheat Bun 3 Cheese Grilled Cheese (V) Baked Beans (VE) Glazed Carrots (VE) Salad Bar Cilantro Healthy Coleslaw (V)
20	21	22	23	24
Sicilian Slice Pizza (V) Balsamic Chickpea Salad (V) Salad Bar Italian Classic Salad (VE)	Teriyaki Veggie Nuggets (VE) Chicken Dumplings Veggie Ginger Soy Rice (VE) Garlicky Green Bean (VE) Salad Bar Asian Red Cabbage Slaw (V)	Caribbean Style Beef Patty Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE) Salad Bar Pickles, Lettuce and Tomato (VE)	Roasted Chicken Thigh Grab and Go Salad Crispy Broccoli (V) Buttermilk Biscuit (V) Fresh Apples (VE) Salad Bar Black Bean & Corn Salad (VE)	Three Bean Chili (VE) served with Rice (VE) Southwest Burrito (V) Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) Guacamole (VE) Salad Bar Spinach, Tomato, Red Pepper Salad (V)
27	28	29	30	31
Cheesy Garlic Pizza (V) Fresh Broccoli Florets (VE) Salad Bar Veggie Dippers (VE)	Chicken Fajitas Street Style Corn (V) Cilantro Black Bean Salad (VE) Salad Bar Kid Friendly Kale Salad (V)	Mozzarella Sticks (V) with marinara sauce (VE) Pasta Primavera (VE) Green Garden Salad (VE) Salad Bar Chef Choice Bean Salad (V)	Roasted Chicken Drumsticks Grab and Go Salad Crisp Sweet Potato Waffle Fries (VE) Soft Dinner Roll (V) Fresh Apples (VE) Salad Bar Strawberry Cucumber Salad (V)	Sweet Potato Gumbo (VE) served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V) Salad Bar Broccoli Salad (V)
<ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V) 	<ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Bananas, and Pears

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2023: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	Chicken Caesar Wrap Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) New York Apples Slices (VE)	Black Bean and Corn Grab & Go Salad (VE) Salsa (VE) Italian Marinated Cucumber Salad (VE) Cheese Sandwich (V)
6	7	8	9	10
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	Balsamic Chicken Grab and Go Salad Confetti Corn Salad (VE)	Curried Chicken Wrap Dipping Sauce Lemon Arugula Salad (V)	Assorted Cold Sandwiches and Wraps Cilantro Healthy Coleslaw (V) New York Apples Slices (VE)	Italian Veggie Grab & Go Salad (VE) White Bean Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
13	14	15	16	17
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Broccoli Salad (V) New York Apples Slices (VE) New York Cookie Treat (V)	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)
20	21	22	23	24
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Ranch Carrot Sticks (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chicken Caesar Wrap Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) New York Apples Slices (VE)	Black Bean and Corn Grab & Go Salad (VE) Salsa (VE) Italian Marinated Cucumber Salad (VE) Cheese Sandwich (V)
27	28	29	30	31
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	Balsamic Chicken Grab and Go Salad Confetti Corn Salad (VE)	Curried Chicken Wrap Dipping Sauce Lemon Arugula Salad (V)	Assorted Cold Sandwiches and Wraps Cilantro Healthy Coleslaw (V) New York Apples Slices (VE)	Italian Veggie Grab & Go Salad (VE) White Bean Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches	Friday • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Cheese Sandwich (V)

OFFERED DAILY

Milk*
 1% Low-fat
 Fat Free
 Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
 Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Bananas, and Pears

