



NOVEMBER 2021: After School Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
<p>Red, White and Green Panini (V)</p> <p>Confetti Corn (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Chickpea Salad (VE)</p>	<p>Assorted Cold Sandwiches</p> <p>Green Garden Salad (VE)</p>	<p>Chicken Salad Sandwich</p> <p>Potato Salad (V)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>
8	9	10	Veterans Day 11	12
<p>Superhero Spinach Wrap (V)</p> <p>Confetti Corn (VE)</p>	<p>Assorted Cold Sandwiches</p> <p>Green Garden Salad (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Italian Green Bean Salad (VE)</p>	<p>Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Fresh New York Apples (VE)</p>	<p>Power Protein Garden Greens Salad (V)</p> <p>Crunchy Carrot Sticks (VE)</p> <p>Rold Gold® Heartzels (V)</p>
15	16	17	18	19
<p>Red, White and Green Panini (V)</p> <p>Confetti Corn (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Chickpea Salad (VE)</p>	<p>Assorted Cold Sandwiches</p> <p>Green Garden Salad (VE)</p>	<p>Chicken Salad Sandwich</p> <p>Potato Salad (V)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
<p>Superhero Spinach Wrap (V)</p> <p>Confetti Corn (VE)</p>	<p>Assorted Cold Sandwiches</p> <p>Green Garden Salad (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Italian Green Bean Salad (VE)</p>	<p>Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Fresh New York Apples (VE)</p>	<p>Power Protein Garden Greens Salad (V)</p> <p>Crunchy Carrot Sticks (VE)</p> <p>Rold Gold® Heartzels (V)</p>
29	30			
<p>Red, White and Green Panini (V)</p> <p>Confetti Corn (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Chickpea Salad (VE)</p>	<p><i>Daily Supper Specials</i></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (V) • Cheese Sandwich (V) • Hummus Grab & Go (VE) 	 <p style="color: green; font-weight: bold; font-size: small;">EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	

OFFERED DAILY

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

OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Pears, Grapes,
and Plums

OFNS has an extensive
Prohibitive Ingredients List
available at:





NOVEMBER 2021: After School Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Grilled BBQ Chicken Sandwich</p> <p>Seasoned Wedge Fries (V)</p> <p>Fresh New York Apples (VE)</p>	<p>Chicken Dumplings</p> <p>Fresh Seasoned Green Beans (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Chicken Tenders</p> <p>Corn, Peas and Carrots (VE)</p> <p>Dinner Roll (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>PIZZA (V)</p> <p>Green Garden Salad (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>
8	9	10	Veterans Day 11	12
<p>Mozzarella Sticks (V) Marinara Sauce (VE)</p> <p>Superhero Spinach (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>New York Hamburgers & Cheeseburgers Deluxe</p> <p>Baked French Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Roasted Chicken</p> <p>Honey Diced Sweet Potato (V)</p> <p>Corn, Peas and Carrots (VE)</p> <p>Buttermilk Biscuit (V)</p>	<p>Fish & Cheese Sandwich</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>PIZZA (V)</p> <p>Green Garden Salad (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>
15	16	17	18	19
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Grilled BBQ Chicken Sandwich</p> <p>Seasoned Wedge Fries (V)</p> <p>Fresh New York Apples (VE)</p>	<p>Chicken Dumplings</p> <p>Fresh Seasoned Green Beans (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Chicken Tenders</p> <p>Corn, Peas and Carrots (VE)</p> <p>Dinner Roll (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>PIZZA (V)</p> <p>Green Garden Salad (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
<p>Mozzarella Sticks (V) Marinara Sauce (VE)</p> <p>Superhero Spinach (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Roasted Chicken</p> <p>Honey Diced Sweet Potato (V)</p> <p>Corn, Peas and Carrots (VE)</p> <p>Buttermilk Biscuit (V)</p>	<p>New York Hamburgers & Cheeseburgers Deluxe</p> <p>Baked French Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Fish & Cheese Sandwich</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>PIZZA (V)</p> <p>Green Garden Salad (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>
29	30			
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Chicken Dumplings</p> <p>Fresh Seasoned Green Beans (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (V) • Cheese Sandwich (V) • Hummus Grab & Go (VE) 	<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit


Apples, Apple Slices, Oranges, Pears, Grapes, and Plums

OFNS has an extensive Prohibitive Ingredients List available at:





NOVEMBER 2021: After School Snack Menu

NOVEMBER 2021: After School Snack Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
Hummus Cup (VE) Whole Wheat Crackers (VE) Milk (V)	Land O'Lakes® Colby Cheese Stick (V) Milk (V) Fresh Fruit (VE)	Animal Crackers (V) Milk (V)	Baked! Tostitos® Scoops® (VE) Salsa Cup (VE) Milk (V)	Upstate Farms® Yogurt (V) Milk (V) Raisins (VE)
8	9	10	Veterans Day 11	12
Honey Graham Biscuits (V) Milk (V)	Land O'Lakes® Mozzarella Cheese Stick (V) Milk (V) Fresh Fruit (VE)	Upstate Farms® Yogurt (V) Milk (V) Craisins (VE)	Rold Gold® Heartzels (VE) Milk (V)	(2) Ranch Carrot Snackers (V) Milk (V)
15	16	17	18	19
Animal Crackers (V) Milk (V)	Land O'Lakes® Cheddar Cheese Stick (V) Milk (V) Fresh Fruit (VE)	Rold Gold® Heartzels (VE) Hummus Cup (VE) Milk (V) Fresh Fruit (VE)	Baked! Tostitos® Scoops® (VE) Milk (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Milk (V)
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
Hummus Cup (VE) Whole Wheat Crackers (VE) Milk (V)	Land O'Lakes® Colby Cheese Stick (V) Milk (V) Fresh Fruit (VE)	Animal Crackers (V) Milk (V)	Baked! Tostitos® Scoops® (VE) Salsa Cup (VE) Milk (V)	Upstate Farms® Yogurt (V) Milk (V) Raisins (VE)
29	30			
Honey Graham Biscuits (V) Milk (V)	Land O'Lakes® Mozzarella Cheese Stick (V) Milk (V) Fresh Fruit (VE)	EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN		

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


*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

All Fruit Offerings are 1 cup


OFNS has an extensive Prohibitive Ingredients List available at:





NOVEMBER 2021: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
Assorted Muffins (V) Sunflower Seeds (V) Seasonal Fresh Fruit (VE)	Upstate Farms® Yogurt Choice (V) Assorted Granola (V) Craisins (VE)	Pillsbury® Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Assorted Cheese Sticks (V) Fresh New York Apples (VE)	Yogurt Parfait (V)
8	9	10	Veterans Day 11	12
Breakfast Bread (V) Sunflower Seeds (V) Seasonal Fresh Fruit (VE)	Upstate Farms® Yogurt Choice (V) Assorted Granola (V) Raisins (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Assorted Cheese Sticks (V) Fresh New York Apples (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)
15	16	17	18	19
Assorted Muffins (V) Sunflower Seeds (V) Seasonal Fresh Fruit (VE)	Upstate Farms® Yogurt Choice (V) Assorted Granola (V) Craisins (VE)	Pillsbury® Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Assorted Cheese Sticks (V) Fresh New York Apples (VE)	Yogurt Parfait (V)
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
Breakfast Bread (V) Sunflower Seeds (V) Seasonal Fresh Fruit (VE)	Upstate Farms® Yogurt Choice (V) Assorted Granola (V) Raisins (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Assorted Cheese Sticks (V) Fresh New York Apples (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)
29	30			
Assorted Muffins (V) Sunflower Seeds (V) Seasonal Fresh Fruit (VE)	Upstate Farms® Yogurt Choice (V) Assorted Granola (V) Craisins (VE)	Loaf Assortment Honey Corn (V) Apple Cinnamon (V) Muffin Assortment Banana (V) Blueberry (V)	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Breakfast on Some Days May Be Served Warm

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p>*Alternative options are available upon request</p> <p>(V) Indicates Vegetarian (VE) Indicates Vegan</p>	<p>OFFERED DAILY</p> <p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p>	<p>Cold Cereal Choices Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Cheerios®</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Oranges, Pears, Grapes, and Plums</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK



NOVEMBER 2021: High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
<p style="text-align: center;">PIZZA (V) Slice, Bagel or French Bread</p> <p style="text-align: center;">Chickpea Salad (V)</p>	<p style="text-align: center;">Hot Sliced Turkey Sandwich or Southwest Fish Sandwich served with Chipotle Ranch Dressing</p> <p style="text-align: center;">Onion Rings (V)</p> <p style="text-align: center;">Pickle Chips (V)</p>	<p style="text-align: center;">Crispy Chicken Tenders With Dipping Sauce</p> <p style="text-align: center;">Corn on the Cob (VE)</p> <p style="text-align: center;">Seasoned Broccoli (VE)</p> <p style="text-align: center;">Dinner Roll (V)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">New York Hamburgers & Cheeseburgers Deluxe</p> <p style="text-align: center;">Baked New York French Fries (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Homemade Grilled Cheese Sandwich (V)</p> <p style="text-align: center;">Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p>
8	9	10	Veterans Day 11	12
<p style="text-align: center;">PIZZA (V) Slice, Bagel or French Bread</p> <p style="text-align: center;">Marinated Bean Salad (V)</p>	<p style="text-align: center;">Roasted Chicken</p> <p style="text-align: center;">Honey Diced Sweet Potato (V)</p> <p style="text-align: center;">Corn, Peas and Carrots (VE)</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (VE)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Grilled BBQ Chicken Sandwich</p> <p style="text-align: center;">Seasoned Wedge Fries (V)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Super Hero Spinach (VE)</p>
15	16	17	18	19
<p style="text-align: center;">PIZZA (V) Slice, Bagel or French Bread</p> <p style="text-align: center;">Chickpea Salad (V)</p>	<p style="text-align: center;">Crispy Chicken Tenders With Dipping Sauce</p> <p style="text-align: center;">Corn on the Cob (VE)</p> <p style="text-align: center;">Seasoned Broccoli (VE)</p> <p style="text-align: center;">Dinner Roll (V)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Hot Sliced Turkey Sandwich or Southwest Fish Sandwich served with Chipotle Ranch Dressing</p> <p style="text-align: center;">Onion Rings (V)</p> <p style="text-align: center;">Pickle Chips (V)</p>	<p style="text-align: center;">New York Hamburgers & Cheeseburgers Deluxe</p> <p style="text-align: center;">Baked New York French Fries (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Homemade Grilled Cheese Sandwich (V)</p> <p style="text-align: center;">Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p>
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
<p style="text-align: center;">PIZZA (V) Slice, Bagel or French Bread</p> <p style="text-align: center;">Marinated Bean Salad (V)</p>	<p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (VE)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Roasted Chicken</p> <p style="text-align: center;">Honey Diced Sweet Potato (V)</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center;">New York Cookie Treat (V)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Grilled BBQ Chicken Sandwich</p> <p style="text-align: center;">Seasoned Wedge Fries (V)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Super Hero Spinach (VE)</p> <p style="text-align: center;">Corn, Peas and Carrots (VE)</p>
29	30			
<p style="text-align: center;">Penne Pasta with Marinara (VE)</p> <p style="text-align: center;">Marinated Bean Salad (V)</p> <p style="text-align: center;">Pizza Sicilian Square (V)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Spinach, Tomato & Roasted Red Pepper Salad (V)</p>	<p style="text-align: center;">Spiced Chicken Thigh</p> <p style="text-align: center;">Sweet Plantains (V)</p> <p style="text-align: center;">Rice and Beans</p> <p style="text-align: center;"><i>Eat Your Colors</i> Cilantro Slaw (VE)</p>	<p style="text-align: center;">Lunch Specials Offered Every Day</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus Grab & Go (VE) • Assorted Grab-n-Go Salads <p style="text-align: center; color: white;">Only Tuesday, Wednesday and Thursday</p> <ul style="list-style-type: none"> • Tuna or Turkey Sandwich 	<p style="text-align: center; font-size: small; color: green;">EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Pears, Grapes,
and Plums

OFNS has an extensive Prohibitive Ingredients List available at:





NOVEMBER 2021: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	EGGSTRAVAGANZA	FROM THE GRIDDLE	NEW YORK THURSDAY	BAKERY FRESH
1	Election Day 2	3	4	5
<p>Assorted Muffins (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg Omelet (V) with or without Turkey Sausage on a Kaiser Roll (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V)</p> <p>Greek Yogurt (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Egg & Cheese (V)</p> <p>Whole Grain Croissant (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
8	9	10	Veterans Day 11	12
<p>Breakfast Bread (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg Omelet (V) with or without Turkey Sausage on a Bun (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
15	16	17	18	19
<p>Assorted Muffins (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg Omelet (V) with or without Turkey Sausage on a Kaiser Roll (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V)</p> <p>Greek Yogurt (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Egg & Cheese (V)</p> <p>Whole Grain Croissant (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
<p>Breakfast Bread (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg Omelet (V) with or without Turkey Sausage on a Bun (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
29	30			
<p>Assorted Muffins (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg Omelet (V) with or without Turkey Sausage on a Kaiser Roll (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><i>Fresh New York Bagel Stick Assortment</i> Cinnamon Raisin (V) Plain (V)</p> <p><i>Breakfast Bread Assortment</i> Honey Corn (V) Apple Cinnamon (V)</p> <p><i>Muffin Assortment</i> Banana (V) Blueberry (V)</p>	 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	

Milk*

1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

OFFERED DAILY

Breakfast After the Bell Grab and Go

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

Cold Cereal Choices

Frosted Mini Wheats
Cinnamon Flakes
Multi-Grain Cheerios
Toasty-Oats
Cheerios®

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Pears, Grapes,
and Plums

OFNS has an extensive Prohibitive Ingredients List available at:





NOVEMBER 2021: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
<p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p>	<p>Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Italian Green Bean Salad (VE)</p>	<p>Assorted Cold Sandwiches</p> <p>Green Garden Salad (VE)</p> <p>Fresh New York Apples (VE)</p> <p>New York Cookie Treat (V)</p>	<p>Red, White and Green Panini (V)</p> <p>Confetti Corn (VE)</p>
8	9	10	Veterans Day 11	12
<p>Power Protein Garden Greens Salad (V)</p> <p>Crunchy Carrot Sticks (VE)</p> <p>Rold Gold® Heartzels (V)</p>	<p>Assorted Cold Sandwiches</p> <p>Potato Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Assorted Cold Sandwiches</p> <p>Green Garden Salad (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Chickpea Salad (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Confetti Corn (VE)</p>
15	16	17	18	19
<p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p>	<p>Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Italian Green Bean Salad (VE)</p>	<p>Assorted Cold Sandwiches</p> <p>Green Garden Salad (VE)</p> <p>Fresh New York Apples (VE)</p> <p>New York Cookie Treat (V)</p>	<p>Red, White and Green Panini (V)</p> <p>Confetti Corn (VE)</p>
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
<p>Power Protein Garden Greens Salad (V)</p> <p>Crunchy Carrot Sticks (VE)</p> <p>Rold Gold® Heartzels (V)</p>	<p>Assorted Cold Sandwiches</p> <p>Potato Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Assorted Cold Sandwiches</p> <p>Green Garden Salad (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Chickpea Salad (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Confetti Corn (VE)</p>
29	30			
<p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p>	<p>Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Daily Lunch Specials</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus Grab & Go (VE) 	 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, and Plums

