



MARCH 2024: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)</p>	 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>			<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
4	5	6	7	8
<p>Blueberry Muffin (V)</p> <p>Cheese Stick Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
11	12	13	14	15
<p>Honey Corn Breakfast Bread (V)</p> <p>Cheese Stick Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg and Cheese on a Whole Grain Croissant (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
18	19	20	21	22
<p>Banana Muffin (V)</p> <p>Cheese Stick Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>French Toast Sticks (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg and Cheese on a Buttermilk Biscuit (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
25	26	27	28	29
<p>Blueberry Muffin (V)</p> <p>Cheese Stick Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (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 (V)
 Fat Free (V)
Fat Free Chocolate (V)
 Alternative options are available upon request

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

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

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

Condiments
 Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2024: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)</p>	 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>			<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
4	5	6	7	8
<p>Blueberry Muffin (V)</p> <p>Cheese Stick Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
11	12	13	14	15
<p>Honey Corn Breakfast Bread (V)</p> <p>Cheese Stick Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg and Cheese on a Whole Grain Croissant (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
18	19	20	21	22
<p>Banana Muffin (V)</p> <p>Cheese Stick Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>French Toast Sticks (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg and Cheese on a Buttermilk Biscuit (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
25	26	27	28	29
<p>Blueberry Muffin (V)</p> <p>Cheese Stick Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (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 (V)
 Fat Free (V)
Fat Free Chocolate (V)
 Alternative options are available upon request

Breakfast After the Bell Grab and Go

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

Options may vary by location

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

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

Condiments
 Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2024: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
	 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>			Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
4	5	6	7	8
Toasted Oats (V) Blueberry Granola (V) Applesauce (VE)	Blueberry Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
11	12	13	14	15
Frosted Mini Wheats Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	Honey Corn Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Assorted Granola (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
18	19	20	21	22
Multigrain Oats (V) Honey Graham Cracker (V) Applesauce (VE)	Banana Muffin (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Assorted Granola (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
25	26	27	28	29
Toasted Oats (V) Blueberry Granola (V) Applesauce (VE)	Blueberry Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)

OFFERED DAILY

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

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

Options may vary
 by location

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

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

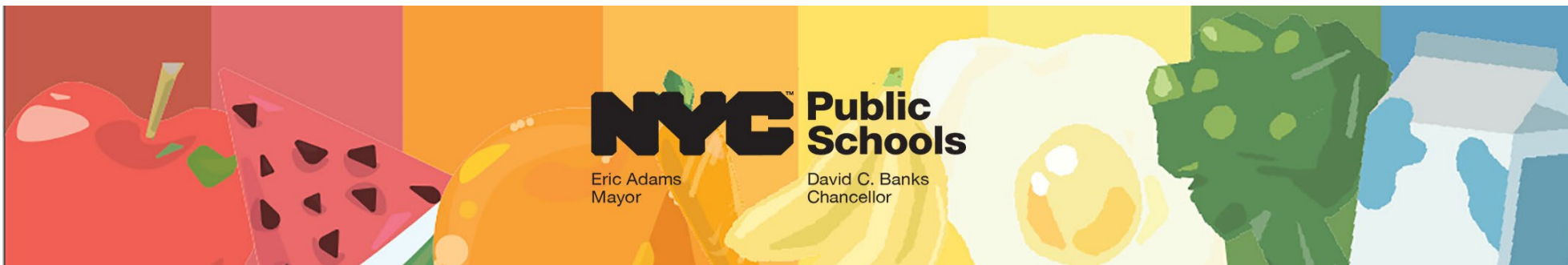
Condiments
 Syrup (VE)

OFNS has an extensive
 Prohibitive Ingredients List
 available at:



ATTENTION:

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



MARCH 2024: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p> 				<p>Banana Muffin (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
4	5	6	7	8
<p>Blueberry Muffin (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
11	12	13	14	15
<p>Blueberry Muffin (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
18	19	20	21	22
<p>Blueberry Muffin (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
25	26	27	28	29
<p>Blueberry Muffin (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Egg Omelet on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>

OFFERED DAILY

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

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

Condiments
Syrup (VE)

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 2024: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p>Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
4	5	6	7	8
<p>Blueberry Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Buttermilk Pancakes (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 Sliced Peaches (VE) Milk (V)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
11	12	13	14	15
<p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Egg and Cheese on a Whole Grain Croissant (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
18	19	20	21	22
<p>Banana Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p>French Toast Sticks (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Egg and Cheese on a Soft Roll (V)</p> <p>Hot Oatmeal (V)</p> <p>Assorted Fruits and Applesauce (VE) Milk (V)</p>	<p>Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
25	26	27	28	29
<p>Blueberry Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Buttermilk Pancakes (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 Sliced Peaches (VE) Milk (V)</p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Hot Oatmeal (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>

OFFERED DAILY

Milk

Whole Milk (V)

Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit

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

Other Fruits

Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

Cold Cereal Choices

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

Options may vary by location

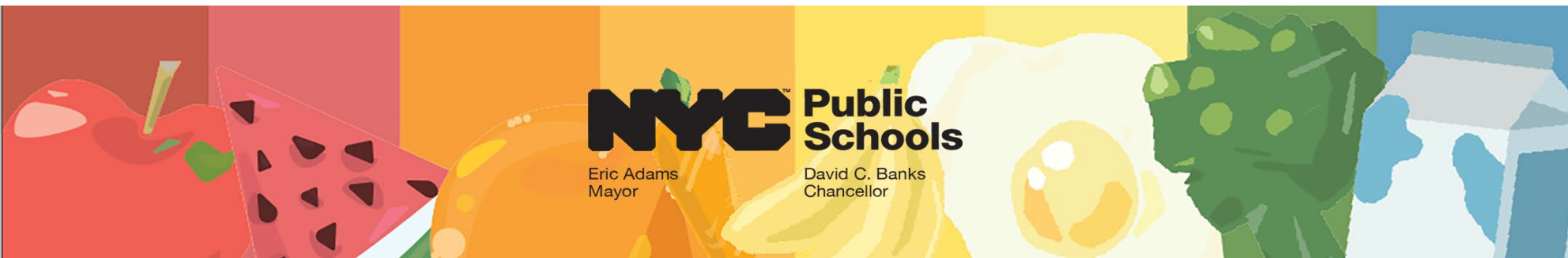
Assorted Yogurts

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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



MARCH 2024: Pre-K - 8 Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)</p>	 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>			<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>
4	5	6	7	8
<p>Blueberry Muffin (V)</p> <p>Cheese Stick Choice (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Buttermilk Pancakes (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>
11	12	13	14	15
<p>Honey Corn Breakfast Bread (V)</p> <p>Cheese Stick Choice (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Egg and Cheese on a Whole Grain Croissant (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>
18	19	20	21	22
<p>Banana Muffin (V)</p> <p>Cheese Stick Choice (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>French Toast Sticks (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Egg and Cheese on a Buttermilk Biscuit (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>
25	26	27	28	29
<p>Blueberry Muffin (V)</p> <p>Cheese Stick Choice (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Buttermilk Pancakes (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Apple Cinnamon Breakfast Bread (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Rise and Shine Waffles (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>

OFFERED DAILY

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

Breakfast After the Bell Grab and Go

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

Options may vary by location

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

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

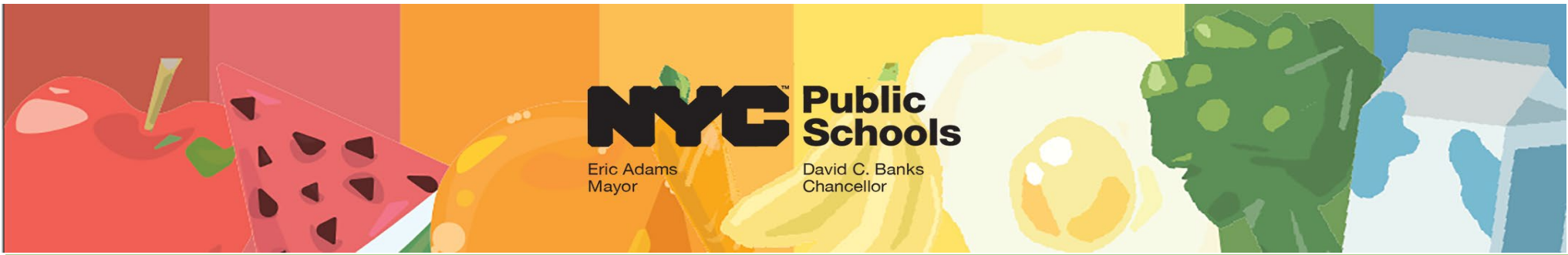
Condiments
 Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



MARCH 2024: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1				
 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				
4				
5				
6				
7				
8				
<p>Sicilian Slice Pizza (V)</p> <p>Italian Green Beans (VE)</p> <p>Salad Bar Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Soft Turkey Taco</p> <p>Street Style Corn (V)</p> <p>Salad Bar Fiesta Bar</p>	<p>Manicotti (V) in Marinara</p> <p>Creamed Spinach (V)</p> <p>Salad Bar Leafy Green Salad Bar</p>	<p>Crispy Chicken Bites with Dipping Sauce</p> <p>Jollof Cauliflower (V)*</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Dinner Roll (V)</p> <p>Salad Bar Rainbow Bar</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V)</p> <p>Salad Bar Leafy Green Salad Bar</p>
11				
12				
13				
14				
15				
<p>Pizza by the Slice (V)</p> <p>Kid Friendly Kale Salad (V)</p> <p>Salad Bar Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Fiesta Quesadilla (V)</p> <p>Fiesta Black Beans (VE)</p> <p>Served with Salsa (VE)</p> <p>Salad Bar Leafy Green Salad Bar</p>	<p><u>Plastic Free Lunch Day</u></p> <p>Garlic and Tomato Panini (V)</p> <p>Baby Carrots (VE)</p> <p>Salad Bar Plastic Free Lunch Bar</p>	<p>Turkey Burger</p> <p>Turkey Cheeseburger Whole Wheat Bun</p> <p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Herb Roasted Potatoes (VE)</p> <p>Salad Bar Classic Toppings</p>	<p>Kidney Bean Rajma (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Kachumber Salad (VE)*</p> <p>Flatbread (VE)</p> <p>Salad Bar Mediterranean Bar</p>
18				
19				
20				
21				
22				
<p>French Bread Pizza (V)</p> <p>Garlicky Green Bean (VE)</p> <p>Salad Bar Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Veggie Nugget (VE) Dipping Sauce</p> <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p>Salad Bar Rainbow Bar</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Roasted Zucchini (VE)</p> <p>Garlic Knot (V)</p> <p>Salad Bar Pizza Bar</p>	<p>Chicken Tender Melt Ciabatta Bread</p> <p>Superhero Spinach (VE)</p> <p>Salad Bar Rainbow Bar</p>	<p>Cajun Pinto Beans (VE) with Brown Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Spiced Sweet Potatoes (VE)</p> <p>Salad Bar Fiesta Bar</p>
25				
26				
27				
28				
29				
<p>Sicilian Slice Pizza (V)</p> <p>Italian Green Beans (VE)</p> <p>Salad Bar Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Soft Turkey Taco</p> <p>Crispy Chicken Bites</p> <p>Street Style Corn (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Salad Bar Fiesta Bar</p>	<p>Manicotti (V) in Marinara</p> <p>Creamed Spinach (V)</p> <p>Bread Stick (V)</p> <p>Salad Bar Leafy Green Salad Bar</p>	<p>Caribbean Spiced Jerk Chicken Thighs*</p> <p>Jollof Cauliflower (V)*</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Dinner Roll (V)</p> <p>Salad Bar Rainbow Bar</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V)</p> <p>Salad Bar Leafy Green Salad Bar</p>
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

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

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

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

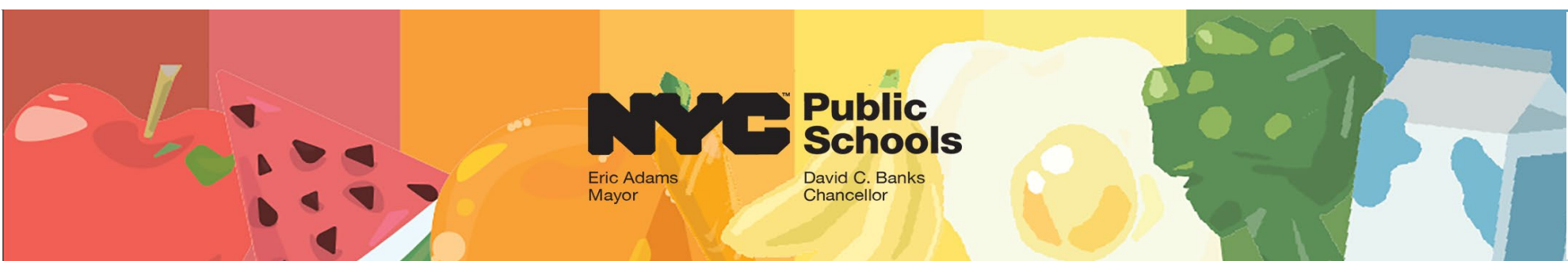
Seasonal Fresh Fruit
Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



* Recipes created in collaboration with OFNS and the Chef Council

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



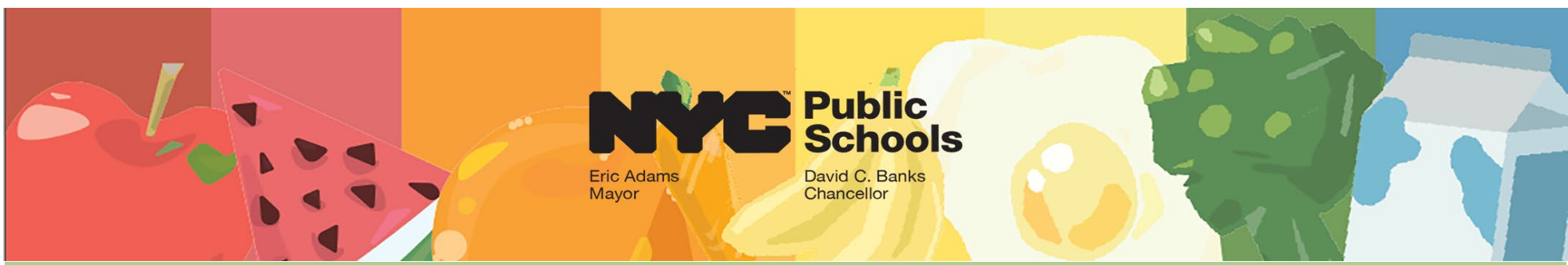
MARCH 2024: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
 WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.				Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V)
	4	5	6	7
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) Pinto Bean Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE) Cheese Sandwich (V)
11	12	13	14	15
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Served with Salsa (VE)	Superhero Spinach Wrap (V) Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)
18	19	20	21	22
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V)
25	26	27	28	29
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) Pinto Bean Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE) Cheese Sandwich (V)
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

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

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
1				
 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p>Cajun Pinto Bean (VE) with Brown Rice (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Spiced Sweet Potatoes (VE)</p>
	4	5	6	7
<p>Sicilian Slice Pizza (V)</p> <p>Seasoned Chickpeas (VE)</p> <p>Italian Green Bean (VE)</p>	<p>Soft Turkey Taco</p> <p>Street Style Corn (V)</p> <p>Served with Salsa (VE)</p>	<p>Manicotti (V) in Marinara</p> <p>Creamed Spinach (V)</p>	<p>Crispy Chicken Bites</p> <p>Jollof Cauliflower (V)*</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Dinner Roll (V)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V)</p>
11	12	13	14	15
<p>Sicilian Slice Pizza (V)</p> <p>Kid Friendly Kale Salad (V)</p> <p>Hot Bean Salad (VE)</p>	<p>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Fiesta Black Beans (VE)</p> <p>Served with Salsa (VE)</p>	<p>Garlic and Tomato Panini (V)</p> <p>Baby Carrots (VE)</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Kidney Bean Rajma (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Kachumber Salad (VE)*</p> <p>Flatbread (VE)</p>
18	19	20	21	22
<p>Sicilian Slice Pizza (V)</p> <p>Italian Chickpeas (VE)</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Roasted Zucchini (VE)</p>	<p>Chicken Tender Melt on Ciabatta Bread</p> <p>Superhero Spinach (VE)</p>	<p>Cajun Pinto Bean (VE) with Brown Rice (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Spiced Sweet Potatoes (VE)</p>
25	26	27	28	29
	Good Friday			
<p>Sicilian Slice Pizza (V)</p> <p>Seasoned Chickpeas (VE)</p> <p>Italian Green Bean (VE)</p>	<p>Crispy Chicken Bites</p> <p>Street Style Corn (V)</p>	<p>Manicotti (V) in Marinara</p> <p>Creamed Spinach (V)</p>	<p>Caribbean Spiced Jerk Chicken Thighs*</p> <p>Jollof Cauliflower (V)*</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Dinner Roll (V)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V)</p>
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

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

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

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

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

OFNS has an extensive Prohibitive Ingredients List available at:




* Recipes created in collaboration with OFNS and the Chef Council

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

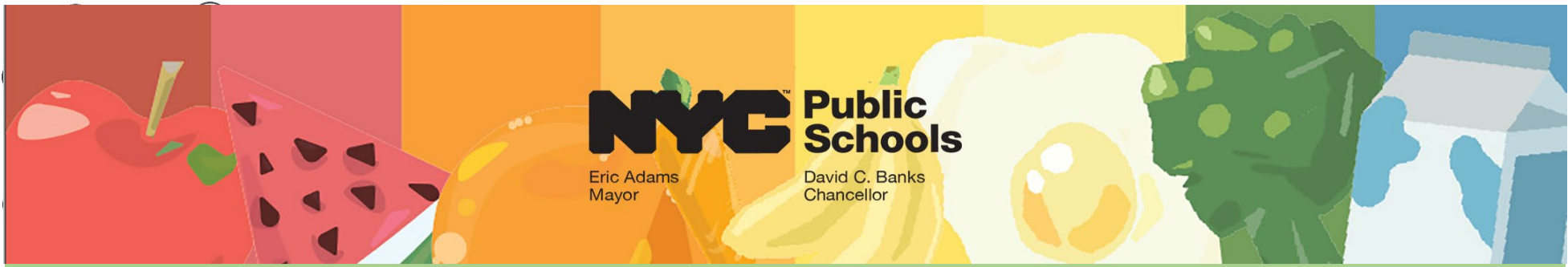


MARCH 2024: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>Daily Lunch Specials</p> <ul style="list-style-type: none"> • Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna <p>Options may vary by location</p>	<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>			<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
4	5	6	7	8
<p>Braised Tuna with Tomato Sauce</p> <p>Broccoli With Garlic & Oil (VE)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Crispy Chicken Sandwich</p> <p>Sweet Plantains (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers</p> <p>Carrots (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Ranch Chicken Tenders</p> <p>Soft Cooked Penne (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
11	12	13	14	15
<p>Fish & Cheese Sandwich</p> <p>Broccoli With Garlic & Oil (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Crispy Chicken Sandwich</p> <p>Sweet Plantains (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers</p> <p>Spiced Sweet Potatoes (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Italian Chicken Tenders</p> <p>Soft Cooked Penne (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
18	19	20	21	22
<p>Braised Tuna with Tomato Sauce</p> <p>Broccoli With Garlic & Oil (VE)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Crispy Chicken Sandwich</p> <p>Sweet Plantains (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers</p> <p>Carrots (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Ranch Chicken Tenders</p> <p>Soft Cooked Penne (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
25	26	27	28	29
<p>Fish & Cheese Sandwich</p> <p>Broccoli With Garlic & Oil (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Crispy Chicken Sandwich</p> <p>Sweet Plantains (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers</p> <p>Spiced Sweet Potatoes (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Italian Chicken Tenders</p> <p>Soft Cooked Penne (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>

<p>Milk</p> <p>1% Low-fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p>Alternative options are available upon request</p>	<p>OFNS Menu Support</p> <p>Seasonal Fresh Fruit and Vegetables when available</p> <p>(V) Indicates Vegetarian (VE) Indicates Vegan</p>	<p>Assorted Dressings</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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Available Daily Upon Request: Other Transitional, Thick Puree or Thin Puree



MARCH 2024: Infant - Toddler Lunch Menu

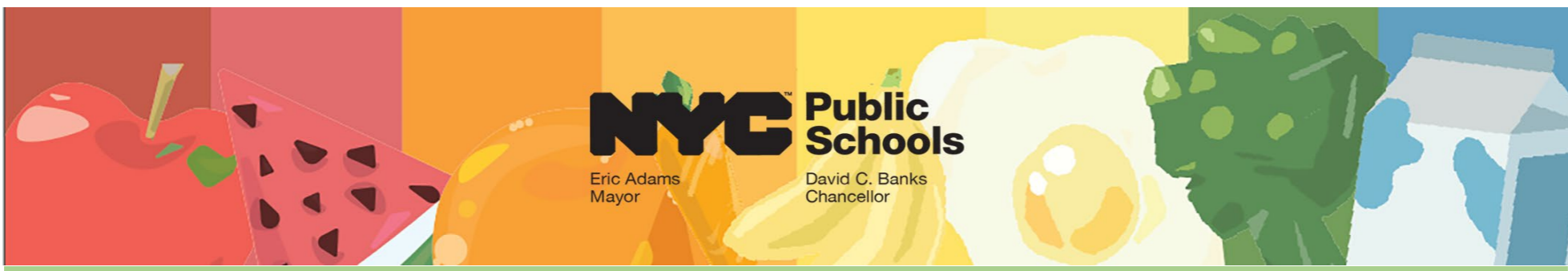
Monday	Tuesday	Wednesday	Thursday	Friday
				1
Daily Lunch Specials • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (VE) • 4 oz. Yogurt (V) • Tuna Sandwich Options may vary by location	 WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Veggie Nuggets (VE) with Dipping Sauce Spiced Sweet Potatoes (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
4	5	6	7	8
Sicilian Slice Pizza (V) Italian Green Beans (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Soft Turkey Taco Diced Plantains (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Manicotti (V) with marinara sauce (VE) Creamed Spinach (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Bites with Dipping Sauce Sweet Potato Wedge Fries (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Homemade Grilled Cheese (VE) Steamed Broccoli (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
11	12	13	14	15
Pizza by the Slice (V) Seasoned Chickpeas (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fiesta Quesadilla (V) Steamed Cauliflower (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Cheesy Garlic Pizza (V) Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Burger (V) Italian Marinated Cucumber Salad (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
18	19	20	21	22
French Bread Pizza (V) Garlicky Green Bean (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Caribbean Style Beef Patty Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Tenders Superhero Spinach (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Nuggets (VE) with Dipping Sauce Spiced Sweet Potatoes (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
25	26	27	28	29
Sicilian Slice Pizza (V) Italian Green Beans (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Soft Turkey Taco Diced Plantains (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Manicotti (V) with marinara sauce (VE) Creamed Spinach (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Bites with Dipping Sauce Sweet Potato Wedge Fries (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Homemade Grilled Cheese (VE) Steamed Broccoli (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)