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2023: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	Caribbean Style Beef Patty Seasoned Wedge Fries (VE)	Roasted Chicken Thigh Crispy Broccoli (V) Buttermilk Biscuit (V) Fresh Apples (VE)	Veggie Nuggets (VE) with Dipping Sauce Southwest Burrito (V) Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE)
6	7	8	9	10
Sicilian Slice Pizza (V) White Bean Salad (VE)	Hamburgers Cheeseburgers Whole Wheat Bun Home Fries (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Fresh Broccoli (VE) Garlic Knot (V)	Roasted Chicken Drumsticks Crisp Sweet Potato Waffle Fries (VE) Soft Dinner Roll (V) New York Apples Slices (VE)	Sweet Potato Gumbo (VE) Served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V)
13	14	15	16	17
Sicilian Slice Pizza (V) Parmigiana Spinach (V)	Crispy Chicken Tenders With Dipping Sauce Seasoned Wedge Fries (VE) Garlic Knot (V)	Manicotti (V) with Marinara Sauce (VE) Marinated Bean Salad (VE)	Country Chicken with Gravy on Kaiser Roll Corn, Peas, Carrots (VE) New York Cookie Treat (V)	BBQ Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun 3 Cheese Grilled Cheese (V) Glazed Carrots (VE)
20	21	22	23	24
Sicilian Slice Pizza (V) Balsamic Chickpea Salad (V)	Chicken Dumplings Veggie Ginger Soy Rice (VE) Garlicy Green Bean (VE)	Caribbean Style Beef Patty Seasoned Wedge Fries (VE)	Roasted Chicken Thigh Crispy Broccoli (V) Buttermilk Biscuit (V) Fresh Apples (VE)	Veggie Nuggets (VE) with Dipping Sauce Southwest Burrito (V) Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE)
27	28	29	30	31
Sicilian Slice Pizza (V) White Bean Salad (VE) Roasted Fresh Broccoli (VE)	Hamburgers Cheeseburgers Whole Wheat Bun Home Fries (V)	Mozzarella Sticks (V) with marinara sauce (VE) Confetti Corn (VE) Garlic Knot (V)	Roasted Chicken Drumsticks Crisp Sweet Potato Waffle Fries (VE) Soft Dinner Roll (V) New York Apples Slices (VE)	Sweet Potato Gumbo (VE) Served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V)
Monday <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V) 	Tuesday <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches 	Wednesday <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches 	Thursday <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches 	Friday <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Bananas, and Pears

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2023: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	<p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>New York Yogurt Choice (V)</p> <p>Blueberry Granola (V)</p>	<p>Mozzarella Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
		6	7	8
<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>	<p>New York Yogurt Choice (V)</p> <p>Raisins (VE)</p>	<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Colby Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Crispy Tortilla (VE)</p> <p>Salsa (VE)</p>
13	14	15	16	17
<p>Honey Graham Crackers (V)</p> <p>Milk (V)</p>	<p>Granola Bar (V)</p> <p>Milk (V)</p>	<p>Honey Roasted Sunflower Seeds (V)</p> <p>Fresh Fruit (VE)</p>	<p>Cheddar Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>
20	21	22	23	24
<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Honey Graham Biscuits (V)</p> <p>Milk (V)</p>	<p>New York Yogurt Choice (V)</p> <p>Blueberry Granola (V)</p>	<p>Mozzarella Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
27	28	29	30	31
<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>	<p>New York Yogurt Choice (V)</p> <p>Raisins (VE)</p>	<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Colby Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Crispy Tortilla (VE)</p> <p>Salsa (VE)</p>


Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

All Fruit Offerings are 1 cup

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2023: After School Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p>Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (VE) <p>Options may vary by location</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Chicken Salad Grab and Go Salad</p> <p>Cilantro Healthy Coleslaw (V)</p> <p>New York Cookie Treat (V)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Confetti Corn Salad (VE)</p>	<p>Italian Veggie Grab & Go Salad (VE)</p> <p>White Bean Salad (VE)</p>
6	7	8	9	10
<p>Superhero Spinach Wrap (V)</p> <p>Broccoli Salad (V)</p>	<p>Chicken Tender Wrap</p> <p>Italian Green Beans (VE)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Carrot Sticks (VE)</p>	<p>Asian Sesame Chicken Grab and Go Salads</p> <p>Cilantro Black Bean Salad (VE)</p> <p>New York Apple Slices (VE)</p>	<p>Eggless Egg Sandwich (VE)</p> <p>Mediterranean Zucchini and Tomato Salad (V)</p>
13	14	15	16	17
<p>Red, White and Green Panini (V)</p> <p>Balsamic Chickpea Salad (V)</p>	<p>Chicken Caesar Wrap</p> <p>Basil Corn Salad (VE)</p> <p>Heart Shaped Pretzels (VE)</p>	<p>Chicken Salad Hoagie</p> <p>Kid Friendly Kale Salad (V)</p>	<p>Crispy Chicken Grab and Go Salad</p> <p>Carrot Sticks (VE)</p>	<p>Black Bean and Corn Grab & Go Salad (VE)</p> <p>Cauliflower Salad (VE)</p> <p>Crispy Tortillas (VE) served with Salsa (VE)</p>
20	21	22	23	24
<p>Grab and Go Cheese Plate (V)</p> <p>Italian Green Beans (VE)</p>	<p>Curried Chicken Wrap</p> <p>Dipping Sauce</p> <p>Ranch Carrot Snacker (V)</p>	<p>Chicken Salad Grab and Go Salad</p> <p>Cilantro Healthy Coleslaw (V)</p> <p>New York Cookie Treat (V)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Confetti Corn Salad (VE)</p>	<p>Italian Veggie Grab & Go Salad (VE)</p> <p>White Bean Salad (VE)</p>
27	28	29	30	31
<p>Superhero Spinach Wrap (V)</p> <p>Broccoli Salad (V)</p>	<p>Chicken Tender Wrap</p> <p>Italian Green Beans (VE)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Carrot Sticks (VE)</p>	<p>Asian Sesame Chicken Grab and Go Salads</p> <p>Cilantro Black Bean Salad (VE)</p> <p>New York Apple Slices (VE)</p>	<p>Eggless Egg Sandwich (VE)</p> <p>Mediterranean Zucchini and Tomato Salad (V)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Bananas, and Pears