OFNS has an extensive Prohibitive Ingredients List available at:





NOVEMBER 2021: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
PIZZA (V) Chickpea Salad (V)	Hot Sliced Turkey Sandwich or Southwest Fish Sandwich served with Chipotle Ranch Dressing Seasoned Broccoli (VE)	Crispy Chicken Tenders With Dipping Sauce Confetti Corn (VE) Dinner Roll (V)	New York Hamburgers & Cheeseburgers Deluxe Baked New York French Fries (VE) Fresh New York Apples (VE)	Homemade Grilled Cheese Sandwich (V) Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE) Green Garden Salad (VE)
8	9	10	New York Thursday 11	12
PIZZA (V) Marinated Bean Salad (V)	Roasted Chicken Honey Diced Sweet Potato (V) Buttermilk Biscuit (V)	Chicken Dumplings Garlic Teriyaki Green Beans (VE)	Grilled BBQ Chicken Sandwich Seasoned Wedge Fries (V) Fresh New York Apples (VE)	Mozzarella Sticks (V) Marinara Dipping Sauce (VE) Superhero Spinach (V)
15	16	17	18	19
PIZZA (V) Chickpea Salad (V)	Crispy Chicken Tenders With Dipping Sauce Confetti Corn (VE) Dinner Roll (V)	Hot Sliced Turkey Sandwich or Southwest Fish Sandwich served with Chipotle Ranch Dressing Seasoned Broccoli (VE)	New York Hamburgers & Cheeseburgers Deluxe Baked New York French Fries (VE) Fresh New York Apples (VE)	Homemade Grilled Cheese Sandwich (V) Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE) Green Garden Salad (VE)
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
PIZZA (V) Marinated Bean Salad (V)	Chicken Dumplings Garlic Teriyaki Green Beans (VE)	Roasted Chicken Honey Diced Sweet Potato (V) Buttermilk Biscuit (V) New York Cookie Treat (V)	Grilled BBQ Chicken Sandwich Seasoned Wedge Fries (V) Fresh New York Apples (VE)	Mozzarella Sticks (V) Marinara Dipping Sauce (VE) Superhero Spinach (V)
29	30			
PIZZA (V) Chickpea Salad (V)	Crispy Chicken Tenders With Dipping Sauce Confetti Corn (VE) Dinner Roll (V)	Daily Lunch Specials • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus Grab & Go (VE)	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, and Plums

OFNS has an extensive Prohibitive Ingredients List available at:



Menu subject to change. Our menus are pork free.



NOVEMBER 2021: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
<p style="text-align: center;">PIZZA (V) Slice, Bagel or French Bread</p> <p>Chickpea Salad (V)</p>	<p style="text-align: center;">Hot Sliced Turkey Sandwich or Southwest Fish Sandwich served with Chipotle Ranch Dressing</p> <p style="text-align: center;">Onion Rings (V)</p> <p style="text-align: center;">Pickle Chips (V)</p>	<p style="text-align: center;">Crispy Chicken Tenders With Dipping Sauce</p> <p style="text-align: center;">Corn on the Cob (VE)</p> <p style="text-align: center;">Seasoned Broccoli (VE)</p> <p style="text-align: center;">Dinner Roll (V)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">New York Hamburgers & Cheeseburgers Deluxe</p> <p style="text-align: center;">Baked New York French Fries (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Homemade Grilled Cheese Sandwich (V)</p> <p style="text-align: center;">Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p>
8	9	10	Veterans Day 11	12
<p style="text-align: center;">PIZZA (V) Slice, Bagel or French Bread</p> <p>Marinated Bean Salad (V)</p>	<p style="text-align: center;">Roasted Chicken</p> <p style="text-align: center;">Honey Diced Sweet Potato (V)</p> <p style="text-align: center;">Corn, Peas and Carrots (VE)</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (VE)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Grilled BBQ Chicken Sandwich</p> <p style="text-align: center;">Seasoned Wedge Fries (V)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Super Hero Spinach (VE)</p>
15	16	17	18	19
<p style="text-align: center;">PIZZA (V) Slice, Bagel or French Bread</p> <p>Chickpea Salad (V)</p>	<p style="text-align: center;">Crispy Chicken Tenders With Dipping Sauce</p> <p style="text-align: center;">Corn on the Cob (VE)</p> <p style="text-align: center;">Seasoned Broccoli (VE)</p> <p style="text-align: center;">Dinner Roll (V)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Hot Sliced Turkey Sandwich or Southwest Fish Sandwich served with Chipotle Ranch Dressing</p> <p style="text-align: center;">Onion Rings (V)</p> <p style="text-align: center;">Pickle Chips (V)</p>	<p style="text-align: center;">New York Hamburgers & Cheeseburgers Deluxe</p> <p style="text-align: center;">Baked New York French Fries (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Homemade Grilled Cheese Sandwich (V)</p> <p style="text-align: center;">Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p>
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
<p style="text-align: center;">PIZZA (V) Slice, Bagel or French Bread</p> <p>Marinated Bean Salad (V)</p>	<p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (VE)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Roasted Chicken</p> <p style="text-align: center;">Honey Diced Sweet Potato (V)</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center;">New York Cookie Treat (V)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Grilled BBQ Chicken Sandwich</p> <p style="text-align: center;">Seasoned Wedge Fries (V)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Super Hero Spinach (VE)</p> <p style="text-align: center;">Corn, Peas and Carrots (VE)</p>
29	30			
<p style="text-align: center;">PIZZA (V) Slice, Bagel or French Bread</p> <p>Chickpea Salad (V)</p>	<p style="text-align: center;">Crispy Chicken Tenders With Dipping Sauce</p> <p style="text-align: center;">Corn on the Cob (VE)</p> <p style="text-align: center;">Seasoned Broccoli (VE)</p> <p style="text-align: center;">Dinner Roll (V)</p> <p style="text-align: center;"><i>Eat Your Colors</i> Side Green Garden Salad (VE)</p>	<p style="text-align: center;">Lunch Specials Offered Every Day</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus Grab & Go (VE) <p style="text-align: center;"><u>Only Tuesday</u> <u>Wednesday and Thursday</u></p> <ul style="list-style-type: none"> • Tuna or Turkey Sandwich 	 <p style="text-align: center; font-size: small;">EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	

OFFERED DAILY

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

OFNS Menu Support
Seasonal Fresh Fruit and
Vegetables
when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Pears, Grapes,
and Plums

OFNS has an extensive
Prohibitive Ingredients List
available at:





NOVEMBER 2021: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	EGGSTRAVAGANZA	FROM THE GRIDDLE	NEW YORK THURSDAY	BAKERY FRESH
1	Election Day 2	3	4	5
<p>Assorted Muffins (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg Omelet (V) with or without Turkey Sausage on a Kaiser Roll (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V)</p> <p>Greek Yogurt (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Egg & Cheese (V)</p> <p>Whole Grain Croissant (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
8	9	10	Veterans Day 11	12
<p>Breakfast Bread (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg Omelet (V) with or without Turkey Sausage on a Bun (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
15	16	17	18	19
<p>Assorted Muffins (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg Omelet (V) with or without Turkey Sausage on a Kaiser Roll (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Buttermilk Pancakes (V)</p> <p>Greek Yogurt (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Egg & Cheese (V)</p> <p>Whole Grain Croissant (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
<p>Breakfast Bread (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg Omelet (V) with or without Turkey Sausage on a Bun (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Fresh Bagel Sticks and Bagels (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Hot Oatmeal (V)</p> <p>Seasonal Fresh Fruit (VE)</p>
29	30			
<p>Assorted Muffins (V)</p> <p>Upstate Farms® Yogurt Choice (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Egg Omelet (V) with or without Turkey Sausage on a Kaiser Roll (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><i>Fresh New York Bagel Stick Assortment</i> Cinnamon Raisin (V) Plain (V)</p> <p><i>Breakfast Bread Assortment</i> Honey Corn (V) Apple Cinnamon (V)</p> <p><i>Muffin Assortment</i> Banana (V) Blueberry (V)</p>	 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	

Milk*
1% Low fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Breakfast After the Bell
Grab and Go

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

OFFERED DAILY

Cold Cereal Choices

Frosted Mini Wheats
Cinnamon Flakes
Multi Grain Cheerios
Toasty Oats
Cheerios®

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Pears, Grapes,
and Plums

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

All Pre K Students CANNOT be Offered CHOCOLATE MILK



NOVEMBER 2021: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
Tomato, Lettuce, Cheese Wrap (V) Ranch Carrot Sticks (V)	Assorted Grab and Go Salads Black Bean Salad (V) Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)	Chicken Caesar Wrap Italian Green Bean Salad (VE)	Assorted Cold Sandwiches Green Garden Salad (VE) Fresh New York Apples (VE) New York Cookie Treat (V)	Red, White and Green Panini (V) Confetti Corn (VE)
8	9	10	Veterans Day 11	12
Power Protein Garden Greens Salad (V) Crunchy Carrot Sticks (VE)	Assorted Cold Sandwiches Potato Salad (V) Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)	Assorted Cold Sandwiches Green Garden Salad (VE)	Chicken Tender Wrap Dipping Sauce Chickpea Salad (VE) Fresh New York Apples (VE)	Superhero Spinach Wrap (V) Confetti Corn (VE)
15	16	17	18	19
Tomato, Lettuce, Cheese Wrap (V) Ranch Carrot Sticks (V)	Assorted Grab and Go Salads Black Bean Salad (V) Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)	Chicken Caesar Wrap Italian Green Bean Salad (VE)	Assorted Cold Sandwiches Green Garden Salad (VE) Fresh New York Apples (VE) New York Cookie Treat (V)	Red, White and Green Panini (V) Confetti Corn (VE)
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
Power Protein Garden Greens Salad (V) Crunchy Carrot Sticks (VE)	Assorted Cold Sandwiches Potato Salad (V) Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)	Assorted Cold Sandwiches Green Garden Salad (VE)	Chicken Tender Wrap Dipping Sauce Chickpea Salad (VE) Fresh New York Apples (VE)	Superhero Spinach Wrap (V) Confetti Corn (VE)
29	30			
Tomato, Lettuce, Cheese Wrap (V) Ranch Carrot Sticks (V)	Assorted Grab and Go Salads Black Bean Salad (V) Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)	Daily Lunch Specials • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus Grab & Go (VE)	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

OFFERED DAILY

Milk*
1% Low fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, and Plums

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

All Pre K Students CANNOT be Offered CHOCOLATE MILK



NOVEMBER 2021: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
<p style="text-align: center;">PIZZA (V)</p> <p>Chickpea Salad (V)</p> <p>Ranch Carrot Snackers (V)</p>	<p style="text-align: center;">Hot Sliced Turkey Sandwich or Southwest Fish Sandwich served with Chipotle Ranch Dressing</p> <p style="text-align: center;">Seasoned Broccoli (VE)</p>	<p style="text-align: center;">Crispy Chicken Tenders With Dipping Sauce</p> <p style="text-align: center;">Confetti Corn (VE)</p> <p style="text-align: center;">Dinner Roll (V)</p>	<p style="text-align: center;">New York Hamburgers & Cheeseburgers Deluxe</p> <p style="text-align: center;">Baked New York French Fries (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Homemade Grilled Cheese Sandwich (V)</p> <p style="text-align: center;">Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p>
8	9	10	Veterans Day 11	12
<p style="text-align: center;">PIZZA (V)</p> <p>Marinated Bean Salad (V)</p>	<p style="text-align: center;">Roasted Chicken</p> <p style="text-align: center;">Honey Diced Sweet Potato (V)</p> <p>Corn, Peas and Carrots (VE)</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p>	<p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (VE)</p>	<p style="text-align: center;">Grilled BBQ Chicken Sandwich</p> <p style="text-align: center;">Seasoned Wedge Fries (V)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Mozzarella Sticks (V) Marinara Dipping Sauce (VE)</p> <p style="text-align: center;">Superhero Spinach (V)</p>
15	16	17	18	19
<p style="text-align: center;">PIZZA (V)</p> <p>Chickpea Salad (V)</p> <p>Ranch Carrot Snackers (V)</p>	<p style="text-align: center;">Crispy Chicken Tenders With Dipping Sauce</p> <p style="text-align: center;">Confetti Corn (VE)</p> <p style="text-align: center;">Dinner Roll (V)</p>	<p style="text-align: center;">Hot Sliced Turkey Sandwich or Southwest Fish Sandwich served with Chipotle Ranch Dressing</p> <p style="text-align: center;">Seasoned Broccoli (VE)</p>	<p style="text-align: center;">New York Hamburgers & Cheeseburgers Deluxe</p> <p style="text-align: center;">Baked New York French Fries (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Homemade Grilled Cheese Sandwich (V)</p> <p style="text-align: center;">Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p>
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
<p style="text-align: center;">PIZZA (V)</p> <p>Marinated Bean Salad (V)</p>	<p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (VE)</p>	<p style="text-align: center;">Roasted Chicken</p> <p style="text-align: center;">Honey Diced Sweet Potato (V)</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center;">New York Cookie Treat (V)</p>	<p style="text-align: center;">Grilled BBQ Chicken Sandwich</p> <p style="text-align: center;">Seasoned Wedge Fries (V)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;">Mozzarella Sticks (V) Marinara Dipping Sauce (VE)</p> <p style="text-align: center;">Superhero Spinach (V)</p> <p style="text-align: center;">Corn, Peas and Carrots (VE)</p>
29	30			
<p style="text-align: center;">PIZZA (V)</p> <p>Chickpea Salad (V)</p> <p>Ranch Carrot Snackers (V)</p>	<p style="text-align: center;">Crispy Chicken Tenders With Dipping Sauce</p> <p style="text-align: center;">Confetti Corn (VE)</p> <p style="text-align: center;">Dinner Roll (V)</p>	<p><i>Daily Lunch Specials</i></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus Grab & Go (VE) 	 <p style="font-size: small; text-align: center;">EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	

OFFERED DAILY

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

OFNS Menu Support
Seasonal Fresh Fruit and
Vegetables
when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Pears, Grapes,
and Plums

OFNS has an extensive
Prohibitive Ingredients List
available at:



*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK



NOVEMBER 2021: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
PIZZA (V) Slice, Bagel or French Bread Chickpea Salad (V)	Hot Sliced Turkey Sandwich or Southwest Fish Sandwich served with Chipotle Ranch Dressing Onion Rings (V) Pickle Chips (V)	Crispy Chicken Tenders With Dipping Sauce Corn on the Cob (VE) Seasoned Broccoli (VE) Dinner Roll (V) <i>Eat Your Colors</i> Side Green Garden Salad (VE)	New York Hamburgers & Cheeseburgers Deluxe Baked New York French Fries (VE) Fresh New York Apples (VE) <i>Eat Your Colors</i> Side Green Garden Salad (VE)	Homemade Grilled Cheese Sandwich (V) Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE) Green Garden Salad (VE)
8	9	10	Veterans Day 11	12
PIZZA (V) Slice, Bagel or French Bread Marinated Bean Salad (V)	Roasted Chicken Honey Diced Sweet Potato (V) Corn, Peas and Carrots (VE) Buttermilk Biscuit (V) <i>Eat Your Colors</i> Side Green Garden Salad (VE)	Chicken Dumplings Garlic Teriyaki Green Beans (VE) <i>Eat Your Colors</i> Side Green Garden Salad (VE)	Grilled BBQ Chicken Sandwich Seasoned Wedge Fries (V) Fresh New York Apples (VE) <i>Eat Your Colors</i> Side Green Garden Salad (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Super Hero Spinach (VE)
15	16	17	18	19
PIZZA (V) Slice, Bagel or French Bread Chickpea Salad (V)	Crispy Chicken Tenders With Dipping Sauce Corn on the Cob (VE) Seasoned Broccoli (VE) Dinner Roll (V) <i>Eat Your Colors</i> Side Green Garden Salad (VE)	Hot Sliced Turkey Sandwich or Southwest Fish Sandwich served with Chipotle Ranch Dressing Onion Rings (V) Pickle Chips (V)	New York Hamburgers & Cheeseburgers Deluxe Baked New York French Fries (VE) Fresh New York Apples (VE) <i>Eat Your Colors</i> Side Green Garden Salad (VE)	Homemade Grilled Cheese Sandwich (V) Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE) Green Garden Salad (VE)
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
PIZZA (V) Slice, Bagel or French Bread Marinated Bean Salad (V)	Chicken Dumplings Garlic Teriyaki Green Beans (VE) <i>Eat Your Colors</i> Side Green Garden Salad (VE)	Roasted Chicken Honey Diced Sweet Potato (V) Buttermilk Biscuit (V) New York Cookie Treat (V) <i>Eat Your Colors</i> Side Green Garden Salad (VE)	Grilled BBQ Chicken Sandwich Seasoned Wedge Fries (V) Fresh New York Apples (VE) <i>Eat Your Colors</i> Side Green Garden Salad (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Super Hero Spinach (VE) Corn, Peas and Carrots (VE)
29	30			
PIZZA (V) Slice, Bagel or French Bread Chickpea Salad (V)	Crispy Chicken Tenders With Dipping Sauce Corn on the Cob (VE) Seasoned Broccoli (VE) Dinner Roll (V) <i>Eat Your Colors</i> Side Green Garden Salad (VE)	Lunch Specials Offered Every Day • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus Grab & Go (VE) Only Tuesday, Wednesday and Thursday • Tuna or Turkey Sandwich	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

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

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, and Plums

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones



Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
Penne Pasta with Marinara (V) Chickpea and Pimento Salad (VE) PIZZA (V) <i>Eat Your Colors</i> Greek Zucchini Salad (VE)	Sweet Plantains (VE) Brooklyn Baked Beans (VE) Mixed Vegetables (VE) Buttermilk Biscuit (V) <i>Eat Your Colors</i> Confetti Corn Salad (VE)	Southwest Burrito (V) Served with Salsa (VE) Sweet Potato Waffle Fries (VE) <i>Eat Your Colors</i> Kid Friendly Kale (VE)	Red White and Green Panini (V) Seasoned Roasted Potato Wedges (V) <i>Fresh New York Apples (VE)</i> <i>Eat Your Colors</i> Celery and Apple Salad (V)	Vegetarian Quesadilla (V) served with Salsa Cup (VE) Green Garden Salad (VE) <i>Eat Your Colors</i> Veggie Cup (VE)
8	9	10	Veterans Day 11	12
<i>Manicotti (V)</i> Marinated Bean Salad (V) PIZZA (V) <i>Eat Your Colors</i> Spinach, Tomato & Roasted Red Pepper Salad (V)	BRUNCH BUFFET (V) Waffles (V) Egg Omelets (V) Sweet Potato Home Fries (VE) <i>Eat Your Colors</i> Cinnamon Apple Topping	Grilled Cheese (V) Roasted Grape Tomatoes (VE) <i>Eat Your Colors</i> Caesar Salad (V)	Black Bean Rice Bowl (V) Sweet Plantains (VE) Pico de Gallo (VE) <i>Fresh New York Apples (VE)</i> <i>Eat Your Colors</i> Veggie Cup (VE)	Pasta Primavera (V) Mozzarella Sticks (V) with marinara sauce (VE) Superhero Spinach (V) <i>Eat Your Colors</i> White Bean Salad
15	16	17	18	19
Penne Pasta with Marinara (V) Chickpea Salad (V) Pizza (V) <i>Eat Your Colors</i> Broccoli and Cranberry Salad (VE)	Veggie Tacos (V) on Soft Tortilla or Baked! Tostitos® Scoops® served with Salsa (V) <i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)	Zesty Chickpea Stew (V) Slow Roasted Carrots (V) Flat Bread (V) <i>New York Cookie Treat (V)</i> <i>Eat Your Colors</i> Fresh Marinated Vegetable Salad (VE)	Superhero Spinach Wrap (V) Baked French Fries (VE) <i>Fresh New York Apples (VE)</i> <i>Eat Your Colors</i> Carrot and Lemon Salad (VE)	Vegetarian Chili (V) served over Baked Sweet Potato Waffle Fries (VE) Seasoned Bread Knot (V) <i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
<i>Manicotti (V)</i> Chickpea and Pimento Salad (VE) PIZZA (V) <i>Eat Your Colors</i> Greek Zucchini Salad (VE)	Sweet Plantains (VE) Brooklyn Baked Beans (VE) Mixed Vegetables (VE) Buttermilk Biscuit (V) <i>Eat Your Colors</i> Confetti Corn Salad (VE)	Southwest Burrito (V) Served with Salsa (VE) Sweet Potato Waffle Fries (VE) <i>Eat Your Colors</i> Kid Friendly Kale (VE)	Red White and Green Panini (V) Seasoned Roasted Potato Wedges (V) <i>Fresh New York Apples (VE)</i> <i>Eat Your Colors</i> Celery and Apple Salad (V)	Vegetarian Quesadilla (V) served with Salsa Cup (VE) Green Garden Salad (VE) <i>Eat Your Colors</i> Veggie Cup (VE)
29	30			
Penne Pasta with Marinara (V) Marinated Bean Salad (V) PIZZA (V) <i>Eat Your Colors</i> Spinach, Tomato & Roasted Red Pepper Salad (V)	BRUNCH BUFFET (V) Waffles (V) Egg Omelets (V) Sweet Potato Home Fries (VE) <i>Eat Your Colors</i> Cinnamon Apple Topping	Daily Lunch Specials <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus Grab & Go (VE) • 8 oz. Yogurt Grab & Go (V) • Chickpea Wrap (V) 	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menu Support
 Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
 (VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, and Plums

OFNS has an extensive Prohibitive Ingredients List available at:





NOVEMBER 2021: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6-Nov	13-Nov	20-Nov	27-Nov	
Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Milk (V)	Upstate Farms® Yogurt Choice (V) Assorted Granola (V) Milk (V)	Assorted Muffins (V) Milk (V)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Milk (V)	

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

(V) Indicates Vegetarian
 (VE) Indicates Vegan

*Alternative options are
 available upon request

Seasonal Fresh Fruit

Apples, Apple Slices,
 Oranges, Pears, Grapes,
 and Plums

OFNS has an extensive
 Prohibitive Ingredients List
 available at:





NOVEMBER 2021: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6-Nov	13-Nov	20-Nov	27-Nov	
Assorted Muffins (V) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE)	Pillsbury® Mini Blueberry Waffles (V) Fresh Fruit (VE)	Assorted Muffins (V) Milk (V)	

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

(V) Indicates Vegetarian
(VE) Indicates Vegan

*Alternative options are available upon request

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Pears, Grapes,
and Plums

OFNS has an extensive Prohibitive Ingredients List available at:





NOVEMBER 2021: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6-Nov	13-Nov	20-Nov	27-Nov	
Assorted Cold Sandwiches	Assorted Cold Sandwiches	Assorted Cold Sandwiches	Assorted Cold Sandwiches	
Marinated Green Beans (V)	Ranch Carrot Snacker (V)	Confetti Corn Salad (V)	Marinated Green Beans (V)	
Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)	

OFFERED DAILY

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

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Pears, Grapes,
and Plums

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NOVEMBER 2021: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6-Nov	13-Nov	20-Nov	27-Nov	
<p>Grilled Cheese Sandwich</p> <p>French Fries</p> <p>Fresh Fruit Milk</p>	<p>Hamburgers & Cheeseburgers</p> <p>Baked Sweet Potato Waffle Fries</p> <p>Fresh Fruit Milk</p>	<p>Baked Mozzarella Sticks (V) with Marinara Dipping Sauce</p> <p>Baked Broccoli</p> <p>Fresh Fruit Milk</p>	<p>Grilled Cheese Sandwich</p> <p>French Fries</p> <p>Fresh Fruit Milk</p>	

OFFERED DAILY

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

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
Oranges, Pears, Grapes,
and Plums

OFNS has an extensive Prohibitive Ingredients List available at:

