

New York Yogurt Choice (V)

Raisins (VE)

Seasonal Fresh Fruit (VE)

Mini Blueberry Waffles (V)

Seasonal Fresh Fruit (VE)

Zucchini Carrot Breakfast Bread (V)

Hot Oatmeal (V)

Seasonal Fresh Fruit (VE)

31

Buttermilk Pancakes (V)

Turkey Sausage

Fresh Apples (VE)

Assorted
Fresh NY Bagels (VE)
served with
Cream Cheese (V) & Jelly (VE)

Seasonal Fresh Fruit (VE)

Memorial Day 29

Assorted Fresh
Bagel Sticks (VE)

served with
Cream Cheese (V) & Jelly (VE)

New York Yogurt Choice (V)

Hot Oatmeal (V)

Raisins (VE)

Seasonal Fresh Fruit (VE)

Tasty Waffles (V)

30

Seasonal Fresh Fruit (VE)

Apple Cinnamon Breakfast Bread (V)

Hot Oatmeal (V)

Seasonal Fresh Fruit (VE)

A VEW 10

WE'RE PROUDLY
CELEBRATING
LOCALLY SOURCED &
PRODUCED FOOD
ALL NEW YORK ITEMS
ARE HIGHLIGHED IN GREEN

Fresh New York
Bagel Assortment
Cinnamon Raisin (VE)
Plain (VE)

Fresh New York
Bagel Stick Assortment
French Toast (VE)
Cinnamon Raisin (VE)
Plain (VE)

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

*Alternative options are available upon request

Breakfast After the Bell Grab and Go

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

OFFERED DAILY

Options may vary by location

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

Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapefruit,

Oranges, Peaches,
Mandarins, Bananas, and
Pears (VE)

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List



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



		Schools	(3)	
Monday	Tuesday	igh School Bre Wednesday	Thursday	Friday
Banana Muffin (V) New York Yogurt Choice (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Breakfast Bar Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Turkey Sausage Breakfast Bar Fresh Apples (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
8	9	10	11	1:
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Breakfast Bar Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage With Cheese on a Whole Grain Croissant Breakfast Bar New York Apples Slices (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
15	16	17	18	19
Honey Corn Breakfast Bread (V) New York Yogurt Choice (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Breakfast Bar Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Turkey Sausage Breakfast Bar Fresh Apples (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
22	23	24	25	20
Banana Muffin (V) New York Yogurt Choice (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Breakfast Bar Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Turkey Sausage Breakfast Bar Fresh Apples (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Memorial Day 29	30	31		
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Breakfast Bar Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Fresh New York Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE) Breakfast Bar Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (V) New York Yogurts (V) Raisins (VE)
<u>Milk*</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)	Breakfast After the Bell Grab and Go	OFFERED DAILY Options may vary by location Cold Cereal Choices	Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and	OFNS has an extensive Prohibitive Ingredients List available at:

*Alternative options are available upon request

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk) **Cold Cereal Choices Shredded Wheat** Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE)
Cinnamon Flakes (VE)

Mandarins, Bananas, and Pears (VE)

> **Condiments** Syrup (VE)



ATTENTION:

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





MAY 2023: Breakfast Express Menu

Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE) 8 9 10 11 Strawberry Shredded Wheat Wheat Animal Crackers (V) Diced Pears (VE) 15 16 17 Frosted Mini Wheats Honey Graham Cracker (V) Strawberry Banana Applesauce (VE) 15 16 17 Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) S	Monday	Tuesday	Wednesday	Thursday	Friday
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE) 8 9 10 11 11 11 11 11 11 11 11 11 11 11 11	1	2	3	4	5
Strawberry Shredded Wheat Whole Grain Croissant (V) served with Jelly (VE) Animal Crackers (V) Diced Pears (VE) 15 16 16 17 18 18 11 Frosted Mini Wheats Honey Graham Cracker (V) Strawberry Banana Applesauce (VE) Seasonal Fresh Fruit (VE) 22 23 Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE) Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE) Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE) Memorial Day 29 30 Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Assorted Granola (V) Raisins (VE) New York Apples Silices (VE) New York Apples Silices (VE) New York Apples Silices (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE) New York Apples Silices (VE) New York Apples Sili	Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	Waffles (V) Seasonal Fresh Fruit (VE)	Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Fresh Apples (VE)	NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Strawberry Shredded Wheat Wheat Croissant (V) served with Jelly (VE) Animal Crackers (V) Diced Pears (VE) Seasonal Fresh Fruit (8	9	10	11	12
Frosted Mini Wheats Honey Graham Cracker (V) Strawberry Banana Applesauce (VE) Scasonal Fresh Fruit (VE) Scasonal Fresh Fruit (VE) Scasonal Fresh Fruit (VE) Scasonal Fresh Fruit (VE) Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE) Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE) Scasonal Fresh Fruit (VE) Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE) Scasonal Fresh Fruit (VE) Memorial Day Scasonal Fresh Fruit (VE) Scasonal Fresh Fru	Wheat Animal Crackers (V)	Croissant (V) served with Jelly (VE) Granola Bars (V)	Breakfast Bread (V) Cheddar Cheese Stick (V)	Yogurt Choice (V) Assorted Granola (V) Raisins (VE)	NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)
Frosted Mini Wheats Honey Graham Cracker (V) Strawberry Banana Applesauce (VE) Seasonal Fresh Fruit (VE) Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE) Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE) Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Mozzarella Cheese Stick (V) Raisins (VE) New York Apples Slices (VE) New York Yogurt Choice (V) Assorted Granola (V) Assorted Granola (V) Assorted Granola (V) Ralsins (VE) Seasonal Fresh Apples (VE) Memorial Day 29 30 31 Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) New York Yogurt Choice (V) Assorted Granola (V) Ralsins (VE) Seasonal Fresh Apples (VE) Seasonal Fresh Fruit (VE) Assorted Granola (V) Assorted Granola (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Apples (VE) Seasonal Fresh Fruit (VE)	15	16	17	18	19
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE) Whole Grain Croissant (V) Served with Jelly (VE) Granola Bars (V) Seasonal Fresh Fruit (VE) Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Assorted Granola (V) Raisins (VE) Fresh Apples (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Cheddar Cheese Stick (V) Cally Source of the Very Call Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Cally Source of the Very Call Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Call Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Call Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Call Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Call Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Call Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Call Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Call Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Call Fresh Fruit (VE)	Honey Graham Cracker (V) Strawberry Banana	Pancakes (V)	Oatmeal Muffin (V) Mozzarella Cheese Stick (V)	Yogurt Choice (V) Assorted Granola (V) Raisins (VE)	NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE) Whole Grain Cream Cheese Stick (V) Seasonal Fresh Fruit (VE) Whole Grain Croissant (V) Served with Jelly (VE) Granola Bars (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS	22	23	24	25	26
Whole Grain Croissant (V) served with Jelly (VE) Granola Bars (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Strawberry Shredded Wheat Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) We're PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS	Blueberry Granola (V) Strawberry Banana	Waffles (V)	Breakfast Bread (V) Colby Cheese Stick (V)	Yogurt Choice (V) Assorted Granola (V) Raisins (VE)	NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)
Croissant (V) served with Jelly (VE) Granola Bars (V) Seasonal Fresh Fruit (VE) Strawberry Shredded Wheat Animal Crackers (V) Diced Pears (VE) Strawberry Shredded Wheat Cheddar Cheese Stick (V) Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE)	Memorial Day 29	30	31		
	Croissant (V) served with Jelly (VE) Granola Bars (V)	Wheat Animal Crackers (V)	Breakfast Bread (V) Cheddar Cheese Stick (V)	CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS	

Milk*

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

*Alternative options are available upon request

Breakfast After the Bell Grab and Go

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

OFFERED DAILY

Options may vary by location

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

<u>Seasonal Fresh Fruit</u> Apples, Apple Slices,

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

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List



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Monday	Tuesday	Wednesday	Thursday	Friday
Worlday	ruesuay	vvednesday	marsaay	Triday
Banana Muffin (V) New York Yogurt Choice (V) Seasonal Fresh Fruit (VE) 8 Assorted Fresh Bagel Sticks (VE) served with	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Hot Oatmeal (V) Fresh Apples (VE)	served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
15	16	17	18	19
Honey Corn Breakfast Bread (V) New York Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
22	23	24	25	26
Banana Muffin (V) New York Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Memorial Day 29	30	31		
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Fresh New York Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE)

ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN

Milk*

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

*Alternative options are available upon request **Breakfast After the Bell Grab and Go**

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk) **OFFERED DAILY**

Options may vary by location

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

Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapefruit,

Oranges, Peaches, Mandarins, Bananas, and Pears (VE)

> **Condiments** Syrup (VE)

OFNS has an extensive **Prohibitive Ingredients List**



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



MAY 2023: Puree Breakfast Menu

MITTI ZOZOTI GIOO BIOGRAGO MICHA					
Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4		5
Blueberry Muffin (V)	Turkey Sausage	Croissant (V)	Turkey Sausage	Banana Muffin (V)	
New York Yogurt Choice (V)	Soft Roll	New York Yogurt Choice (V)	Soft Roll (V)	New York Yogurt Choice (V)	
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (VE)	
Fruit Offering Peaches (VE)	Fruit Offering Flavored Apple Sauce (VE)	Fruit Offering Pears (VE)	Fruit Offering Bananas (VE)	Fruit Offering Apple Sauce (VE)	
8	9	10	11		12
Blueberry Muffin (V)	Turkey Sausage	Croissant (V)	Turkey Sausage	Banana Muffin (V)	
New York Yogurt Choice (V)	Soft Roll	New York Yogurt Choice (V)	Soft Roll (V)	New York Yogurt Choice (V)	
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (VE)	
Fruit Offering Peaches (VE)	Fruit Offering Flavored Apple Sauce (VE)	Fruit Offering Pears (VE)	Fruit Offering Bananas (VE)	Fruit Offering Apple Sauce (VE)	
15	16	17	18		19
Blueberry Muffin (V)	Turkey Sausage	Croissant (V)	Turkey Sausage	Banana Muffin (V)	
New York Yogurt Choice (V)	Soft Roll	New York Yogurt Choice (V)	Soft Roll (V)	New York Yogurt Choice (V)	
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (VE)	
Fruit Offering Peaches (VE)	Fruit Offering Flavored Apple Sauce (VE)	Fruit Offering Pears (VE)	Fruit Offering Bananas (VE)	Fruit Offering Apple Sauce (VE)	
22	23	24	. 25		26
Blueberry Muffin (V)	Turkey Sausage	Croissant (V)	Turkey Sausage	Banana Muffin (V)	
New York Yogurt Choice (V)	Soft Roll	New York Yogurt Choice (V)	Soft Roll (V)	New York Yogurt Choice (V)	
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (VE)	
Fruit Offering Peaches (VE)	Fruit Offering Flavored Apple Sauce (VE)	Fruit Offering Pears (VE)	Fruit Offering Bananas (VE)	Fruit Offering Apple Sauce (VE)	
Memorial Day 29	30	31			
Blueberry Muffin (V)		Croissant (V)		án.	
· ·	Turkey Sausage	, ,			
New York Yogurt Choice (V)	Soft Roll	New York Yogurt Choice (V)			
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	WE'RE PROUDLY CELEBRATING		
Fruit Offering Peaches (VE)	Fruit Offering Flavored Apple Sauce (VE)	Fruit Offering Pears (VE)	PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	VEW	
		OFFERED DAILY			

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

Fat Free Chocolate (V)

*Alternative options are available upon request

Seasonal Fresh Fruit

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

Condiments
Syrup (VE)

OFFERED DAILY

Options may vary by location

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

Assorted Yogurts

Alternate Fruit
Peaches, Pineapples
Pears, Applesauce (VE)

OFNS has an extensive Prohibitive Ingredients List



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

ATTENTION:

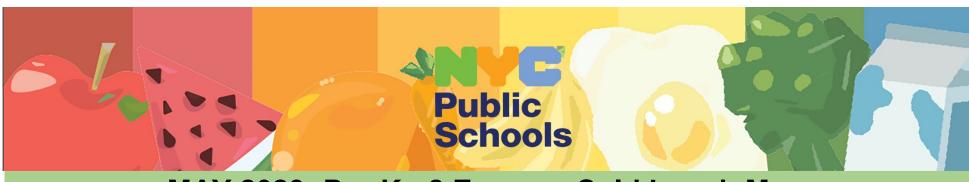
• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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



		Schools	(3)	
Monday	MAY 2023 Tuesday	3: Pre-K - 8 Lui Wednesday	nch Menu Thursday	Friday
1	Z Tanis aki	3	4	Three Bean Chili (VE) served with Rice (VE)
Sicilian Slice Pizza (V)	Teriyaki Veggie Nuggets (VE)	Caribbean Style Beef Patty	Roasted Chicken Thigh Grab and Go Salad	Southwest Burrito (V)
Marinated White Beans (VE)	Chicken Dumplings Veggie Ginger Soy Rice (VE)	Turkey Burger Whole Wheat Bun	Crispy Broccoli (V)	Roasted Fresh Tomatoes (VE)
	Garlicy Green Bean (VE)	Seasoned Wedge Fries (VE)	Buttermilk Biscuit (V) Fresh Apples (VE)	Crispy Tortillas (VE) Served with Salsa (VE)
Salad Bar Italian Classico Salad (VE)	Salad Bar Asian Red Cabbage Slaw (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Black Bean & Corn Salad (VE)	Salad Bar Spinach, Tomato, Red Peppe Salad (V)
8	9	10 Plastic Free	Roasted Chicken Drumsticks	1
		Lunch Day	Grab and Go Salad	Sweet Potato
Cheesy Garlic Pizza (V) Garlic Knot (V)	Chicken Fajitas Street Style Corn (V)	Mozzarella Sticks (V) with marinara sauce (VE)	Crisp Sweet Potato Waffle Fries (VE)	Gumbo (VE) served with Rice (VE)
Garlicy Green Bean (VE)	Cilantro Black Bean Salad (VE)	Fresh Broccoli Florets (VE)	Soft Dinner Roll (V) Fresh Apples (VE)	Oven Roasted Squash (VE) Homemade
Salad Bar	Salad Bar	Salad Bar	Salad Bar Strawberry Cucumber	Grilled Cheese (V) Salad Bar
Chef Choice Bean Salad (V) 15	Kid Friendly Kale (V)	Veggie Dippers (VE)	Salad (V)	Broccoli Salad (V)
	Crispy	Turkey Quesadilla	Country Chicken with Gravy on Kaiser Roll	BBQ Veggie Burger (VE
Classic Pizza Slice (V)	Chicken Tenders With Dipping Sauce	Sweet Roasted Plantains (VE)	Grab & Go Salad Corn, Peas, Carrots (VE)	3 Cheese Grilled Cheese (V)
Parmigiana Spinach (V)	Seasoned Wedge Fries (VE) Garlic Knot (V)	Crispy Tortillas (VE) Served with Salsa (VE)	New York Apples Slices (VE)	Baked Beans (VE)
<i>Salad Bar</i> Kale Caesar Salad (V)	<i>Salad Bar</i> Carrot Raisin Salad (V)	Salad Bar Confetti Corn Salad (VE)	New York Cookie Treat (V) Salad Bar Lemon Arugula Salad (V)	Glazed Carrots (VE) Salad Bar Cilantro Healthy Coleslaw (V)
22	23	24	25	:
	Teriyaki Veggie Nuggets (VE)	Caribbean Style Beef	Roasted Chicken Thigh	Three Bean Chili (VE) served with Rice (VE)
Sicilian Slice Pizza (V)	Chicken Dumplings	Patty Turkey Burger	Grab and Go Salad	Southwest Burrito (V) Roasted Fresh Tomatoes (VE)
Marinated White Beans (VE)	Veggie Ginger Soy Rice (VE) Garlicy Green Bean (VE)	Whole Wheat Bun Seasoned Wedge Fries (VE)	Crispy Broccoli (V) Buttermilk Biscuit (V)	Crispy Tortillas (VE) Served with Salsa (VE)
Salad Bar Italian Classico	Salad Bar	Salad Bar Pickles, Lettuce	Fresh Apples (VE) Salad Bar	Salad Bar Spinach, Tomato, Red Peppe
Salad (VE) Memorial Day 29	Asian Red Cabbage Slaw (V)	and Tomato (VE)	Black Bean & Corn Salad (VE)	Salad (V)
		<u>Plastic Free</u> <u>Lunch Day</u>	OF OR	
Cheesy Garlic Pizza (V) Garlic Knot (V)	Chicken Fajitas Street Style Corn (V)	Mozzarella Sticks (V) with marinara sauce (VE)		
Garlicy Green Bean (VE)	Cilantro Black Bean Salad (VE)	Fresh Broccoli Florets (VE)	WE'RE PROUDLY CELEBRATING	
Salad Bar	Salad Bar	Salad Bar	LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS	
Chef Choice Bean Salad (V) londay	Kid Friendly Kale (V) <u>Tuesday</u>	Veggie Dippers (VE) Wednesday	ARE HIGHLIGHED IN GREEN Thursday	<u>Friday</u>
Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Assorted Vegetarian	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Peanut Butter & Jelly* (VE) Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Hot or Cold Cheese
Vraps (V)	Tana Sanawich		Tuna Gandwich	Sandwich (V) • Southwest Burrito (V)
Milk*		OFFERED DAILY	Seasonal Fresh Fruit	OFNS has an extensive Prohibitive Ingredients List
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	Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and Pears (VE)	available at:
				E210 (2004)

- 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



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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)
8	9	10	11	12
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)
15	16	17	18	19
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)
22	23	24	25	26
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)
Memorial Day 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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
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 Vegetarian Wraps (V)	 Hummus Grab & Go (V) Cheese Sandwich (V) Tuna Sandwich Assorted Vegetarian Wraps (V) 	Thursday Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Cheese Sandwich (V) Tuna Sandwich Assorted Vegetarian Wraps (V)	Friday Peanut Butter & Jelly* (VE) Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Cheese Sandwich (V)
		OFFERED DAILY		OFNS has an extensive

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

Apples, Apple Slices, Blueberries, Grapefruit,

Seasonal Fresh Fruit

Oranges, Peaches, Mandarins, Bananas, and Pears (VE)

OFNS has an extensive **Prohibitive Ingredients List**



- 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



IVI	A1 2023. FIE-I	/ - 0 Exhiese i	Tot Lunch Mer	IU
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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) 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)
8	9	10	11	12
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)
15	16	17	18	19
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) Whole Wheat Bun 3 Cheese Grilled Cheese (V) Glazed Carrots (VE)
22	22	24	O.F.	20
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) 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)
Memorial Day 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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS	
	Turnel	Madagas	ARE HIGHLIGHED IN GREEN	Feidor
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 Vegetarian Wraps (V)	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Vegetarian Wraps (V)	Thursday • Peanut Butter & Jelly* (VE)	Friday Peanut Butter & Jelly* (VE) Hummus Grab & Go (VE) Assorted Vegan Wraps (VE) Hot or Cold Cheese Sandwich (V) Southwest Burrito (V)
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich Assorted Vegetarian 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich Assorted Vegetarian 	Thursday Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich Assorted Vegetarian	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (VE) Assorted Vegan Wraps (VE) Hot or Cold Cheese Sandwich (V)

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

*Alternative options are available upon request OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

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



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



MAY 2023: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
		Mediterranean Chickpea	Zucchini Parmesan	Three Bean Chili (VE) served with Rice (VE)
Sicilian Slice Pizza (V)	Teriyaki Veggie Nuggets (VE)	with Pasta (VE)	Hero (V) Seasoned Wedge Fries (VE)	Southwest Burrito (V) Roasted
Marinated White Beans (VE)	Veggie Ginger Soy Rice (VE)	Grab & Go Salad Crispy Broccoli (V)	Fresh Apples (VE)	Fresh Tomatoes (VE) Crispy Tortillas (VE)
Salad Bar	Garlicy Green Bean (VE)	Dinner Roll (V)	New York Cookie Treat (V)	Served with Salsa (VE) Salad Bar
Italian Classico Salad (VE) 8	Salad Bar Asian Red Cabbage Slaw (V) 9	Salad Bar Kid Friendly Kale Salad (V)	Salad Bar Black Bean & Corn Salad (VE)	Spinach, Tomato, Red Pepper Salad (V)
o	9	10	.,	12
	White Bean and Pasta	Plastic Free Lunch Day	Red White and Green	Sweet Potato Gumbo (VE) Served with Rice (VE)
Cheesy Garlic Pizza (V)	Primavera (VE)	Mozzarella Sticks (V)	Panini (V)	Oven Roasted Squash (VE)
Garlic Knot (V)	Grab & Go Salad	with marinara sauce (VE)	Seasoned Wedge Fries (VE)	Homemade
Garlicy Green Bean (VE)	Roasted Fresh Tomatoes (VE)	Fresh Broccoli Florets (VE)	Balsamic Chickpea Salad (V)	Grilled Cheese (V) Salad Bar Broccoli Salad (V)
Salad Bar Chef Choice Bean Salad (V)	Salad Bar Greek Zucchini Salad (VE)	Salad Bar Veggie Dippers (VE)	Salad Bar Cilantro Healthy Coleslaw (V)	
15	16	17	18	
	Zesty Chickpea Stew (VE)		Manicotti (V) with Marinara Sauce (VE)	BBQ Veggie Burger (VE) Whole Wheat Bun (V)
Classic Pizza Slice (V) Parmigiana Spinach (V)	Grab and Go Salad	Quesadilla (V) served with Salsa (VE)	Corn, Peas and Carrots (VE)	3 Cheese Grilled Cheese (V)
r armigiana Opinaem (v)	Slow Roasted Baby Carrots (V)	Fiesta Black Beans (VE)	Green Garden Salad (VE)	Seasoned Wedge Fries (VE)
	Buttermilk Biscuit (V)		Salad Bar Lemon Arugula Salad (V)	Glazed Carrots (VE) Salad Bar
Salad Bar Kale Caesar Salad (V)	Salad Bar Carrot Raisin Salad (V)	Salad Bar Confetti Corn Salad (VE)		Strawberry Cucumber Salad (V)
22	23	24	25	26
				Three Bean Chili (VE)
	Teriyaki	Mediterranean Chickpea with Pasta (VE)	Zucchini Parmesan Hero (V)	served with Rice (VE) Southwest Burrito (V)
Sicilian Slice Pizza (V)	Veggie Nuggets (VE) Veggie Ginger Soy Rice (VE)	Grab & Go Salad	Seasoned Wedge Fries (VE)	Roasted Fresh Tomatoes (VE)
Marinated White Beans (VE)	Garlicy Green Bean (VE)	Crispy Broccoli (V) Dinner Roll (V)	Fresh Apples (VE) New York Cookie Treat (V)	Crispy Tortillas (VE) Served with Salsa (VE)
Salad Bar Italian Classico	Salad Bar	Salad Bar	Salad Bar	Salad Bar Spinach, Tomato, Red Pepper
Salad (VE) Memorial Day 29	Asian Red Cabbage Slaw (V)	Kid Friendly Kale Salad (V) 31	Black Bean & Corn Salad (VE)	Salad (V)
Memorial Day 29	30	Plastic Free		
Cheesy Garlic Pizza (V)	White Bean and Pasta Primavera (VE)	<u>Lunch Day</u>		
Garlic Knot (V)	Grab & Go Salad	Mozzarella Sticks (V) with marinara sauce (VE)	THE W TO	
Garlicy Green Bean (VE)	Roasted Fresh Tomatoes (VE)	Fresh Broccoli Florets (VE)	WE'RL PROUDLY CELEBRATING LOCALLY SOURCED &	
Salad Bar Chef Choice Bean Salad (V)	Salad Bar Greek Zucchini Salad (VE)	Salad Bar Veggie Dippers (VE)	PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Monday • Peanut Butter & Jelly* (VE)	Tuesday • Peanut Butter & Jelly* (VE)		Thursday • Peanut Butter & Jelly* (VE)	Friday • Peanut Butter & Jelly* (VE)
Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Grab & Go (V) Hot or Cold Cheese	• Hummus Grab & Go (V)	Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Lunch Pack (VE)
Sandwich (V)	Sandwich (V)	Sandwich (V)	Sandwich (V)	Assorted Vegan Wraps (VE) Hot or Cold Cheese
Assorted Vegetarian Wraps (V)	• Chickpea Wrap (V)	• Chickpea Wrap (V)	• Chickpea Wrap (V)	Sandwich (V) • Southwest Burrito (V)
		OFFERED DAILY		OENS has an automain
Milk* 1% Low-fat (V)	OFNS Menus Support		Seasonal Fresh Fruit	OFNS has an extensive Prohibitive Ingredients List available at:

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

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



Menu subject to change.

Our menus are pork free.

ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK
 and that consist of whole grains, we getables, legumes, puts, and/

- 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





MAY 2023: Puree Lunch Menu

WIAT 2020: I dice Editori Merid				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (V) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
8	9	10	11	12
Fish & Cheese Sandwich Broccoli With Garlic & Oil (V) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
15	16	17	18	19
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (V) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
22	23	24	25	26
Fish & Cheese Sandwich Broccoli With Garlic & Oil (V) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
Memorial Day 29	30	31	lise	
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (V) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS	Daily Lunch Specials • Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna Options may vary by location

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

ARE HIGHLIGHED IN GREEN

Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and Pears (VE) OFNS has an extensive Prohibitive Ingredients List



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



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

IVI	41 ZUZS. J.M.S	. a midule sci	iooi Luiicii ivie	IIu
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	
Sicilian Slice Pizza (V)	Teriyaki Veggie Nuggets (VE)	Caribbean Style Beef Patty	Roasted Chicken Thigh Grab and Go Salad	Three Bean Chili (VE) served with Rice (VE) Southwest Burrito (V)
Marinated White Beans (VE)	Chicken Dumplings Veggie Ginger Soy Rice (VE)	Turkey Burger Whole Wheat Bun	Crispy Broccoli (V)	Roasted Fresh Tomatoes (VE)
namatoa viinto Boano (v2)	Garlicy Green Bean (VE)	Seasoned Wedge Fries (VE)	Buttermilk Biscuit (V)	Crispy Tortillas (VE) Served with Salsa (VE)
Salad Bar Italian Classico Salad (VE)	Salad Bar Asian Red Cabbage Slaw (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Fresh Apples (VE) Salad Bar Black Bean & Corn Salad (VE)	Salad Bar Spinach, Tomato, Red Pepp Salad (V)
8	9	10	11	
		<u>Plastic Free</u> Lunch Day	Roasted Chicken Drumsticks	Sweet Potato
Cheesy Garlic Pizza (V)	Chicken Fajitas		Grab and Go Salad Crisp Sweet Potato	Gumbo (VE) served with Rice (VE)
Garlic Knot (V)	Street Style Corn (V)	Mozzarella Sticks (V) with marinara sauce (VE)	Waffle Fries (VE)	Oven Roasted Squash (VI
Garlicy Green Bean (VE)	Cilantro Black Bean Salad (VE)	Fresh Broccoli Florets (VE)	Soft Dinner Roll (V) Fresh Apples (VE)	Homemade Grilled Cheese (V)
Salad Bar Chef Choice Bean Salad (V)	Salad Bar Kid Friendly Kale (V)	<i>Salad Bar</i> Veggie Dippers (VE)	Salad Bar Strawberry Cucumber Salad (V)	Salad Bar Broccoli Salad (V)
15	16	17	18	
	Crispy Chicken Tenders	Turkey Quesadilla	Country Chicken with Gravy on Kaiser Roll	BBQ Veggie Burger (V Whole Wheat Bun
Classic Pizza Slice (V)	With Dipping Sauce	Sweet Roasted Plantains (VE)	Grab & Go Salad Corn, Peas, Carrots (VE)	3 Cheese Grilled Cheese (V)
Parmigiana Spinach (V)	Seasoned Wedge Fries (VE) Garlic Knot (V)	Crispy Tortillas (VE) Served with Salsa (VE)	New York Apples Slices (VE)	Baked Beans (VE)
	Carne Rilot (V)	55.754 Mar Caroa (* 2)	New York Cookie Treat (V)	Glazed Carrots (VE)
Salad Bar Kale Caesar Salad (V)	Salad Bar Carrot Raisin Salad (V)	Salad Bar Confetti Corn Salad (VE)	Salad Bar Lemon Arugula Salad (V)	Salad Bar Cilantro Healthy Coleslaw (\
22	23	24	25	
	Teriyaki Veggie Nuggets (VE)	Caribbean Style Beef	Roasted Chicken Thigh	Three Bean Chili (VE served with Rice (VE) Southwest Burrito (V)
Sicilian Slice Pizza (V)	Chicken Dumplings	Patty	Grab and Go Salad	Roasted
Marinated White Beans (VE)	Veggie Ginger Soy Rice (VE)	Turkey Burger Whole Wheat Bun	Crispy Broccoli (V) Buttermilk Biscuit (V)	Fresh Tomatoes (VE) Crispy Tortillas (VE)
	Garlicy Green Bean (VE)	Seasoned Wedge Fries (VE)	Fresh Apples (VE)	Served with Salsa (VE)
Salad Bar Italian Classico Salad (VE)	Salad Bar Asian Red Cabbage Slaw (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Black Bean & Corn Salad (VE)	Salad Bar Spinach, Tomato, Red Pep Salad (V)
Memorial Day 29	30	31		
Cheesy Garlic Pizza (V)	Chicken Fajitas	<u>Plastic Free</u> <u>Lunch Day</u>	OF OF OR	
Garlic Knot (V)	Street Style Corn (V)	Mozzarella Sticks (V) with marinara sauce (VE)	WEW 10	
Garlicy Green Bean (VE) Salad Bar	Cilantro Black Bean Salad (VE) Salad Bar	Fresh Broccoli Florets (VE) Salad Bar	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS	
Chef Choice Bean Salad (V)	Kid Friendly Kale (V) Tuesday	Veggie Dippers (VE) Wednesday	ARE HIGHLIGHED IN GREEN Thursday	Friday
Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese andwich (V)	Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	 Peanut Butter & Jelly* (VE Hummus Lunch Pack (VE Assorted Vegan Wraps (V Hot or Cold Cheese Sandwich (V) Southwest Burrito (V)
		OFFERED DAILY		OENS has an entered
Milk*			Sossonal Frosh Fruit	OFNS has an extensive

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

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

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

Prohibitive Ingredients List



ATTENTION:

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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

O.F.N.S. INFOOD

Menu subject to change. Our menus are pork free.

		AN / C Public		
		Schools	(3)	
	MAY 2023:	High School L	unch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Sicilian Slice Pizza (V) Marinated White Beans (VE) Salad Bar Italian Classico Salad (VE)	Teriyaki Veggie Nuggets (VE) Chicken Dumplings Veggie Ginger Soy Rice (VE) Garlicy 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) Salad Bar Spinach, Tomato, Red Pepper Salad (V)
Cheesy Garlic Pizza (V) Garlic Knot (V) Garlicy Green Bean (VE)	Chicken Fajitas Street Style Corn (V) Cilantro Black Bean Salad (VE)	Plastic Free Lunch Day Mozzarella Sticks (V) with marinara sauce (VE) Fresh Broccoli Florets (VE)	Roasted Chicken Drumsticks Grab and Go Salad Crisp Sweet Potato Waffle Fries (VE) Soft Dinner Roll (V) Fresh Apples (VE)	Sweet Potato Gumbo (VE) served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V)
Salad Bar Chef Choice Bean Salad (V)	Salad Bar Kid Friendly Kale (V) 16	Salad Bar Veggie Dippers (VE)	Salad Bar Strawberry Cucumber Salad (V) 18	Salad Bar Broccoli Salad (V)
Classic Pizza Slice (V) Parmigiana Spinach (V)	Crispy Chicken Tenders With Dipping Sauce Seasoned Wedge Fries (VE) Garlic Knot (V)	Turkey Quesadilla Sweet Roasted Plantains (VE) Crispy Tortillas (VE) Served with Salsa (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)	BBQ Veggie Burger (VE) Whole Wheat Bun 3 Cheese Grilled Cheese (V) Baked Beans (VE) Glazed Carrots (VE)
Salad Bar Kale Caesar Salad (V)	Salad Bar Carrot Raisin Salad (V)	Salad Bar Confetti Corn Salad (VE)	<i>Salad Bar</i> Lemon Arugula Salad (V)	Salad Bar Cilantro Healthy Coleslaw (V)
Sicilian Slice Pizza (V) Marinated White Beans (VE) Salad Bar Italian Classico Salad (VE)	Teriyaki Veggie Nuggets (VE) Chicken Dumplings Veggie Ginger Soy Rice (VE) Garlicy 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) Salad Bar Spinach, Tomato, Red Pepper Salad (V)
Memorial Day 29	30		*	
Cheesy Garlic Pizza (V) Garlic Knot (V) Garlicy Green Bean (VE) Salad Bar Chef Choice Bean Salad (V) Monday	Chicken Fajitas Street Style Corn (V) Cilantro Black Bean Salad (VE) Salad Bar Kid Friendly Kale (V) Tuesday	Plastic Free Lunch Day Mozzarella Sticks (V) with marinara sauce (VE) Fresh Broccoli Florets (VE) Salad Bar Veggie Dippers (VE) Wednesday	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN Thursday	Friday
Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Assorted Vegetarian Wraps (V)	Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Peanut Butter & Jelly* (VE) Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Hot or Cold Cheese Sandwich (V) Southwest Burrito (V)
<u>Milk*</u> 1% Low-fat (V)		OFFERED DAILY	Seasonal Fresh Fruit	OFNS has an extensive Prohibitive Ingredients List available at:

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

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



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

O.F.N.S. Office of Food & Nutrition Services ALLLIANCE

Menu subject to change. Our menus are pork free.



MAY 2023: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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)
8	9	10	11	12
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)
15	16	17	18	19
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)
22	23	24	25	26
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)
Memorial Day 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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Monday Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Cheese Sandwich (V) Assorted Vegetarian Wraps (V)	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Cheese Sandwich (V) Tuna Sandwich Assorted Vegetarian 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Cheese Sandwich (V) Tuna Sandwich Assorted Vegetarian 	Thursday Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Cheese Sandwich (V) Tuna Sandwich Assorted Vegetarian Wraps (V)	Friday Peanut Butter & Jelly* (VE) Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Cheese Sandwich (V) OFNS has an extensive

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

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

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

OFNS has an extensive **Prohibitive Ingredients List**



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



MAY 2023: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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)
8	9	10	11	12
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)
15	16	17	18	19
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) Whole Wheat Bun 3 Cheese Grilled Cheese (V) Glazed Carrots (VE)
22	23	24	25	26
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)
Memorial Day 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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Hot or Cold Cheese	Tuesday Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich Assorted Vegetarian Wraps (V)	• Hummus Grab & Go (V)	Thursday Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich Assorted Vegetarian Wraps (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 (V)
Fat Free (V)
Fat Free Chocolate (V)

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and Pears (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



MAY 2023: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3		5
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)	New York Yogurt Choice (V) Blueberry Granola (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)
8	9	10	11	12
Heart Shaped Pretzels (VE) Hummus Cup (VE)	New York Yogurt Choice (V) Raisins (VE)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Crispy Tortilla (VE) Salsa (VE)
15	16	17	18	19
Honey Graham Crackers (V) Milk (V)	Granola Bar (V) Milk (V)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
22	23	24	25	26
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)	New York Yogurt Choice (V) Blueberry Granola (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)
Memorial Day 29	30	31		
Heart Shaped Pretzels (VE) Hummus Cup (VE)	New York Yogurt Choice (V) Raisins (VE)	Animal Crackers (V) Milk (V)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	OF THE WYON

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

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables

when available

All Fruit Offerings are 1 cup **Seasonal Fresh Fruit**

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

OFNS has an extensive **Prohibitive Ingredients List**



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



MAY 2023	: After School	Cold Menu

WAY 2023: After School Cold Wenu				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Curried Chicken Wrap Dipping Sauce Ranch Carrot Snacker (V)	Chicken Salad Grab and Go Salad Cilantro Healthy Coleslaw (V) New York Cookie Treat (V)	Assorted Cold Sandwiches and Wraps Confetti Corn Salad (VE)	Italian Veggie Grab & Go Salad (VE) White Bean Salad (VE)
8	9	10	11	12
Superhero Spinach Wrap (V) Broccoli Salad (V)	Chicken Tender Wrap Italian Green Beans (VE)	Assorted Cold Sandwiches and Wraps Carrot Sticks (VE)	Asian Sesame Chicken Grab and Go Salads Cilantro Black Bean Salad (VE) New York Apple Slices (VE)	Eggless Egg Sandwich (VE) Mediterranean Zucchini and Tomato Salad (V)
15	16	17	18	19
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Chicken Caesar Wrap Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Crispy Chicken Grab and Go Salad Carrot Sticks (VE)	Black Bean and Corn Grab & Go Salad (VE) Cauliflower Salad (VE) Crispy Tortillas (VE) served with Salsa (VE)
22	23	24	25	26
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Curried Chicken Wrap Dipping Sauce Ranch Carrot Snacker (V)	Chicken Salad Grab and Go Salad Cilantro Healthy Coleslaw (V) New York Cookie Treat (V)	Assorted Cold Sandwiches and Wraps Confetti Corn Salad (VE)	Italian Veggie Grab & Go Salad (VE) White Bean Salad (VE)
Memorial Day 29	30	31	dia.	
Superhero Spinach Wrap (V) Broccoli Salad (V)	Chicken Tender Wrap Italian Green Beans (VE)	Assorted Cold Sandwiches and Wraps Carrot Sticks (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &	Daily Supper Specials Peanut Butter & Jelly* (VE) Hot or Cold Cheese Sandwich (V) Hummus and Pretzels Grab & Go (V) Options may vary by location

OFFERED DAILY

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

> *Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

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

OFNS has an extensive Prohibitive Ingredients List available at:



- 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



MAY	2023-	After Sch	hool Hot Men	
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IVIA 1 2023. After School Hot Wellu					
Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4		
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)	
8	9	10	11	12	
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)	
15	16	17	18	19	
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)	
22	23	24	25	26	
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)	
Memorial Day 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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	Daily Supper Specials Peanut Butter & Jelly* (VE) Hot or Cold Cheese Sandwich (V) Hummus and Pretzels Grab & Go (V)	

ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN

Options may vary by location

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

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

OFNS has an extensive **Prohibitive Ingredients List**



- 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



MAY 2023: After School Vegetarian Menu

MAY 2023: After School Vegetarian Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	
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)	
8	9	10	11	12	
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) Confetti Corn (VE) Dinner Roll (V)	
15	16	17	18	19	
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)	
22	23	24	25	26	
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)	
Memorial Day 29	30	31	dor		
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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (V) Options may vary by location	
Milk*		OFFERED DAILY		OFNS has an extensive	

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

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and Pears (VE) OFNS has an extensive Prohibitive Ingredients List



- 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





MAY 2023: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6	13	20	27	
Honey Corn Breakfast Muffin Bread (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Mini Blueberry Waffles (V) Fresh Fruit (VE) Milk (V)	Blueberry Breakfast Muffin Bread (V) Fresh Fruit (VE) Milk (V)	
				OFNS has an extensive

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

*Alternative options are available upon request

Seasonal Fresh Fruit

Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and Pears (VE) OFNS has an extensive Prohibitive Ingredients List



(VE) Indicates Vegan

(V) Indicates Vegetarian



Menu subject to change. Our menus are pork free.





MAY 2023: Saturday Hot Morning Snack Menu

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

Milk*

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

*Alternative options are available upon request

Seasonal Fresh Fruit

Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and Pears (VE) OFNS has an extensive Prohibitive Ingredients List



(V) Indicates Vegetarian (VE) Indicates Vegan



Menu subject to change. Our menus are pork free.





MAY 2023: Saturday Cold Lunch Menu

	40			Saturday
6	13	20	27	
Assorted Cold Sandwiches and Wraps				
Confetti Corn Salad (VE)	Italian Green Beans (VE)	Carrot Sticks (VE)	Broccoli Salad (V)	
Fresh Fruit (VE) Milk (V)				

Milk*

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

*Alternative options are available upon request

(V) Indicates Vegetarian (VE) Indicates Vegan

OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit

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

OFNS has an extensive **Prohibitive Ingredients List**









MAY 2023: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6	13	20	27	
Grilled Cheese Sandwich (V) Seasoned Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Hamburgers & Cheeseburgers Baked Sweet Potato Waffle Fries (VE) Fresh Fruit (VE) Milk (V)	Baked Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V) Fresh Fruit (VE) Milk (V)	Pizza Choice (V) Roasted Zucchini (VE) Fresh Fruit (VE) Milk (V)	

OFFERED DAILY

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

*Alternative options are available upon request

(V) Indicates Vegetarian(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and Pears (VE) OFNS has an extensive Prohibitive Ingredients List







MAY 2023: Food Court Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
1 Inditional			Tilui Suay	1 Hady	
Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (VE) Garlic Knot (V)	Chicken Dumplings Veggie Ginger Soy Rice (VE) Seasoned Fresh Green Beans (V)	Caribbean Style Beef Patty Home Fries (VE) New York Cookie Treat (V)	Roasted Chicken Thigh Soft Dinner Roll (V) Honey Diced Sweet Potato (V) Fresh Apples (VE)	Three Bean Chili (VE) served with Rice (VE) Crispy Broccoli (V) Crispy Tortillas (VE) Served with Salsa (VE)	
8	9	10	11	12	
Cheese Quesadilla (V) Fiesta Black Beans (VE) Salsa (VE)	Spicy Chicken Sandwich Whole Wheat Bun Confetti Corn (VE)	Roasted Chicken Drumstick Glazed Carrots (VE) Buttermilk Biscuit (V)	Fish and Cheese Sandwich Whole Wheat Bun Roasted Broccoli (VE) Fresh Apples (VE)	Sweet Potato Gumbo (VE) served with Rice (VE) Oven Roasted Squash (VE) Homemade Grilled Cheese (V)	
				• •	
Teriyaki Veggie Nuggets (VE) Vegetable Rice (VE) Corn, Peas and Carrots (VE)	Country Chicken with Gravy on Kaiser Roll Crisp Sweet Potato Wedge Fries (VE)	Chicken Fajitas Street Style Corn (V)	Hamburgers & Cheeseburgers on Ciabatta Bread Kid Friendly Kale Salad (V) New York Apples Slices (VE)	BBQ Veggie Burger (VE) Whole Wheat Bun Baked Beans (VE)	
22	23	24	25	26	
Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (VE) Garlic Knot (V)	Chicken Dumplings Veggie Ginger Soy Rice (VE) Seasoned Fresh Green Beans (V)	Caribbean Style Beef Patty Home Fries (VE) New York Cookie Treat (V)	Roasted Chicken Thigh Soft Dinner Roll (V) Honey Diced Sweet Potato (V) Fresh Apples (VE)	Three Bean Chili (VE) served with Rice (VE) Crispy Broccoli (V) Crispy Tortillas (VE) Served with Salsa (VE)	
Memorial Day 29	30	31			
Cheese Quesadilla (V) Fiesta Black Beans (VE) Salsa (VE)	Spicy Chicken Sandwich Whole Wheat Bun Confetti Corn (VE)	Roasted Chicken Drumstick Glazed Carrots (VE) Buttermilk Biscuit (V)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	OF TOP TOP TO THE PARTY OF THE	
Monday Pizza (V) Baked Mozzarella Sticks (V) Southwest Burrito (V) 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)	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich Assorted Wraps and Sandwiches Seasoned Wedge 		 Pizza (V) Baked Mozzarella Sticks (V) Chicken Tenders Southwest Burrito (V) Grab and Go Salads 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) Grab and Go Salads (VE) Seasoned Wedge Fries (VE)	
Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE)	Daily Breakfast Offerings Assorted Berries	Seasonal Fresh Fruit	B#:11-*	OFNS has an extensive Prohibitive Ingredients List	

Shredded Wheat

Multi-Grain Oats (VE)

Toasted Oats (VE)

Oat Circles (VE)

Cinnamon Flakes (VE)

Bagel Bar
An Assortment of Bagel
Varieties & Spreads including
Hummus,
Peanut Butter,

*Alternative options are available upon request

Cream Cheeses and Jelly

& Fresh Cut Fruit (VE)

Yogurt (V)

Granola (V)

Raisins (VE)

Seasonal Fresh Fruit

Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and Pears (VE) Milk*
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)

Assorted Condiments
Dipping Sauces and
Dressings are Available
Daily

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



MAY 2023: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Mini Blueberry Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)
8	9	10	11	12
New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Tasty Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Whole Grain Croissant (V) with Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Pears (VE)
WIIIK (V)		(* <i>)</i>	Milk (V)	Milk (V)
15	16	17	18	19
Blueberry Muffin (V) Hot Oatmeal (V)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V)	Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V)	French Toast Sticks (V) Hot Oatmeal (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)
Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Assorted Fruits and Applesauce (VE) Milk (V)	Hot Oatmeal (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)
22	23	24	25	26
Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Mini Blueberry Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)
Memorial Day 29	30	31		
New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Tasty Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	OR PINCH WAS
		OFFERED DAILY		OFNS has an extensive

Milk*
Whole Milk (V)

*Alternative options are available upon request

(V) Indicates Vegetarian (VE) Indicates Vegan

Seasonal Fresh Fruit

Apple Slices, Oranges, and Bananas (VE)

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

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**



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.



MAY 2023: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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)
8	9	10	11	12
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)
15	16	17	18	19
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 Plantians (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)
22	23	24	25	26
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)
Memorial Day 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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Paily Lunch Specials • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (V) • 4 oz. Yogurt (V) • Tuna Sandwich Options may vary by location
		OFFERED DAILY		OFNS has an extensive

Milk* Whole Milk (V) *Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit Apple Slices, Oranges, and Bananas (VE)

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

OFNS has an extensive Prohibitive Ingredients List



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

Consistencies upon request: puree, mashed and finely chopped.

- 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



MAY 2023: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	New York Yogurt Choice (V) Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)
8	9	10	11	12
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	New York Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
15	16	17	18	19
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	New York Yogurt Choice (V) Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)
22	23	24	25	26
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	New York Yogurt Choice (V) Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)
Memorial Day 29	30	31		
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	OF OR

Milk* 1% Low-fat (V) Fat Free (V) Whole Milk (V)

*Alternative options are available upon request

Vegetables when available

OFNS Menus Support Seasonal Fresh Fruit and

OFNS has an extensive **Prohibitive Ingredients List**



PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available 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

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