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2023: After School Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Daily Supper Specials • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (VE) Options may vary by location	 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Pizza Choice (V) Roasted Zucchini (VE)	Chicken Tenders Slow Roasted Baby Carrots (V) Dinner Roll (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
6	7	8	9	10
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Chicken Dumplings Seasoned Fresh Green Beans (V)	Turkey Burger Whole Wheat Bun Crisp Sweet Potato Waffle Fries (VE)	Manicotti (V) with Marinara Sauce (VE) Superhero Spinach (VE) Garlic Knot (V)	Veggie Nuggets (VE) with Dipping Sauce (V) Hot Confetti Corn (VE) Dinner Roll (VE)
13	14	15	16	17
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Fish and Cheese Sandwich Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Crispy Chicken Sandwich on Kaiser Roll Seasoned Wedge Fries (VE)	Cheesy Garlic Pizza (V) Roasted Zucchini (VE)	Southwest Burrito (V) Roasted Cauliflower (VE)
20	21	22	23	24
Mozzarella Sticks (V) Marinara Sauce (VE) Kale Caesar Salad (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Crisp Sweet Potato Waffle Fries (VE)	Pizza Choice (V) Roasted Zucchini (VE)	Chicken Tenders Slow Roasted Baby Carrots (V) Dinner Roll (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
27	28	29	30	31
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Chicken Dumplings Seasoned Fresh Green Beans (V)	Turkey Burger Whole Wheat Bun Crisp Sweet Potato Waffle Fries (VE)	Manicotti (V) with Marinara Sauce (VE) Superhero Spinach (VE) Garlic Knot (V)	Veggie Nuggets (VE) with Dipping Sauce (V) Hot Confetti Corn (VE) Dinner Roll (VE)

OFFERED DAILY

Milk*
 1% Low-fat
 Fat Free
 Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
 Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Bananas, and Pears

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2023: After School Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Daily Supper Specials • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (VE) Options may vary by location	 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)	Pizza (V) Roasted Chickpeas With Basil Pesto (V)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) Green Garden Salad (VE)
6	7	8	9	10
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V) Dinner Roll (V)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Pizza (V) Crispy Broccoli (V)	Veggie Nuggets (VE) with Dipping Sauce (V) Cofetti Corn (VE) Dinner Roll (V)
13	14	15	16	17
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Super Hero Spinach Wrap (V) Baked Beans (VE)	Southwest Burrito (V) Roasted Cauliflower (VE)	Pizza (V) Roasted Zucchini (VE)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
20	21	22	23	24
Mozzarella Sticks (V) Marinara Sauce (VE) Kale Caesar Salad (V)	Zucchini Parmesan Hero (V) Sweet potato Waffle Fries (VE)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)	Pizza (V) Roasted Chickpeas With Basil Pesto (V)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) Green Garden Salad (VE)
27	28	29	30	31
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V) Dinner Roll (V)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Pizza (V) Crispy Broccoli (V)	Veggie Nuggets (VE) with Dipping Sauce (V) Cofetti Corn (VE) Dinner Roll (V)

OFFERED DAILY

Milk*
 1% Low-fat
 Fat Free
 Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
 Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Bananas, and Pears

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2023: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
4	11	18	25	
<p>Honey Corn Breakfast Muffin Bread (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Mini Blueberry Waffles (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Blueberry Breakfast Muffin Bread (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

(V) Indicates Vegetarian
(VE) Indicates Vegan

*Alternative options are available upon request

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Bananas, and
Pears

OFNS has an extensive Prohibitive Ingredients List available at:





MARCH 2023: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
4	11	18	25	
<p>Honey Corn Breakfast Muffin Bread (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Mini Blueberry Waffles (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Blueberry Breakfast Muffin Bread (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

(V) Indicates Vegetarian
(VE) Indicates Vegan

*Alternative options are available upon request

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Bananas, and
Pears

OFNS has an extensive Prohibitive Ingredients List available at:





MARCH 2023: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
4	11	18	25	
Assorted Cold Sandwiches and Wraps Confetti Corn Salad (VE) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Italian Green Beans (VE) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Carrot Sticks (VE) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V) Fresh Fruit (VE) Milk (V)	

OFFERED DAILY

Milk*
 1% Low-fat
 Fat Free
 Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
 (VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
 Oranges, Bananas, and
 Pears

OFNS has an extensive Prohibitive Ingredients List available at:





MARCH 2023: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
4	11	18	25	
<p>Grilled Cheese Sandwich (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Hamburgers & Cheeseburgers</p> <p>Baked Sweet Potato Waffle Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Baked Mozzarella Sticks (V) Marinara Sauce (VE)</p> <p>Crispy Broccoli (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Pizza Choice (V)</p> <p>Roasted Zucchini (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Bananas, and
Pears

OFNS has an extensive Prohibitive Ingredients List available at:





MARCH 2023: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	<p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Caribbean Style Beef Patty</p> <p>Home Fries (VE)</p> <p>New York Cookie Treat (V)</p>	<p>Roasted Chicken Thigh</p> <p>Soft Dinner Roll (V)</p> <p>Honey Diced Sweet Potato (V)</p> <p>Fresh Apples (VE)</p>	<p>Three Bean Chili (VE) served with Rice (VE)</p> <p>Crispy Broccoli (V)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p>
6	7	8	9	10
<p>Cheese Quesadilla</p> <p>Fiesta Black Beans (VE)</p> <p>Salsa (VE)</p>	<p>Spicy Chicken Sandwich</p> <p>Whole Wheat Bun</p> <p>Confetti Corn (VE)</p>	<p>Roasted Chicken Drumstick</p> <p>Glazed Carrots (VE)</p> <p>Buttermilk Biscuit (V)</p>	<p>Fish and Cheese Sandwich</p> <p>Whole Wheat Bun</p> <p>Roasted Broccoli (VE)</p> <p>Fresh Apples (VE)</p>	<p>Sweet Potato Gumbo (VE) served with Rice (VE)</p> <p>Oven Roasted Squash (VE)</p> <p>Homemade Grilled Cheese (V)</p>
13	14	15	16	17
<p>Teriyaki Veggie Nuggets (VE)</p> <p>Vegetable Rice (VE)</p> <p>Corn, Peas and Carrots (VE)</p>	<p>Country Chicken with Gravy on Kaiser Roll</p> <p>Crisp Sweet Potato Wedge Fries (VE)</p>	<p>Chicken Fajitas</p> <p>Street Style Corn (V)</p>	<p>Hamburgers & Cheeseburgers on Ciabatta Bread</p> <p>Kid Friendly Kale Salad (V)</p> <p>New York Apples Slices (VE)</p>	<p>BBQ Veggie Burger (VE)</p> <p>Whole Wheat Bun</p> <p>Baked Beans (VE)</p>
20	21	22	23	24
<p>Manicotti (V) with Marinara Sauce (VE)</p> <p>Balsamic Chickpea Salad (V)</p> <p>Garlic Knot (V)</p>	<p>Chicken Dumplings</p> <p>Veggie Ginger Soy Rice (VE)</p> <p>Seasoned Fresh Green Beans (V)</p>	<p>Caribbean Style Beef Patty</p> <p>Home Fries (VE)</p> <p>New York Cookie Treat (V)</p>	<p>Roasted Chicken Thigh</p> <p>Soft Dinner Roll (V)</p> <p>Honey Diced Sweet Potato (V)</p> <p>Fresh Apples (VE)</p>	<p>Three Bean Chili (VE) served with Rice (VE)</p> <p>Crispy Broccoli (V)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p>
27	28	29	30	31
<p>Cheese Quesadilla</p> <p>Fiesta Black Beans (VE)</p> <p>Salsa (VE)</p>	<p>Spicy Chicken Sandwich</p> <p>Whole Wheat Bun</p> <p>Confetti Corn (VE)</p>	<p>Roasted Chicken Drumstick</p> <p>Glazed Carrots (VE)</p> <p>Buttermilk Biscuit (V)</p>	<p>Fish and Cheese Sandwich</p> <p>Whole Wheat Bun</p> <p>Roasted Broccoli (VE)</p> <p>Fresh Apples (VE)</p>	<p>Sweet Potato Gumbo (VE) served with Rice (VE)</p> <p>Oven Roasted Squash (VE)</p> <p>Homemade Grilled Cheese (V)</p>
<p>Monday</p> <ul style="list-style-type: none"> • Pizza (V) • Baked Mozzarella Sticks • Southwest Burrito • Grab and Go Salads (V) • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V) • Seasoned Wedge Fries (VE) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Pizza • Baked Mozzarella Sticks • Chicken Tenders • Southwest Burrito • Grab and Go Salads • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches • Seasoned Wedge Fries (VE) 	<p>Wednesday</p> <ul style="list-style-type: none"> • Pizza • Baked Mozzarella Sticks • Chicken Tenders • Southwest Burrito • Grab and Go Salads • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches • Seasoned Wedge Fries (VE) 	<p>Thursday</p> <ul style="list-style-type: none"> • Pizza • Baked Mozzarella Sticks • Chicken Tenders • Southwest Burrito • Grab and Go Salads • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches • Seasoned Wedge Fries (VE) 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V) • Grab and Go Salads (VE) • Seasoned Wedge Fries (VE)