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

* Recipes created in collaboration with OFNS and the Chef Council

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



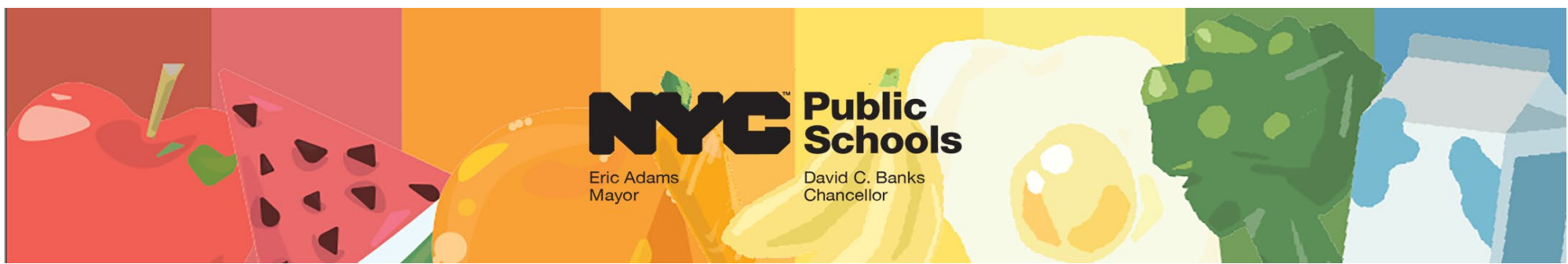
MARCH 2024: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1				
 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p>Cajun Pinto Bean (VE) with Brown Rice (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Spiced Sweet Potatoes (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>
4 5 6 7 8				
<p>Sicilian Slice Pizza (V)</p> <p>Italian Green Beans (VE)</p> <p><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Big City Bean Taco (VE)</p> <p>Street Style Corn (V)</p> <p>Served with Salsa (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Manicotti (V) in Marinara</p> <p>Creamed Spinach (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Mozzarella Sticks (V) with Marinara Sauce (VE)</p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Pizza Bar</p>	<p>Guisado Kidney Beans (VE)*</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Brown Rice (VE)</p> <p>Roasted Carrot Coins (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>
11 12 13 14 15				
<p>Pizza by the Slice (V)</p> <p>Kid Friendly Kale Salad (V)</p> <p><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Veggie Burger (VE)</p> <p>Veggie Cheeseburger (V)</p> <p>Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p><i>Plastic Free Lunch Day</i></p> <p>Garlic and Tomato Panini (V)</p> <p>Baby Carrots (VE)</p> <p><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Zucchini Parmigiana (V)</p> <p>Spaghetti Marinara (VE)</p> <p>Basil Corn Salad (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Zesty Chickpea Stew (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Kachumber Salad (VE)*</p> <p>Flatbread (VE)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
18 19 20 21 22				
<p>French Bread Pizza (V)</p> <p>Garlicky Green Bean (VE)</p> <p><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Teriyaki Veggie Nuggets (VE)</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Red White and Green Panini (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>Cajun Pinto Bean (VE) with Brown Rice (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Spiced Sweet Potatoes (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>
25 26 27 28 29				
<p>Sicilian Slice Pizza (V)</p> <p>Italian Green Beans (VE)</p> <p><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Big City Bean Taco (VE)</p> <p>Street Style Corn (V)</p> <p>Served with Salsa (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Manicotti (V) in Marinara</p> <p>Creamed Spinach (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Mozzarella Sticks (V) with Marinara Sauce (VE)</p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Pizza Bar</p>	<p>Guisado Kidney Beans (VE)*</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Brown Rice (VE)</p> <p>Roasted Carrot Coins (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

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

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



MARCH 2024: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
 WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.				Cajun Pinto Beans (VE) with Brown Rice (VE) Southwest Burrito (V) Spiced Sweet Potatoes (VE) <i>Salad Bar</i> Fiesta Bar
4	5	6	7	8
Sicilian Slice Pizza (V) Italian Green Beans (VE) <i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)	Soft Turkey Taco Street Style Corn (V) <i>Salad Bar</i> Fiesta Bar	Manicotti (V) in Marinara Creamed Spinach (V) <i>Salad Bar</i> Leafy Green Salad Bar	Crispy Chicken Bites with Dipping Sauce Jollof Cauliflower (V)* Sweet Potato Wedge Fries (VE) <i>Dinner Roll (V)</i> <i>Salad Bar</i> Rainbow Bar	White Bean and Pasta Primavera (VE) Three Cheese Grilled Cheese (V) Crispy Broccoli (V) <i>Salad Bar</i> Leafy Green Salad Bar
11	12	13	14	15
Pizza by the Slice (V) Kid Friendly Kale Salad (V) <i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)	Fiesta Quesadilla (V) Fiesta Black Beans (VE) Served with Salsa (VE) <i>Salad Bar</i> Leafy Green Salad Bar	<u><i>Plastic Free Lunch Day</i></u> Garlic and Tomato Panini (V) Baby Carrots (VE) <i>Salad Bar</i> Plastic Free Lunch Bar	Turkey Burger Turkey Cheeseburger <i>Whole Wheat Bun</i> Fish and Cheese Sandwich <i>Whole Wheat Bun</i> <i>Herb Roasted Potatoes (VE)</i> <i>Salad Bar</i> Classic Toppings	Kidney Bean Rajma (VE) Three Cheese Grilled Cheese (V) Kachumber Salad (VE)* Flatbread (VE) <i>Salad Bar</i> Mediterranean Bar
18	19	20	21	22
French Bread Pizza (V) Garlicky Green Bean (VE) <i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)	Veggie Nugget (VE) Dipping Sauce Caribbean Style Beef Patty Seasoned Wedge Fries (VE) <i>Salad Bar</i> Rainbow Bar	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini (VE) <i>Garlic Knot (V)</i> <i>Salad Bar</i> Pizza Bar	Chicken Tender Melt <i>Ciabatta Bread</i> Superhero Spinach (VE) <i>Salad Bar</i> Rainbow Bar	Cajun Pinto Beans (VE) with Brown Rice (VE) Southwest Burrito (V) Spiced Sweet Potatoes (VE) <i>Salad Bar</i> Fiesta Bar
25	26	27	28	29
Sicilian Slice Pizza (V) Italian Green Beans (VE) <i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)	Soft Turkey Taco Crispy Chicken Bites Street Style Corn (V) Seasoned Wedge Fries (VE) <i>Salad Bar</i> Fiesta Bar	Manicotti (V) in Marinara Creamed Spinach (V) <i>Bread Stick (V)</i> <i>Salad Bar</i> Leafy Green Salad Bar	Caribbean Spiced Jerk Chicken Thighs* Jollof Cauliflower (V)* Sweet Potato Wedge Fries (VE) <i>Dinner Roll (V)</i> <i>Salad Bar</i> Rainbow Bar	White Bean and Pasta Primavera (VE) Three Cheese Grilled Cheese (V) Crispy Broccoli (V) <i>Salad Bar</i> Leafy Green Salad Bar
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

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

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

OFNS Menu Support
 Seasonal Fresh Fruit and
 Vegetables
 when available

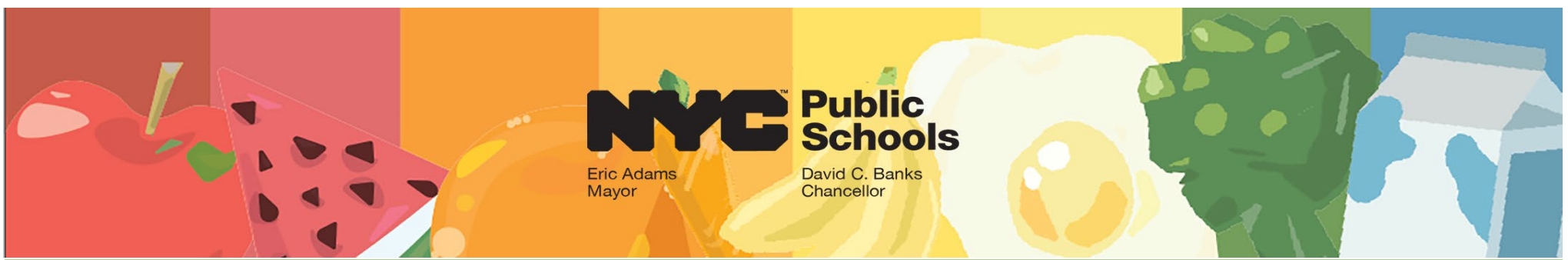
Seasonal Fresh Fruit
 Apples, Apple Slices,
 Oranges, Mandarins,
 Pears, Bananas, and
 Strawberries (VE)

OFNS has an extensive
Prohibitive Ingredients List
 available at:



* Recipes created in collaboration with OFNS and the Chef Council

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



MARCH 2024: High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
 <p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p>Cajun Pinto Beans (VE) with Brown Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Spiced Sweet Potatoes (VE)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>
4	5	6	7	8
<p>Sicilian Slice Pizza (V)</p> <p>Italian Green Beans (VE)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Soft Turkey Taco</p> <p>Street Style Corn (V)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>	<p>Manicotti (V) in Marinara</p> <p>Creamed Spinach (V)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Crispy Chicken Bites with Dipping Sauce</p> <p>Jollof Cauliflower (V)*</p> <p>Sweet Potato Wedge Fries (VE)</p> <p style="color: green; text-align: center;">Dinner Roll (V)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>
11	12	13	14	15
<p>Pizza by the Slice (V)</p> <p>Kid Friendly Kale Salad (V)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Fiesta Quesadilla (V)</p> <p>Fiesta Black Beans (VE)</p> <p>Served with Salsa (VE)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="color: red; font-weight: bold;"><u>Plastic Free Lunch Day</u></p> <p>Garlic and Tomato Panini (V)</p> <p>Baby Carrots (VE)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Turkey Burger</p> <p>Turkey Cheeseburger Whole Wheat Bun</p> <p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p style="color: green; text-align: center;">Herb Roasted Potatoes (VE)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p>Kidney Bean Rajma (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Kachumber Salad (VE)*</p> <p>Flatbread (VE)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>
18	19	20	21	22
<p>French Bread Pizza (V)</p> <p>Garlicky Green Bean (VE)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Veggie Nugget (VE) Dipping Sauce</p> <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Roasted Zucchini (VE)</p> <p style="color: green; text-align: center;">Garlic Knot (V)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Pizza Bar</p>	<p>Chicken Tender Melt Ciabatta Bread</p> <p>Superhero Spinach (VE)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p>Cajun Pinto Beans (VE) with Brown Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Spiced Sweet Potatoes (VE)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>
25	26	27	28	29
<p>Sicilian Slice Pizza (V)</p> <p>Italian Green Beans (VE)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Soft Turkey Taco</p> <p>Crispy Chicken Bites</p> <p>Street Style Corn (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>	<p>Manicotti (V) in Marinara</p> <p>Creamed Spinach (V)</p> <p style="color: green; text-align: center;">Bread Stick (V)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Caribbean Spiced Jerk Chicken Thighs*</p> <p>Jollof Cauliflower (V)*</p> <p>Sweet Potato Wedge Fries (VE)</p> <p style="color: green; text-align: center;">Dinner Roll (V)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V)</p> <p style="color: purple; text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>
<p><u>Monday</u></p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p><u>Tuesday</u></p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p><u>Wednesday</u></p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p><u>Thursday</u></p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p><u>Friday</u></p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

Milk

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

Alternative options are available upon request

ATTENTION:

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

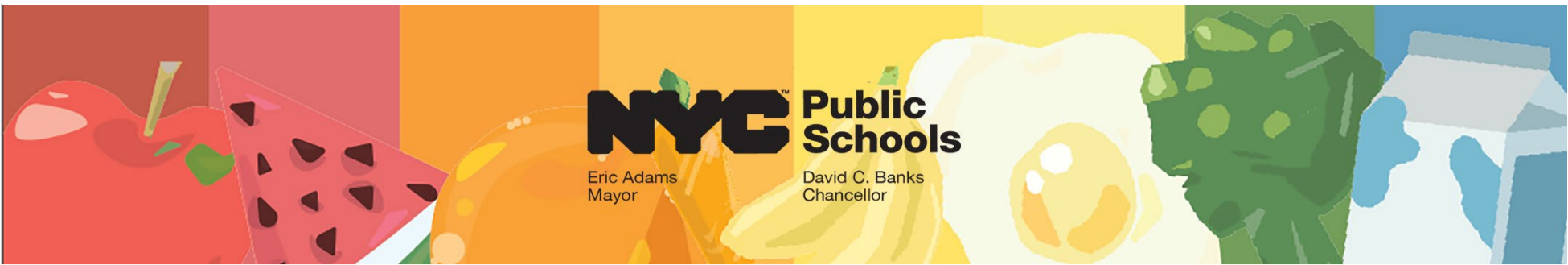
Seasonal Fresh Fruit Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



* Recipes created in collaboration with OFNS and the Chef Council

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



MARCH 2024: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1				
 WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.				Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V)
	4	5	6	7
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE) Cheese Sandwich (V)
11	12	13	14	15
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Served with Salsa (VE)	Superhero Spinach Wrap (V) Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)
18	19	20	21	22
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V)
25	26	27	28	29
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE) Cheese Sandwich (V)
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

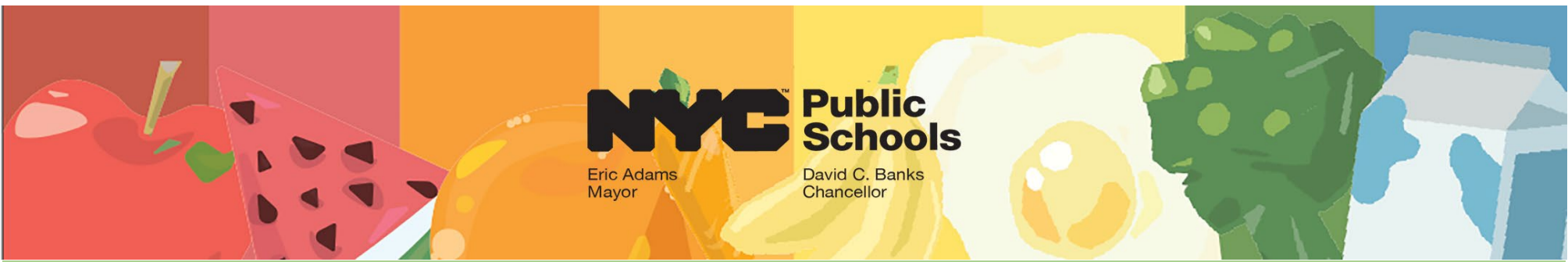
Seasonal Fresh Fruit
 Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