<p>Cold Cereal Choices</p> <p>Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)</p> <p>Bagel Bar An Assortment of Bagel Varieties & Spreads including Hummus, Peanut Butter, Cream Cheeses and Jelly</p> <p><small>*Alternative options are available upon request</small></p>	<p>Daily Breakfast Offerings</p> <p>Assorted Berries & Fresh Cut Fruit (VE)</p> <p>Yogurt (V)</p> <p>Granola (V)</p> <p>Raisins (VE)</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Oranges, Bananas, and Pears</p>	<p>Milk*</p> <p>1% Low-fat Fat Free Fat Free Chocolate</p> <p>Assorted Condiments Dipping Sauces and Dressings are Available Daily</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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ATTENTION:

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



MARCH 2023: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Peaches (VE) Milk (V)</p>	<p>Buttermilk Pancakes (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (VE)</p> <p>Seasonal Fresh Fruit or Pears (VE) Milk (V)</p>
6	7	8	9	10
<p>English Muffin (VE) with Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Pineapples (VE) Milk (V)</p>	<p>Tasty Waffles (V)</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 Peaches (VE) Milk (V)</p>	<p>Whole Grain Croissant (V) with Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (VE)</p> <p>Seasonal Fresh Fruit or Pears (VE) Milk (V)</p>
13	14	15	16	17
<p>Blueberry Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Pineapples (VE) Milk (V)</p>	<p>Cinnamon Burst Pancakes (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 Peaches (VE) Milk (V)</p>	<p>French Toast Sticks (V)</p> <p>Hot Oatmeal (V)</p> <p>Assorted Fruits and Applesauce (VE) Milk (V)</p>	<p>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (VE)</p> <p>Seasonal Fresh Fruit or Pears (VE) Milk (V)</p>
20	21	22	23	24
<p>Banana Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Pineapples (VE) Milk (V)</p>	<p>Mini Blueberry Waffles (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 Peaches (VE) Milk (V)</p>	<p>Buttermilk Pancakes (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (VE)</p> <p>Seasonal Fresh Fruit or Pears (VE) Milk (V)</p>
27	28	29	30	31
<p>English Muffin (VE) with Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Pineapples (VE) Milk (V)</p>	<p>Tasty Waffles (V)</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 Peaches (VE) Milk (V)</p>	<p>Whole Grain Croissant (V) with Jelly (VE)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (VE)</p> <p>Seasonal Fresh Fruit or Pears (VE) Milk (V)</p>

OFFERED DAILY

Milk*

Whole Milk

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit

Apple Slices, Oranges, and Bananas

Other Fruits

Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

Cold Cereal Choices

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

Options may vary by location

Assorted Yogurts

Condiments
Syrup

OFNS has an extensive Prohibitive Ingredients List available at:



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



MARCH 2023: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Daily Lunch Specials • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (VE) • 4 oz. Yogurt (V) • Tuna Sandwich Options may vary by location	 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Caribbean Style Beef Patty Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Turkey Burger Steamed Broccoli (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Three Bean Chili (VE) served with Rice (VE) Roasted Fresh Tomatoes (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
6	7	8	9	10
Cheesy Garlic Pizza (V) Steamed Broccoli (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Chicken Fajitas Cilantro Black Bean Salad (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Pasta Primavera (VE) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Hamburger, Cheeseburger or Whole Wheat Bun Sweet Potato Waffle Fries (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Veggie Nuggets (VE) With Dipping Sauce Oven Roasted Squash (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
13	14	15	16	17
Classic Pizza Slice (V) Parmigiana Spinach (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Crispy Chicken Tenders with Dipping Sauce Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)	Turkey Quesadilla Diced Plantains (VE) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Country Chicken with Gravy Whole Wheat Bun Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	BBQ Veggie Burger (VE) Whole Wheat Bun (V) Baked Beans (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
20	21	22	23	24
Sicilian Slice Pizza (V) Seasoned Chickpeas (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Steamed Chicken Dumplings Steamed Green Beans (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)	Caribbean Style Beef Patty Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Turkey Burger Steamed Broccoli (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Three Bean Chili (VE) served with Rice (VE) Roasted Fresh Tomatoes (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
27	28	29	30	31
Cheesy Garlic Pizza (V) Steamed Broccoli (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Chicken Fajitas Cilantro Black Bean Salad (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Pasta Primavera (VE) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Hamburger, Cheeseburger or Whole Wheat Bun Sweet Potato Waffle Fries (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Veggie Nuggets (VE) With Dipping Sauce Oven Roasted Squash (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)

OFFERED DAILY

Milk*
Whole Milk
 *Alternative options are available upon request

OFNS Menu Support
 Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit
 Apple Slices, Oranges, and Bananas

Other Fruits
 Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

OFNS has an extensive Prohibitive Ingredients List available at:



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

Consistencies upon request: puree, mashed and finely chopped.

ATTENTION:

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



MARCH 2023: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	<p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>New York Yogurt Choice (V)</p> <p>Diced Peaches (VE)</p>	<p>Cinnamon Flakes (VE)</p> <p>Milk (V)</p>	<p>Whole Wheat Crackers (VE)</p> <p>Hummus Cup (VE)</p>
		6	7	8
<p>Cinnamon Flakes (VE)</p> <p>Milk (V)</p>	<p>Apple Slices (VE)</p> <p>Milk (V)</p>	<p>Whole Wheat Crackers (VE)</p> <p>Hummus Cup (VE)</p>	<p>New York Yogurt Choice (V)</p> <p>Diced Peaches (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
13	14	15	16	17
<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Fresh Banana (VE)</p> <p>Milk (V)</p>	<p>New York Yogurt Choice (V)</p> <p>Diced Peaches (VE)</p>	<p>Cinnamon Flakes (VE)</p> <p>Milk (V)</p>	<p>Whole Wheat Crackers (VE)</p> <p>Hummus Cup (VE)</p>
20	21	22	23	24
<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Fresh Banana (VE)</p> <p>Milk (V)</p>	<p>New York Yogurt Choice (V)</p> <p>Diced Peaches (VE)</p>	<p>Cinnamon Flakes (VE)</p> <p>Milk (V)</p>	<p>Whole Wheat Crackers (VE)</p> <p>Hummus Cup (VE)</p>
27	28	29	30	31
<p>Cinnamon Flakes (VE)</p> <p>Milk (V)</p>	<p>Apple Slices (VE)</p> <p>Milk (V)</p>	<p>Whole Wheat Crackers (VE)</p> <p>Hummus Cup (VE)</p>	<p>New York Yogurt Choice (V)</p> <p>Diced Peaches (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>

Milk*
1% Low-fat
Fat Free
Whole Milk

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and
Vegetables
when available

OFNS has an extensive
Prohibitive Ingredients List
available at:



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

ATTENTION:

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