* Recipes created in collaboration with OFNS and the Chef Council

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



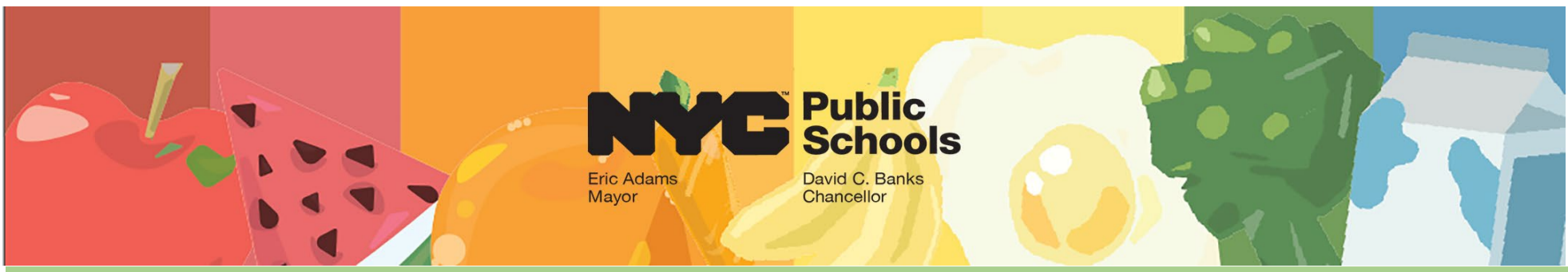
MARCH 2024: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1				
 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p>Cajun Pinto Bean (VE) with Brown Rice (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Spiced Sweet Potatoes (VE)</p>
4 5 6 7 8				
<p>Sicilian Slice Pizza (V)</p> <p>Seasoned Chickpeas (VE)</p> <p>Italian Green Bean (VE)</p>	<p>Soft Turkey Taco</p> <p>Street Style Corn (V)</p> <p>Served with Salsa (VE)</p>	<p>Manicotti (V) in Marinara</p> <p>Creamed Spinach (V)</p>	<p>Crispy Chicken Bites</p> <p>Jollof Cauliflower (V)*</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Dinner Roll (V)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V)</p>
11 12 13 14 15				
<p>Sicilian Slice Pizza (V)</p> <p>Kid Friendly Kale Salad (V)</p>	<p>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Fiesta Black Beans (VE)</p> <p>Served with Salsa (VE)</p>	<p>Garlic and Tomato Panini (V)</p> <p>Baby Carrots (VE)</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Kidney Bean Rajma (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Kachumber Salad (VE)*</p> <p>Flatbread (VE)</p>
18 19 20 21 22				
<p>Sicilian Slice Pizza (V)</p> <p>Italian Chickpeas (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Roasted Zucchini (VE)</p>	<p>Chicken Tender Melt on Ciabatta Bread</p> <p>Superhero Spinach (VE)</p>	<p>Cajun Pinto Bean (VE) with Brown Rice (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Spiced Sweet Potatoes (VE)</p>
25 26 27 28 29				
<p>Sicilian Slice Pizza (V)</p> <p>Seasoned Chickpeas (VE)</p> <p>Italian Green Bean (VE)</p>	<p>Crispy Chicken Bites</p> <p>Street Style Corn (V)</p>	<p>Manicotti (V) in Marinara</p> <p>Creamed Spinach (V)</p>	<p>Caribbean Spiced Jerk Chicken Thighs*</p> <p>Jollof Cauliflower (V)*</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Dinner Roll (V)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V)</p>
<p><u>Monday</u></p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p><u>Tuesday</u></p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p><u>Wednesday</u></p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p><u>Thursday</u></p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p><u>Friday</u></p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

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

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



MARCH 2024: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p>Cajun Pinto Beans (VE) with Brown Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Spiced Sweet Potatoes (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>
4	5	6	7	8
<p>Sicilian Slice Pizza (V)</p> <p>Italian Green Beans (VE)</p> <p><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Soft Turkey Taco</p> <p>Street Style Corn (V)</p> <p>Served with Salsa (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Manicotti (V) in Marinara</p> <p>Creamed Spinach (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Crispy Chicken Bites with Dipping Sauce</p> <p>Jollof Cauliflower (V)*</p> <p>Sweet Potato Wedge Fries (VE)</p> <p><i>Dinner Roll (V)</i> <i>Salad Bar</i> Rainbow Bar</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V) <i>Salad Bar</i> Leafy Green Salad Bar</p>
11	12	13	14	15
<p>Pizza by the Slice (V)</p> <p>Kid Friendly Kale Salad (V)</p> <p><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Fiesta Quesadilla (V)</p> <p>Fiesta Black Beans (VE)</p> <p>Served with Salsa (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Garlic and Tomato Panini (V)</p> <p>Baby Carrots (VE)</p> <p><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Turkey Burger</p> <p>Turkey Cheeseburger <i>Whole Wheat Bun</i></p> <p>Fish and Cheese Sandwich <i>Whole Wheat Bun</i></p> <p><i>Herb Roasted Potatoes (VE)</i> <i>Salad Bar</i> Classic Toppings</p>	<p>Kidney Bean Rajma (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Kachumber Salad (VE)*</p> <p>Flatbread (VE)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
18	19	20	21	22
<p>French Bread Pizza (V)</p> <p>Garlicky Green Bean (VE)</p> <p><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Veggie Nugget (VE) Dipping Sauce</p> <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Roasted Zucchini (VE)</p> <p><i>Garlic Knot (V)</i></p> <p><i>Salad Bar</i> Pizza Bar</p>	<p>Chicken Tender Melt <i>Ciabatta Bread</i></p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Cajun Pinto Beans (VE) with Brown Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Spiced Sweet Potatoes (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>
25	26	27	28	29
<p>Sicilian Slice Pizza (V)</p> <p>Italian Green Beans (VE)</p> <p><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Soft Turkey Taco</p> <p>Crispy Chicken Bites</p> <p>Street Style Corn (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Manicotti (V) in Marinara</p> <p>Creamed Spinach (V)</p> <p><i>Bread Stick (V)</i></p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Caribbean Spiced Jerk Chicken Thighs*</p> <p>Jollof Cauliflower (V)*</p> <p>Sweet Potato Wedge Fries (VE)</p> <p><i>Dinner Roll (V)</i></p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>
<p>Monday</p> <ul style="list-style-type: none"> • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Seasoned Wedge Fries (VE) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Pizza (V) • Chicken Tenders • Chicken Dumplings • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Wednesday</p> <ul style="list-style-type: none"> • Pizza (V) • Chicken Tenders • Chicken Dumplings • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Seasoned Wedge Fries (VE) 	<p>Thursday</p> <ul style="list-style-type: none"> • Pizza (V) • Chicken Dumplings • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Seasoned Wedge Fries (VE)

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

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



MARCH 2024: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				Heart Shaped Pretzels (VE) Hummus Cup (VE)
4	5	6	7	8
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Yogurt Choice (V) Blueberry Granola (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)
11	12	13	14	15
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cinnamon Flakes (VE) Milk (V)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)
18	19	20	21	22
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
25	26	27	28	Good Friday 29
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Yogurt Choice (V) Blueberry Granola (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)

<p>Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request</p>	<p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>All Fruit Offerings are 1 cup</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p>
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- **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



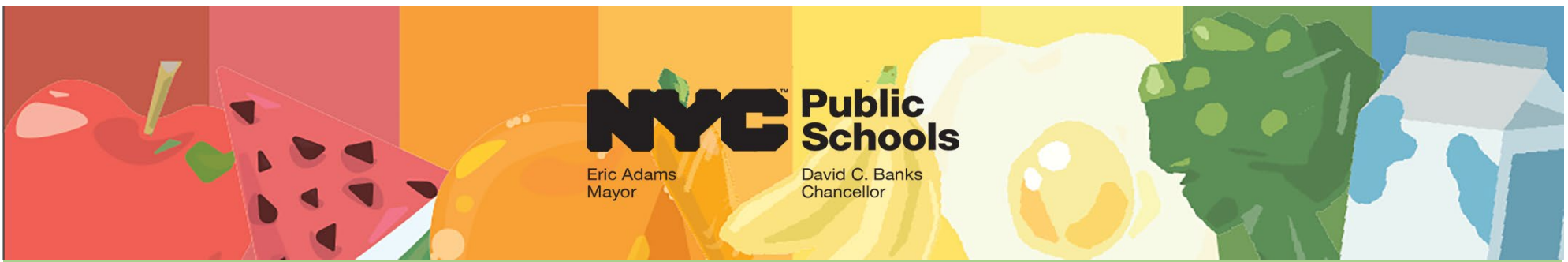
MARCH 2024: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p>Whole Wheat Crackers (VE)</p> <p>Hummus Cup (VE)</p>
4	5	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>Yogurt Choice (V)</p> <p>Diced Peaches (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
11	12	13	14	15
<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Fresh Banana (VE)</p> <p>Milk (V)</p>	<p>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>
18	19	20	21	22
<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>Yogurt Choice (V)</p> <p>Diced Peaches (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
25	26	27	28	29
<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Fresh Banana (VE)</p> <p>Milk (V)</p>	<p>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>

<p>Milk Whole Milk (V) Alternative options are available upon request</p>	<p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Seasonal Fresh Fruit Apple Slices, Oranges, Mandarins, and Bananas (VE)</p> <p>Other Fruits Apple Sauce, Sliced Peaches, Diced Pears, Pineapples (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available for youngsters 12 to 24 months. Formula is to be provided by the parent.

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



MARCH 2024: After School Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) <p>Options may vary by location</p>	 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>			<p>Italian Veggie Grab & Go Salad (VE)</p> <p>Italian Marinated Cucumber Salad (VE)</p>
4	5	6	7	8
<p>Grab and Go Cheese Plate (V)</p> <p>Italian Green Beans (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Classic Potato Salad (V)</p>	<p>BBQ Crispy Chicken Grab and Go Salad</p> <p>Cilantro Black Bean Salad (VE)</p>	<p>Mediterranean Chicken Pasta Salad</p> <p>Green Garden Salad (V)</p>	<p>Chickpea and Pimento Wrap (VE)</p> <p>Fresh Cilantro Healthy Coleslaw (V)</p>
11	12	13	14	15
<p>Superhero Spinach Wrap (V)</p> <p>Broccoli Salad (V)</p>	<p>Crispy Chicken Grab and Go Salad</p> <p>Asian Red Cabbage Slaw (V)</p>	<p>Chicken Salad Hoagie</p> <p>Kid Friendly Kale Salad (V)</p>	<p>Chimichurri Chicken Wrap</p> <p>Confetti Corn Salad (VE)</p>	<p>Black Bean Wrap (VE)</p> <p>Fresh Tomato Salad (V)</p>
18	19	20	21	22
<p>Red, White and Green Panini (V)</p> <p>Balsamic Chickpea Salad (V)</p>	<p>Balsamic Chicken Grab and Go Salad</p> <p>Served with Salsa (VE)</p>	<p>Curried Chicken Wrap Dipping Sauce</p> <p>Fresh Tomato Salad (V)</p>	<p>Sesame Noodle Bowl</p> <p>Broccoli Salad (V)</p>	<p>Italian Veggie Grab & Go Salad (VE)</p> <p>Italian Marinated Cucumber Salad (VE)</p>
25	26	27	28	29
<p>Grab and Go Cheese Plate (V)</p> <p>Italian Green Beans (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Classic Potato Salad (V)</p>	<p>BBQ Crispy Chicken Grab and Go Salad</p> <p>Cilantro Black Bean Salad (VE)</p>	<p>Mediterranean Chicken Pasta Salad</p> <p>Green Garden Salad (V)</p>	<p>Chickpea and Pimento Wrap (VE)</p> <p>Fresh Cilantro Healthy Coleslaw (V)</p>

OFFERED DAILY

Milk

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

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

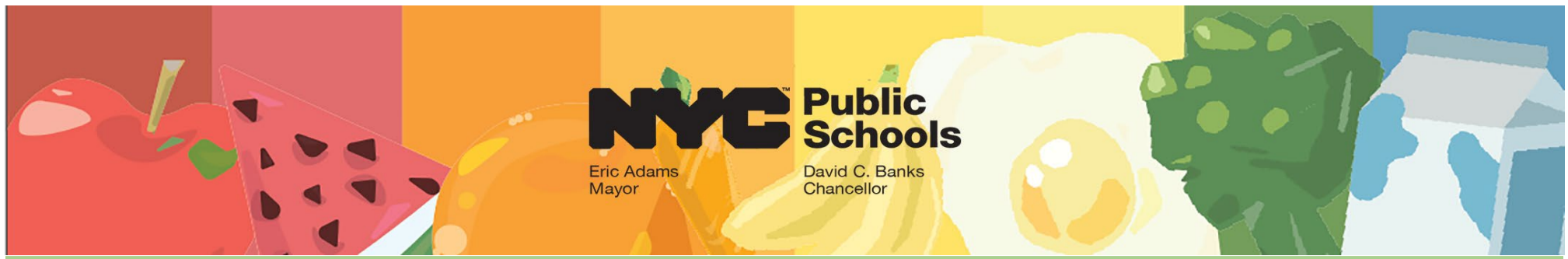
Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



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



MARCH 2024: After School Hot Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) <p>Options may vary by location</p>	 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>			<p>Veggie Burger (VE) Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>
4	5	6	7	8
<p>Manicotti in Marinara Sauce (V)</p> <p>Superhero Spinach (VE)</p>	<p>Hamburgers & Cheeseburgers Whole Wheat Bun</p> <p>Cilantro Healthy Coleslaw (V)</p>	<p>Crispy Chicken Bites with Dipping Sauce</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Soft Turkey Taco</p> <p>Street Style Corn (V)</p>	<p>Pizza (V)</p> <p>Parmigiana Spinach (V)</p>
11	12	13	14	15
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Crispy Broccoli (V)</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Chicken Tenders</p> <p>Slow Roasted Baby Carrots (V)</p> <p>Dinner Roll (V)</p>	<p>Pizza (V)</p> <p>Corn, Peas and Carrots (VE)</p>	<p>Veggie Nuggets (VE) with Dipping Sauce (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Dinner Roll (VE)</p>
18	19	20	21	22
<p>Mozzarella Sticks (V) Marinara Sauce (VE)</p> <p>Crispy Broccoli (V)</p>	<p>Turkey Burger Whole Wheat Bun</p> <p>Crisp Sweet Potato Waffle Fries (VE)</p>	<p>Garlic and Tomato Panini (V)</p> <p>Roasted Zucchini (VE)</p>	<p>Pizza (V)</p> <p>Italian Green Beans (VE)</p>	<p>Veggie Burger (VE) Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>
25	26	27	28	29
<p>Manicotti in Marinara Sauce (V)</p> <p>Superhero Spinach (VE)</p>	<p>Hamburgers & Cheeseburgers Whole Wheat Bun</p> <p>Cilantro Healthy Coleslaw (V)</p>	<p>Crispy Chicken Bites with Dipping Sauce</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Soft Turkey Taco</p> <p>Street Style Corn (V)</p>	<p>Pizza (V)</p> <p>Parmigiana Spinach (V)</p>

OFFERED DAILY

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

OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

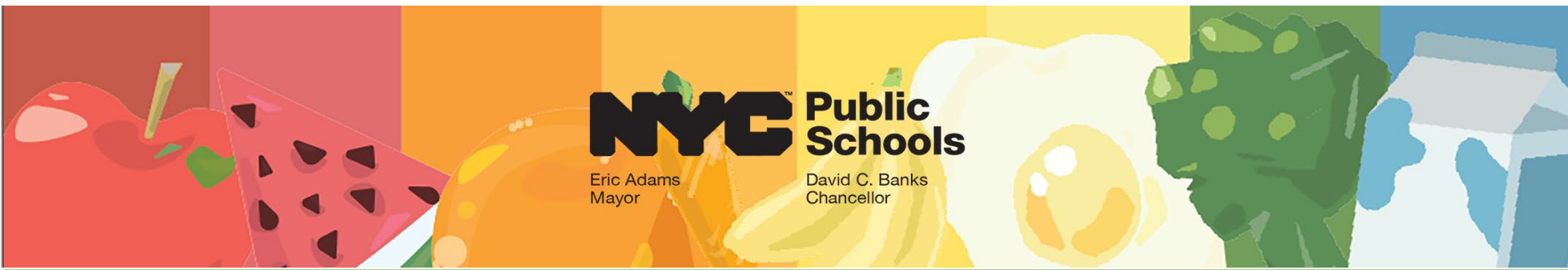
Assorted Dressings

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

OFNS has an extensive
Prohibitive Ingredients List
available at:



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



MARCH 2024: After School Vegetarian Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Daily Supper Specials • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) Options may vary by location	 WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Veggie Burger (VE) or Veggie Cheeseburger(V) <i>Whole Wheat Bun</i> Seasoned Wedge Fries (VE)
4	5	6	7	8
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V)	Black Bean and Plantain Power Bowl (VE) with Brown Rice (VE)	Pizza (V) Crispy Broccoli (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
11	12	13	14	15
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Mozzarella Sticks (VE) Green Garden Salad (VE)	Pizza (V) Roasted Zucchini (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) <i>Dinner Roll (VE)</i>
18	19	20	21	22
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Super Hero Spinach Wrap (V) Baked Beans (VE)	Pizza (V) Roasted Chickpeas With Basil Pesto (V)	Three Cheese Grilled Cheese (V) <i>Street Style Corn (V)</i>	Veggie Burger (VE) or Veggie Cheeseburger(V) <i>Whole Wheat Bun</i> Seasoned Wedge Fries (VE)
25	26	27	28	29
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V)	Black Bean and Plantain Power Bowl (VE) with Brown Rice (VE)	Pizza (V) Crispy Broccoli (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)

OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

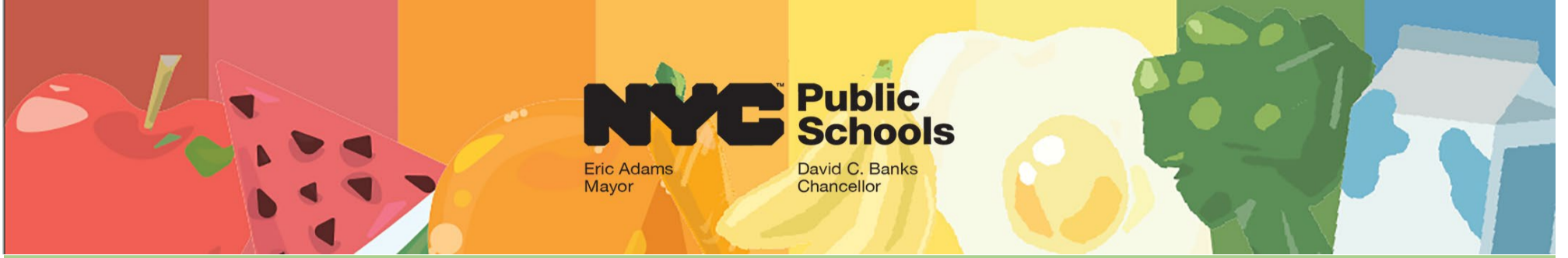
Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



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



MARCH 2024: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
<p>Honey Corn Breakfast Bread (V)</p> <p>Milk (V)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Milk (V)</p>	<p>Banana Muffin (V)</p> <p>Milk (V)</p>	<p>Blueberry Breakfast Bread (V)</p> <p>Milk (V)</p>	<p>Zucchini Carrot Breakfast Bread (V)</p> <p>Milk (V)</p>

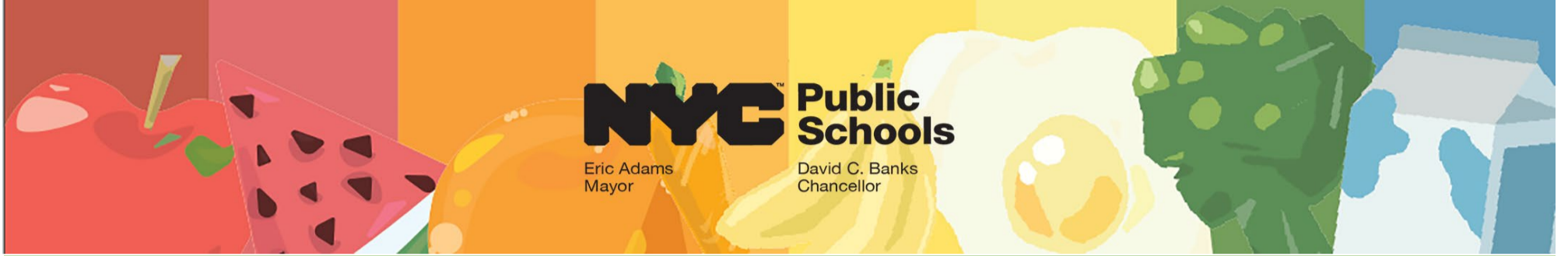
Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
 Alternative options are available upon request

(V) Indicates Vegetarian
 (VE) Indicates Vegan

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

OFNS has an extensive Prohibitive Ingredients List available at:





MARCH 2024: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
<p>Honey Corn Breakfast Bread (V)</p> <p>Milk (V)</p>	<p>Rise and Shine Waffles (V)</p> <p>Milk (V)</p>	<p>Buttermilk Pancakes (V)</p> <p>Milk (V)</p>	<p>Blueberry Breakfast Bread (V)</p> <p>Milk (V)</p>	<p>Whole Grain Croissant (V) Served With Jelly</p> <p>Milk (V)</p>

Milk

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are available upon request

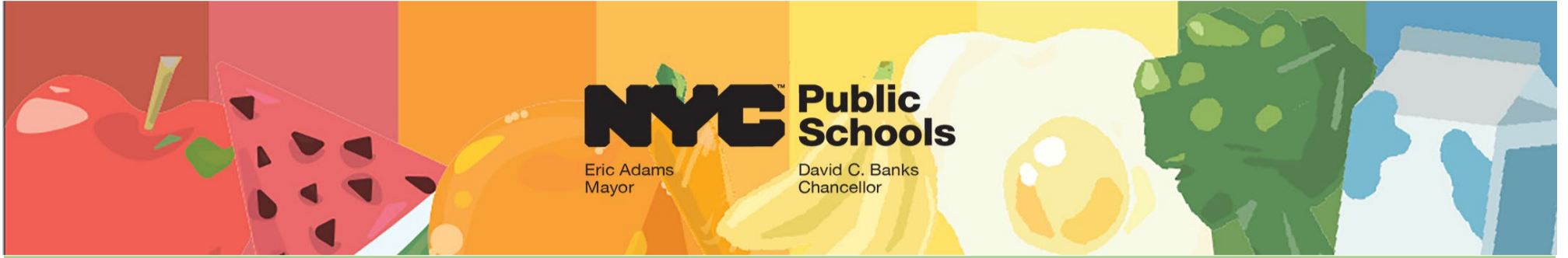
(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:





MARCH 2024: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
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)	Assorted Cold Sandwiches and Wraps Italian Marinated Cucumber Salad (V) Fresh Fruit (VE) Milk (V)

OFFERED DAILY

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

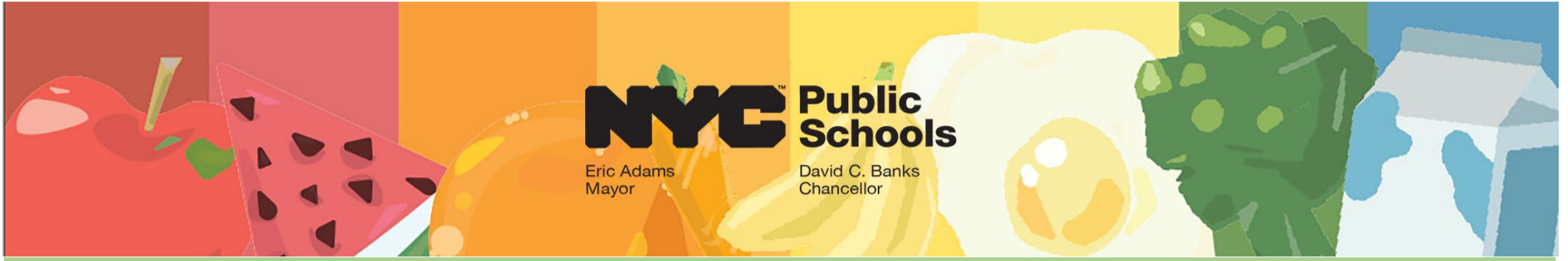
(V) Indicates Vegetarian
 (VE) Indicates Vegan

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:





MARCH 2024: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
<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>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</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 (V)
Fat Free (V)
Fat Free Chocolate (V)
 Alternative options are available upon request

(V) Indicates Vegetarian
 (VE) Indicates Vegan

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:

