

## NOVEMBER 2024: Pre-K - 8 Breakfast Menu

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

<p><b>Milk</b> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) <small>Alternative options are available upon request</small></p>	<p><b>Breakfast After the Bell Grab and Go</b></p> <p><b>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</b></p>	<p style="text-align: center;"><b>OFFERED DAILY</b></p> <p style="text-align: center;"><small>Options may vary by location</small></p> <p><b>Cold Cereal Choices</b> Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE)</p>	<p><b>Seasonal Fresh Fruit</b> Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p> <p><b>Condiments</b> Syrup (VE)</p>
---	---	--	---

**OFNS has an extensive Prohibitive Ingredients List available at:**

**ATTENTION:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)</p> <p><i>Breakfast Bar</i> Assorted Berries &amp; Fresh Cut Fruit (VE) Assorted Granola (V) Assorted Yogurts (V)</p>	<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>			<p><b>Assorted Fresh NY Bagels (VE)</b> served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p><b>Hot Oatmeal (VE)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p>
4	Election Day 5	6	7	8
<p><b>Banana Breakfast Bread (V)</b></p> <p>Cheddar Cheese Stick (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p><b>Cinnamon Burst Pancakes (V)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p> <p><b>Breakfast Bar</b></p>	<p><b>Egg and Cheese on a Buttermilk Biscuit (V)</b></p> <p><i>Home Fries (VE)</i></p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p><b>French Toast Sticks (V)</b></p> <p><b>Egg &amp; Cheese on a Soft Roll (V)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p> <p><b>Breakfast Bar</b></p>	<p><b>Assorted Fresh NY Bagels (VE)</b> served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p><b>Hot Oatmeal (VE)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p>
Veterans Day 11	12	13	14	15
<p><b>Blueberry Breakfast Bread (V)</b></p> <p>Colby Cheese Stick (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p><b>Buttermilk Pancakes (V)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p> <p><b>Breakfast Bar</b></p>	<p><b>Egg Omelet on a Fresh NY Bagel (V)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p><b>Sweet Potato Oatmeal Muffin (V)</b></p> <p><b>Egg &amp; Cheese on a Soft Roll (V)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p> <p><b>Breakfast Bar</b></p>	<p><b>Assorted Fresh NY Bagels (VE)</b> served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p><b>Hot Oatmeal (VE)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p>
18	19	20	21	22
<p><b>Honey Corn Breakfast Bread (V)</b></p> <p>Mozzarella Cheese Stick (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p><b>Rise and Shine Waffles (V)</b> Blueberry Topping (VE)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p> <p><b>Breakfast Bar</b></p>	<p><b>Egg and Cheese on a Whole Grain Croissant (V)</b></p> <p><i>Hash Browns (VE)</i></p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p><b>Zucchini Carrot Breakfast Bread (V)</b></p> <p><b>Egg &amp; Cheese on a Soft Roll (V)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p> <p><b>Breakfast Bar</b></p>	<p><b>Assorted Fresh NY Bagels (VE)</b> served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p><b>Hot Oatmeal (VE)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p><b>Banana Breakfast Bread (V)</b></p> <p>Cheddar Cheese Stick (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p><b>Cinnamon Burst Pancakes (V)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p> <p><b>Breakfast Bar</b></p>	<p><b>Egg and Cheese on a Buttermilk Biscuit (V)</b></p> <p><i>Home Fries (VE)</i></p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p><b>French Toast Sticks (V)</b></p> <p><b>Egg &amp; Cheese on a Soft Roll (V)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p> <p><b>Breakfast Bar</b></p>	<p><b>Assorted Fresh NY Bagels (VE)</b> served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p><b>Hot Oatmeal (VE)</b></p> <p><i>Seasonal Fresh Fruit (VE)</i></p>

**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)

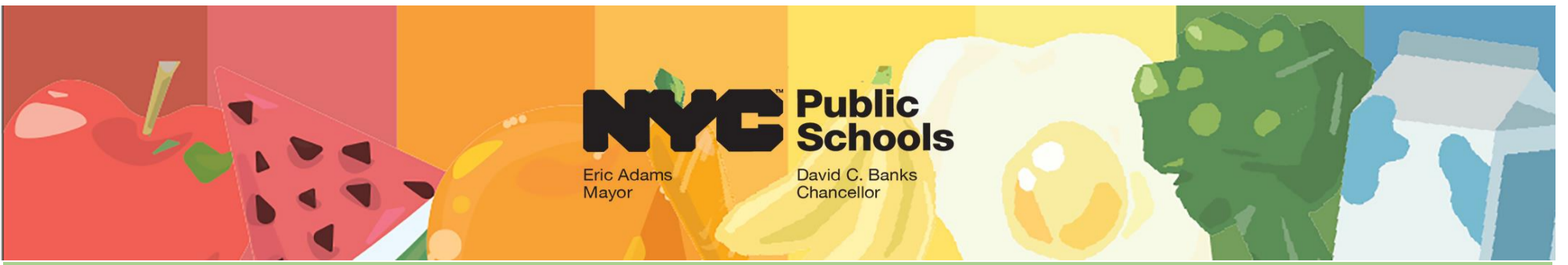
**Seasonal Fresh Fruit**  
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

**Condiments**  
Syrup (VE)

**OFNS has an extensive Prohibitive Ingredients List available at:**

**ATTENTION:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p style="margin: 0;"><b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>
4	Election Day 5	6	7	8
<p style="margin: 0;">Honey Scooters (V)</p> <p style="margin: 0;">Blueberry Granola (V)</p> <p style="margin: 0;">Raisins (VE)</p>	<p style="margin: 0;"><b>Banana Breakfast Bread (V)</b></p> <p style="margin: 0;">Cheddar Cheese Stick (V)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="margin: 0;">Cinnamon Burst Pancakes (V)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="margin: 0;"><b>Croissant (V)</b></p> <p style="margin: 0;">Yogurt Choice (V)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="margin: 0;"><b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>
Veterans Day 11	12	13	14	15
<p style="margin: 0;"><b>Blueberry Breakfast Bread (V)</b></p> <p style="margin: 0;">Mozzarella Cheese Stick (V)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="margin: 0;">Honey Cheerios (V)</p> <p style="margin: 0;">Honey Graham Cracker (V) or Animal Crackers (V)</p> <p style="margin: 0;">Applesauce (VE)</p>	<p style="margin: 0;">Frosted Mini Wheats</p> <p style="margin: 0;">Honey Graham Cracker (V)</p> <p style="margin: 0;">Plain or Strawberry Banana Apple Sauce (VE)</p>	<p style="margin: 0;"><b>Sweet Potato Oatmeal Muffin (V)</b></p> <p style="margin: 0;">Yogurt Choice (V)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="margin: 0;"><b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>
18	19	20	21	22
<p style="margin: 0;">Scooters (V)</p> <p style="margin: 0;">Blueberry Granola (V)</p> <p style="margin: 0;">Strawberry Banana Apple Sauce (VE)</p>	<p style="margin: 0;"><b>Honey Corn Breakfast Bread (V)</b></p> <p style="margin: 0;">Colby Cheese Stick (V)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="margin: 0;">Yogurt Choice (V)</p> <p style="margin: 0;">Assorted Granola (V)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="margin: 0;"><b>Zucchini Carrot Breakfast Bread (V)</b></p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="margin: 0;"><b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p style="margin: 0;">Honey Scooters (V)</p> <p style="margin: 0;">Blueberry Granola (V)</p> <p style="margin: 0;">Raisins (VE)</p>	<p style="margin: 0;"><b>Banana Breakfast Bread (V)</b></p> <p style="margin: 0;">Cheddar Cheese Stick (V)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="margin: 0;">Cinnamon Burst Pancakes (V)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="margin: 0;"><b>Croissant (V)</b></p> <p style="margin: 0;">Yogurt Choice (V)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="margin: 0;"><b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p style="margin: 0; color: purple;">Seasonal Fresh Fruit (VE)</p>

**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)

**Seasonal Fresh Fruit**

Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

**Condiments**

Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

**ATTENTION:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p><b>Blueberry Breakfast Bread (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
4	Election Day 5	6	7	8
<p><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Egg Omelet on a Soft Roll (V)</b></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>Croissant (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p><b>Egg Omelet on a Soft Roll (V)</b></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p><b>Sweet Potato Oatmeal Muffin (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
11	12	13	14	15
<p><b>Banana Breakfast Bread (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Egg Omelet on a Soft Roll (V)</b></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>Croissant (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p><b>Egg Omelet on a Soft Roll (V)</b></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p><b>Blueberry Breakfast Bread (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
18	19	20	21	22
<p><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Egg Omelet on a Soft Roll (V)</b></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>Croissant (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p><b>Egg Omelet on a Soft Roll (V)</b></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p><b>Sweet Potato Oatmeal Muffin (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p><b>Banana Breakfast Bread (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Egg Omelet on a Soft Roll (V)</b></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>Croissant (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p><b>Egg Omelet on a Soft Roll (V)</b></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p><b>Blueberry Breakfast Bread (V)</b></p> <p>Yogurt Choice (V)</p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>

<p><b>Milk</b></p> <p>1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)</p> <p style="font-size: x-small;">Alternative options are available upon request</p>	<p><b>Seasonal Fresh Fruit</b></p> <p>Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p> <p><b>Condiments</b></p> <p>Syrup (VE)</p>	<p style="text-align: center;"><b>OFFERED DAILY</b></p> <p style="font-size: x-small;">Options may vary by location</p> <p><b>Cold Cereal Choices</b></p> <p>Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE)</p>	<p><b>Assorted Yogurts</b></p> <p><b>Alternate Fruit</b></p> <p>Peaches, Pineapples Pears, Applesauce</p>
--	---	--	---

OFNS has an extensive Prohibitive Ingredients List available at:

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

ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p style="color: green; margin: 0;"><b>Fresh NY Bagel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="margin: 0;"><b>Hot Oatmeal (VE)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</b></p>
4	Election Day 5	6	7	8
<p style="color: green; margin: 0;"><b>Banana Breakfast Bread (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Cinnamon Burst Pancakes (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Egg and Cheese on a Soft Roll (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>French Toast Sticks (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Fresh NY Bagel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="margin: 0;"><b>Hot Oatmeal (VE)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</b></p>
11	12	13	14	15
<p style="color: green; margin: 0;"><b>Blueberry Breakfast Bread (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Buttermilk Pancakes (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Egg Omelet on a Fresh NY Bagel Half (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Sweet Potato Oatmeal Muffin (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Fresh NY Bagel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="margin: 0;"><b>Hot Oatmeal (VE)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</b></p>
18	19	20	21	22
<p style="color: green; margin: 0;"><b>Yogurt Choice (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Rise and Shine Waffles (V) Blueberry Topping</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Egg and Cheese on a Whole Grain Croissant (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Zucchini Carrot Breakfast Bread (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Fresh NY Bagel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="margin: 0;"><b>Hot Oatmeal (VE)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</b></p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p style="color: green; margin: 0;"><b>Banana Breakfast Bread (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Cinnamon Burst Pancakes (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Egg and Cheese on a Soft Roll (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>French Toast Sticks (V)</b></p> <p style="margin: 0;"><b>Hot Oatmeal (V)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</b></p>	<p style="color: green; margin: 0;"><b>Fresh NY Bagel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="margin: 0;"><b>Hot Oatmeal (VE)</b></p> <p style="margin: 0;"><b>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</b></p>

### OFFERED DAILY

**Milk**

**Whole Milk (V)**

Alternative options are available upon request

(V) Indicates Vegetarian  
(VE) Indicates Vegan

**Seasonal Fresh Fruit**

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

**Other Fruits**

Apple Sauce, Sliced Peaches,  
Diced Pears, Pineapples

**Cold Cereal Choices**

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

Options may vary by location

**Assorted Yogurts**

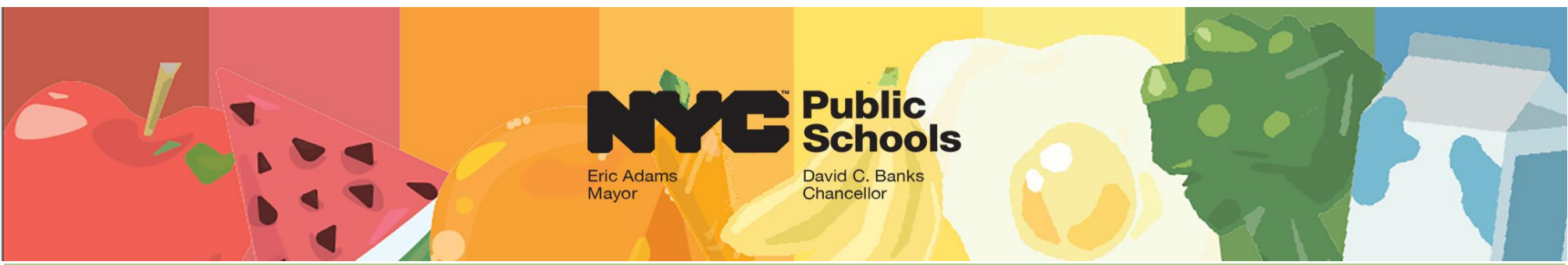
**Condiments**  
Syrup (VE)

OFNS has an extensive  
**Prohibitive Ingredients List**  
available at:



- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.

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.



## NOVEMBER 2024: Pre-K - 8 Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p style="color: purple; text-align: center;">Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)</p>			<p style="color: green; text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p style="color: green; text-align: center;">Hot Oatmeal (VE)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>
4	Election Day 5	6	7	8
<p style="color: green; text-align: center;">Banana Breakfast Bread (V)</p> <p style="color: green; text-align: center;">Cheddar Cheese Stick (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Cinnamon Burst Pancakes (V)</p> <p style="color: green; text-align: center;">Yogurt Choice (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Egg and Cheese on a Buttermilk Biscuit (V)</p> <p style="color: green; text-align: center;">Home Fries (VE)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">French Toast Sticks (V)</p> <p style="color: green; text-align: center;">Egg &amp; Cheese on a Soft Roll (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p style="color: green; text-align: center;">Hot Oatmeal (VE)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>
Veterans Day 11	12	13	14	15
<p style="color: green; text-align: center;">Blueberry Breakfast Bread (V)</p> <p style="color: green; text-align: center;">Colby Cheese Stick (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Buttermilk Pancakes (V)</p> <p style="color: green; text-align: center;">Yogurt Choice (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Egg Omelet on a Fresh NY Bagel (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Sweet Potato Oatmeal Muffin (V)</p> <p style="color: green; text-align: center;">Egg &amp; Cheese on a Soft Roll (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p style="color: green; text-align: center;">Hot Oatmeal (VE)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>
18	19	20	21	22
<p style="color: green; text-align: center;">Honey Corn Breakfast Bread (V)</p> <p style="color: green; text-align: center;">Mozzarella Cheese Stick (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Rise and Shine Waffles (V) Blueberry Topping (VE)</p> <p style="color: green; text-align: center;">Yogurt Choice (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Egg and Cheese on a Whole Grain Croissant (V)</p> <p style="color: green; text-align: center;">Hash Browns (VE)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Zucchini Carrot Breakfast Bread (V)</p> <p style="color: green; text-align: center;">Egg &amp; Cheese on a Soft Roll (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p style="color: green; text-align: center;">Hot Oatmeal (VE)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p style="color: green; text-align: center;">Banana Breakfast Bread (V)</p> <p style="color: green; text-align: center;">Cheddar Cheese Stick (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Cinnamon Burst Pancakes (V)</p> <p style="color: green; text-align: center;">Yogurt Choice (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Egg and Cheese on a Buttermilk Biscuit (V)</p> <p style="color: green; text-align: center;">Home Fries (VE)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">French Toast Sticks (V)</p> <p style="color: green; text-align: center;">Egg &amp; Cheese on a Soft Roll (V)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green; text-align: center;">Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) &amp; Jelly (VE)</p> <p style="color: green; text-align: center;">Hot Oatmeal (VE)</p> <p style="color: purple; text-align: center;">Seasonal Fresh Fruit (VE)</p>

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

**OFFERED DAILY**

Options may vary by location

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

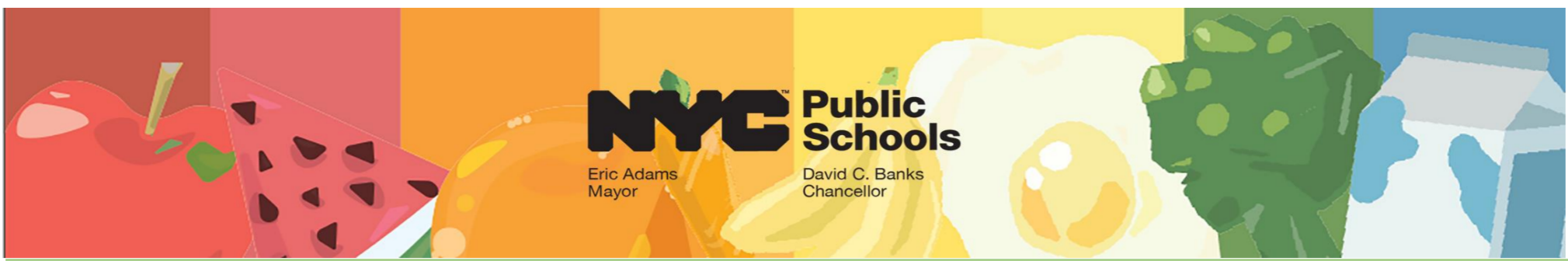
**Seasonal Fresh Fruit**  
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

**Condiments**  
Syrup (VE)

**ATTENTION:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p><b>Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</b></p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar With Diced Tomato (VE)</p>
4	Election Day 5	6	7	8
<p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><b>Teriyaki Veggie Nuggets (VE)</b></p> <p>Sweet &amp; Sour Chicken Bites</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Leafy Green Salad Bar</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p style="color: green;">Garlic Knot (V)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar</p>	<p><b>Chickpea Shawarma (VE)*</b> or <b>Chicken Shawarma*</b></p> <p style="color: green;">Curry Potato (VE)*</p> <p>Flat Bread (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Rainbow Bar</p>	<p><b>Sweet Potato Quesadilla Rollup (V)*</b></p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar</p>
Veterans Day 11	12	13	14	15
<p>Margherita Pizza (V)</p> <p>Pizza by the Slice (V)</p> <p>Superhero Spinach (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><b>Three Bean Chili Southwest Pasta Bowl (VE)</b> or <b>Turkey Chili Southwest Pasta Bowl*</b></p> <p>Street Style Corn (V)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar</p>	<p><b>Veggie Nuggets (VE)</b> Dipping Sauce</p> <p><b>Teriyaki Grilled Chicken</b></p> <p>Garlic Teriyaki Green Beans (VE)</p> <p>Brown Rice (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Leafy Green Salad Bar</p>	<p><b>Turkey Cheeseburger</b> Whole Wheat Bun</p> <p><b>Turkey Burger</b> Whole Wheat Bun</p> <p><b>Fish and Cheese Sandwich</b> Whole Wheat Bun</p> <p style="color: green;">Herb Roasted Potatoes (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Classic Toppings</p>	<p><b>Rustic White Beans (VE)</b></p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p style="color: purple;"><b>Salad Bar</b> Mediterranean Bar</p>
18	19	20	21	22
<p>Pepper and Onion Pizza (V)</p> <p>French Bread Pizza (V)</p> <p>Seasoned Peas (VE)</p> <p>Mixed Green Salad (V)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="color: red; text-decoration: underline;"><b>Plastic Free Lunch Day</b></p> <p><b>Chicken Tenders</b></p> <p>Baby Carrots (VE)</p> <p style="color: green;">Dinner Roll (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Plastic Free Lunch Bar</p>	<p><b>Mushroom Swiss Veggie Burger (V)*</b> Whole Wheat Bun</p> <p><b>Caribbean Style Beef Patty</b></p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Classic Toppings</p>	<p><b>BBQ Chicken Thighs</b></p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p style="color: purple;"><b>Salad Bar</b> Leafy Green Salad Bar</p>	<p><b>Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</b></p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar With Diced Tomato (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><b>Teriyaki Veggie Nuggets (VE)</b></p> <p>Sweet &amp; Sour Chicken Bites</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Leafy Green Salad Bar</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p style="color: green;">Garlic Knot (V)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar</p>	<p><b>Chickpea Shawarma (VE)*</b> or <b>Chicken Shawarma*</b></p> <p style="color: green;">Curry Potato (VE)*</p> <p>Flat Bread (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Rainbow Bar</p>	<p><b>Sweet Potato Quesadilla Rollup (V)*</b></p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar</p>

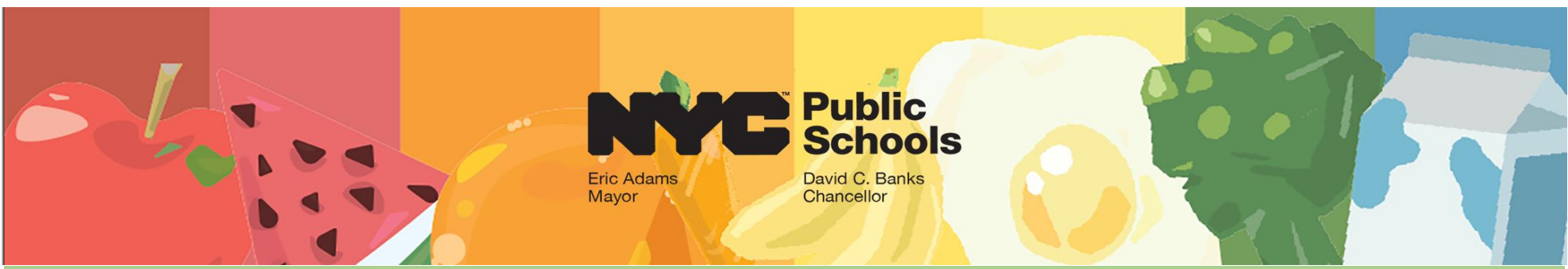
### DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Southwest Burrito (V)</li> </ul>

<p style="text-align: center; font-weight: bold; font-size: small;">Milk</p> <p style="font-size: x-small;">1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) <small>Alternative options are available upon request</small></p>	<p style="font-size: x-small; text-align: center;"><b>ATTENTION:</b> All Pre-K Students CANNOT be Offered Chocolate Milk, or Chicken with Bones</p> <p style="font-size: x-small; text-align: center;">OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p> <p style="font-size: x-small; text-align: center;"><u>Pre-K Chicken Choices</u> Chicken Tenders Chicken Bites</p>	<p style="font-size: x-small; text-align: center;"><b>Seasonal Fresh Fruit</b> Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p> <div style="text-align: center;"> </div>
--	--	--

\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: 0.8em; color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p style="text-align: center; margin: 0;"><b>Italian Veggie Grab &amp; Go Salad (VE)</b></p> <p style="text-align: center; margin: 0;">Italian Marinated Cucumber Salad (VE)</p>
4	Election Day 5	6	7	8
<p style="text-align: center; margin: 0;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="margin: 0;">Crunchy Carrot Sticks (VE)</p> <p style="margin: 0;">Served with Salsa (VE)</p>	<p style="text-align: center; margin: 0;"><b>BBQ Crispy Chicken Grab and Go Salad</b></p> <p style="text-align: center; margin: 0;">Cilantro Black Bean Salad (VE)</p>	<p style="text-align: center; margin: 0;"><b>Chicken Tender Wrap</b> Dipping Sauce</p> <p style="text-align: center; margin: 0;">Classic Coleslaw (V)</p>	<p style="text-align: center; margin: 0;"><b>Mediterranean Chicken Pasta Salad</b></p> <p style="text-align: center; margin: 0;">Green Garden Salad (VE)</p>	<p style="text-align: center; margin: 0;"><b>Chickpea and Pimento Wrap (VE)</b></p> <p style="text-align: center; margin: 0;">Classic Potato Salad (V)</p>
Veterans Day 11	12	13	14	15
<p style="text-align: center; margin: 0;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="text-align: center; margin: 0;">Balsamic Chickpea Salad (V)</p>	<p style="text-align: center; margin: 0;"><b>Crispy Chicken Grab and Go Salad</b></p> <p style="text-align: center; margin: 0;">Asian Red Cabbage Slaw (V)</p>	<p style="text-align: center; margin: 0;"><b>Chimichurri Chicken Wrap</b></p> <p style="text-align: center; margin: 0;">Confetti Corn Salad (VE)</p>	<p style="text-align: center; margin: 0;"><b>Chicken Salad Hoagie</b></p> <p style="margin: 0;">Kid Friendly Kale Salad (V)</p> <p style="margin: 0;">Ranch Carrot Snacker (V)</p>	<p style="text-align: center; margin: 0;"><b>Black Bean Wrap (VE)</b></p> <p style="margin: 0;">Fresh Tomato Salad (V)</p> <p style="margin: 0;">Served with Salsa (VE)</p>
18	19	20	21	22
<p style="text-align: center; margin: 0;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="margin: 0;">Crunchy Carrot Sticks (VE)</p>	<p style="text-align: center; margin: 0;"><b>Chicken Caesar Wrap</b></p> <p style="margin: 0;">Marinated Bean Salad (VE)</p> <p style="margin: 0;">Lemon Arugula Salad (V)</p>	<p style="text-align: center; margin: 0;"><b>Sesame Noodle Bowl Grab &amp; Go</b></p> <p style="text-align: center; margin: 0;">Basil Corn Salad (VE)</p>	<p style="text-align: center; margin: 0;"><b>Superhero Spinach Wrap (V)</b></p> <p style="text-align: center; margin: 0;">Broccoli Salad (V)</p>	<p style="text-align: center; margin: 0;"><b>Italian Veggie Grab &amp; Go Salad (VE)</b></p> <p style="text-align: center; margin: 0;">Italian Marinated Cucumber Salad (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p style="text-align: center; margin: 0;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="margin: 0;">Crunchy Carrot Sticks (VE)</p> <p style="margin: 0;">Served with Salsa (VE)</p>	<p style="text-align: center; margin: 0;"><b>BBQ Crispy Chicken Grab and Go Salad</b></p> <p style="text-align: center; margin: 0;">Cilantro Black Bean Salad (VE)</p>	<p style="text-align: center; margin: 0;"><b>Chicken Tender Wrap</b> Dipping Sauce</p> <p style="text-align: center; margin: 0;">Classic Coleslaw (V)</p>	<p style="text-align: center; margin: 0;"><b>Mediterranean Chicken Pasta Salad</b></p> <p style="text-align: center; margin: 0;">Green Garden Salad (VE)</p>	<p style="text-align: center; margin: 0;"><b>Chickpea and Pimento Wrap (VE)</b></p> <p style="text-align: center; margin: 0;">Classic Potato Salad (V)</p>

### DAILY OFFERINGS

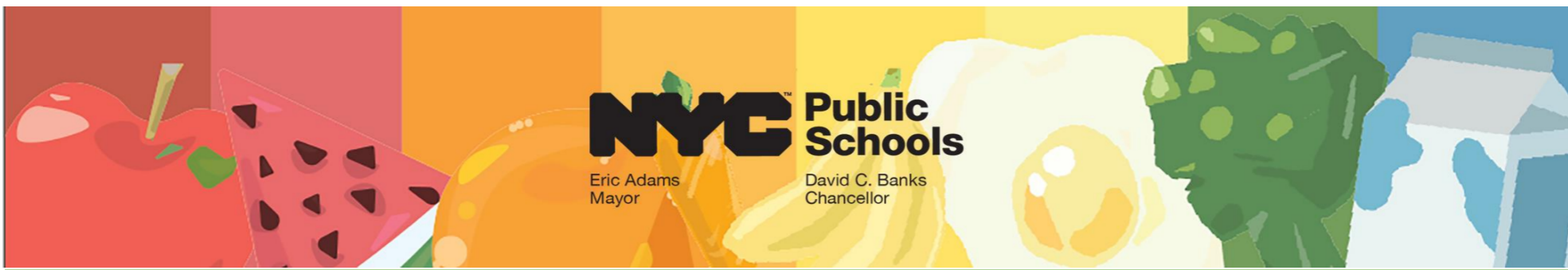
Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Cheese Sandwich (V)</li> </ul>

<p style="text-align: center; margin: 0;"><b>Milk</b></p> <p style="margin: 0;">1% Low-fat (V)</p> <p style="margin: 0;">Fat Free (V)</p> <p style="margin: 0;">Fat Free Chocolate (V)</p> <p style="font-size: 0.8em; margin: 0;">Alternative options are available upon request</p>	<p style="text-align: center; margin: 0;"><b>ATTENTION:</b></p> <p style="margin: 0;">All Pre-K Students CANNOT be Offered Chocolate Milk</p>	<p style="font-size: 0.8em; margin: 0;">OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="font-size: 0.8em; margin: 0;"><b>Seasonal Fresh Fruit</b> Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p> <p style="font-size: 0.8em; margin: 0; color: yellow;"><b>OFNS has an extensive Prohibitive Ingredients List available at:</b></p> <div style="text-align: center;"> </div>
---	---	--	--

\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.





## NOVEMBER 2024: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p><b>Black-Eyed Peas with Tomato and Kale (VE)</b> with Brown Rice (VE)</p> <p><b>Southwest Burrito (V)</b></p> <p>Sweet Potato Wedge Fries (VE)</p>
4	Election Day 5	6	7	8
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Parmigiana Spinach (V)</p> <p>Balsamic Chickpeas (V)</p>	<p><b>Sweet &amp; Sour Chicken Bites</b></p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p>	<p><b>Chickpea or Chicken Shawarma*</b></p> <p>Flat Bread (VE)</p> <p>Curry Potato (VE)*</p>	<p><b>Sweet Potato Quesadilla Rollup (V)*</b></p> <p>Veggie Burger (VE)</p> <p>Roasted Fresh Tomatoes (VE)</p>
Veterans Day 11	12	13	14	15
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Seasoned Chickpeas (VE)</p> <p>Superhero Spinach (VE)</p>	<p><b>Soft Turkey Taco</b></p> <p>Street Style Corn (V)</p> <p>Salsa (VE)</p>	<p><b>Teriyaki Grilled Chicken</b></p> <p>Garlic Teriyaki Green Beans (VE)</p> <p>Brown Rice (VE)</p>	<p><b>Turkey Cheeseburger</b> Whole Wheat Bun</p> <p><b>Turkey Burger</b> Whole Wheat Bun</p> <p>Herb Roasted Potatoes (VE)</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Italian Roasted Carrots (VE)</p> <p>Warm Breadstick (V)</p>
18	19	20	21	22
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Sauteed Spinach (VE)</p> <p>Hot Bean Salad (VE)</p>	<p><b>Chicken Tenders</b></p> <p>Ranch Carrot Snackers (VE)</p> <p>Dinner Roll (VE)</p>	<p><b>Caribbean Style Beef Patty</b></p> <p>Seasoned Wedge Fries (VE)</p> <p>Salsa (VE)</p>	<p><b>BBQ Chicken Thighs</b></p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p>	<p><b>Black-Eyed Peas with Tomato and Kale (VE)</b> with Brown Rice (VE)</p> <p><b>Southwest Burrito (V)</b></p> <p>Sweet Potato Wedge Fries (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Parmigiana Spinach (V)</p> <p>Balsamic Chickpeas (V)</p>	<p><b>Sweet &amp; Sour Chicken Bites</b></p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p>	<p><b>Chickpea or Chicken Shawarma*</b></p> <p>Flat Bread (VE)</p> <p>Curry Potato (VE)*</p>	<p><b>Sweet Potato Quesadilla Rollup (V)*</b></p> <p>Veggie Burger (VE)</p> <p>Roasted Fresh Tomatoes (VE)</p>

### DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>

**Milk**

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are available upon request

**ATTENTION:**

All Pre-K Students CANNOT be Offered Chocolate Milk, or Chicken with Bones

**Pre-K Chicken Choices**

Chicken Tenders

Chicken Bites

OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available

**Seasonal Fresh Fruit**

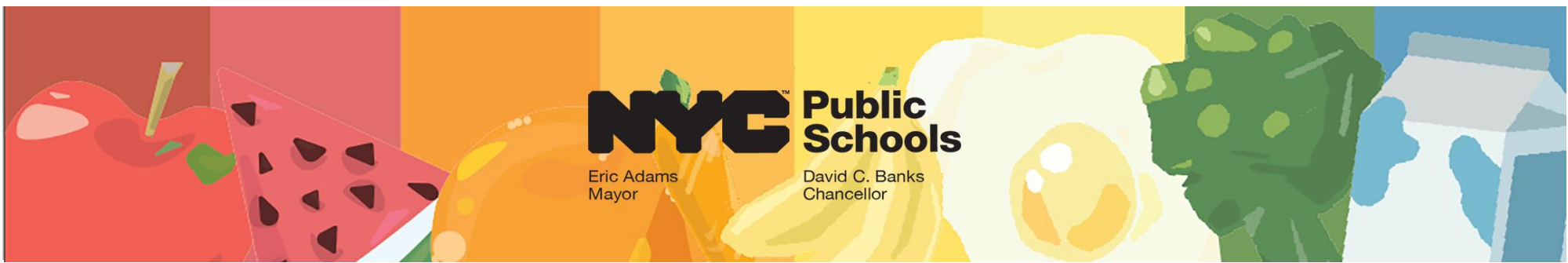
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p><b>Daily Lunch Specials</b></p> <ul style="list-style-type: none"> <li>• Hummus and Soft Roll (VE)</li> <li>• 8 oz. Yogurt (V)</li> <li>• Tuna</li> </ul> <p style="font-size: x-small;">Options may vary by location</p>			<p><b>Manicotti (V)</b></p> <p>Marinated White Beans (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Bananas (VE)</p>
4	Election Day 5	6	7	8
<p><b>Fish &amp; Cheese Sandwich</b></p> <p>Broccoli with Roasted Garlic (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p><b>Chicken Tender Sandwich</b></p> <p>Sweet Plantains (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Pears (VE)</p>	<p><b>Turkey Burgers &amp; Turkey Cheeseburgers</b></p> <p>Spiced Sweet Potatoes (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Peaches (VE)</p>	<p><b>Italian Chicken Tenders</b></p> <p>Soft Cooked Pasta (VE)</p> <p>Roasted Cauliflower (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Apple Sauce (VE)</p>	<p><b>Manicotti (V)</b></p> <p>Marinated White Beans (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Bananas (VE)</p>
Veterans Day 11	12	13	14	15
<p><b>Braised Tuna with Tomato Sauce</b></p> <p>Broccoli with Roasted Garlic (VE)</p> <p>Soft Roll (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p><b>Chicken Tender Sandwich</b></p> <p>Sweet Plantains (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Pears (VE)</p>	<p><b>Turkey Burgers &amp; Turkey Cheeseburgers</b></p> <p>Steamed Carrots (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Peaches (VE)</p>	<p><b>Ranch Chicken Tenders</b></p> <p>Soft Cooked Pasta (VE)</p> <p>Roasted Cauliflower (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Apple Sauce (VE)</p>	<p><b>Manicotti (V)</b></p> <p>Marinated White Beans (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Bananas (VE)</p>
18	19	20	21	22
<p><b>Fish &amp; Cheese Sandwich</b></p> <p>Broccoli with Roasted Garlic (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p><b>Chicken Tender Sandwich</b></p> <p>Sweet Plantains (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Pears (VE)</p>	<p><b>Turkey Burgers &amp; Turkey Cheeseburgers</b></p> <p>Spiced Sweet Potatoes (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Peaches (VE)</p>	<p><b>Italian Chicken Tenders</b></p> <p>Soft Cooked Pasta (VE)</p> <p>Roasted Cauliflower (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Apple Sauce (VE)</p>	<p><b>Manicotti (V)</b></p> <p>Marinated White Beans (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Bananas (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p><b>Braised Tuna with Tomato Sauce</b></p> <p>Broccoli with Roasted Garlic (VE)</p> <p>Soft Roll (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p><b>Chicken Tender Sandwich</b></p> <p>Sweet Plantains (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Pears (VE)</p>	<p><b>Turkey Burgers &amp; Turkey Cheeseburgers</b></p> <p>Steamed Carrots (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Peaches (VE)</p>	<p><b>Ranch Chicken Tenders</b></p> <p>Soft Cooked Pasta (VE)</p> <p>Roasted Cauliflower (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Apple Sauce (VE)</p>	<p><b>Manicotti (V)</b></p> <p>Marinated White Beans (VE)</p> <p style="color: purple; font-size: x-small;">Fruit Offering Bananas (VE)</p>

**Milk**

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

Alternative options are available upon request

OFNS Menu Support  
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian  
(VE) Indicates Vegan

**Assorted Dressings**

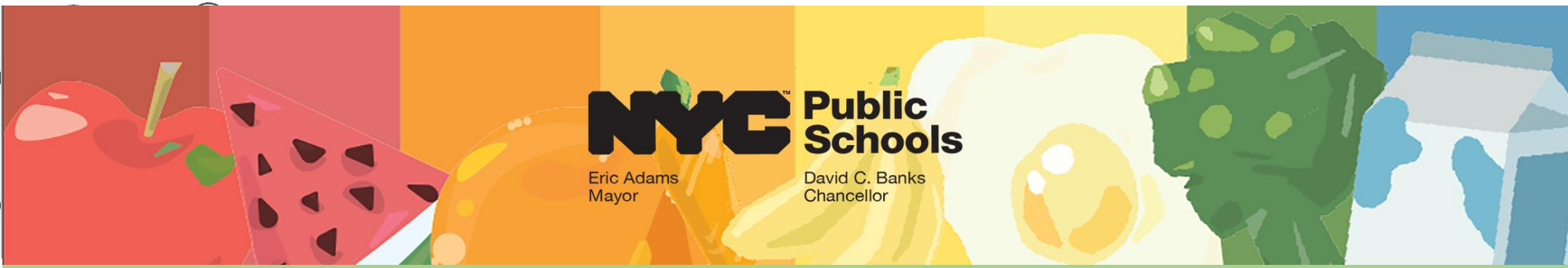
All vegetable portions for K-8 are 3/4 cup.  
High School is 1 cup.

**Seasonal Fresh Fruit**  
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.

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



## NOVEMBER 2024: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p style="text-align: center; font-weight: bold;">Daily Lunch Specials</p> <ul style="list-style-type: none"> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Hummus and Crackers (V)</li> <li>• 4 oz. Yogurt (V)</li> <li>• Tuna Sandwich</li> </ul> <p style="font-size: x-small;">Options may vary by location</p>			<p style="text-align: center; font-weight: bold;">Veggie Nuggets (VE)</p> <p style="text-align: center; font-size: x-small;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center; font-size: x-small;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
4	Election Day 5	6	7	8
<p style="font-weight: bold;">Sicilian Slice Pizza (V)</p> <p style="font-size: x-small;">Parmigiana Spinach (V)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit Applesauce (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Chicken Bites</p> <p style="font-size: x-small;">Steamed Carrots (VE)</p> <p style="font-size: x-small;">Brown Rice (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p style="font-weight: bold;">Mozzarella Sticks (V)</p> <p style="font-size: x-small;">with marinara sauce (VE)</p> <p style="font-size: x-small;">Roasted Zucchini and Tomatoes (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Chicken Shawarma*</p> <p style="font-size: x-small;">Curry Potato (VE)*</p> <p style="font-size: x-small;">Flat Bread (V)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Sweet Potato Quesadilla Rollup (VE)*</p> <p style="font-size: x-small;">Steamed Broccoli (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
Veterans Day 11	12	13	14	15
<p style="font-weight: bold;">Pizza by the Slice (V)</p> <p style="font-size: x-small;">Superhero Spinach (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Turkey Chili Southwest Pasta Bowl*</p> <p style="font-size: x-small;">Fresh Roasted Tomatoes (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p style="font-weight: bold;">Teriyaki Grilled Chicken</p> <p style="font-size: x-small;">Garlic Teriyaki Green Beans (VE)</p> <p style="font-size: x-small;">Brown Rice (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Turkey Burger</p> <p style="font-size: x-small;">Whole Wheat Bun</p> <p style="font-size: x-small; color: green;">Herb Roasted Potatoes (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Rustic White Beans (VE)</p> <p style="font-size: x-small;">Penne Bruschetta (VE)*</p> <p style="font-size: x-small;">Italian Roasted Carrots (VE)*</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
18	19	20	21	22
<p style="font-weight: bold;">French Bread Pizza (V)</p> <p style="font-size: x-small;">Steamed Green Beans (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Chicken Tenders</p> <p style="font-size: x-small;">Steamed Carrots (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Caribbean Style Beef Patty</p> <p style="font-size: x-small;">Seasoned Wedge Fries (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Chicken Bites</p> <p style="font-size: x-small;">Butternut Squash Mac and Cheese (V)*</p> <p style="font-size: x-small;">Steamed Broccoli (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Veggie Nuggets (VE)</p> <p style="font-size: x-small;">Sweet Potato Wedge Fries (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p style="font-weight: bold;">Sicilian Slice Pizza (V)</p> <p style="font-size: x-small;">Parmigiana Spinach (V)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit Applesauce (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Chicken Bites</p> <p style="font-size: x-small;">Steamed Carrots (VE)</p> <p style="font-size: x-small;">Brown Rice (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p style="font-weight: bold;">Mozzarella Sticks (V)</p> <p style="font-size: x-small;">with marinara sauce (VE)</p> <p style="font-size: x-small;">Roasted Zucchini and Tomatoes (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Chicken Shawarma*</p> <p style="font-size: x-small;">Curry Potato (VE)*</p> <p style="font-size: x-small;">Flat Bread (V)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Sweet Potato Quesadilla Rollup (VE)*</p> <p style="font-size: x-small;">Steamed Broccoli (VE)</p> <p style="font-size: x-small;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>

Milk\*

Whole Milk (V)

\*Alternative options are available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk

OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit

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

Other Fruits

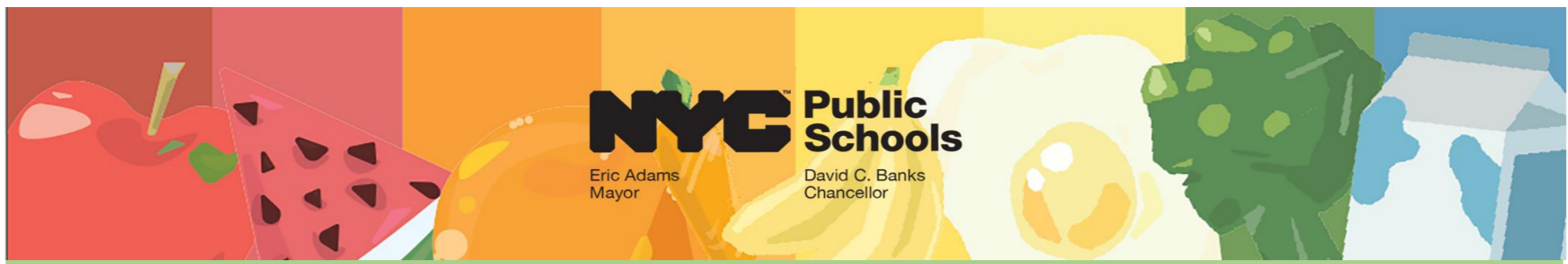
Apple Sauce, Sliced Peaches, Diced Pears, Pineapples (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 24 months. Formula is to be provided by the parent.  
Consistencies upon request: puree, mashed and finely chopped.

\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p><b>Black-Eyed Peas with Tomato and Kale (VE)</b> with Brown Rice (VE)</p> <p><b>Southwest Burrito (V)</b></p> <p>Sweet Potato Wedge Fries (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar</p>
4	Election Day 5	6	7	8
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Parmigiana Spinach (V)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><b>Teriyaki Veggie Nuggets (VE)</b></p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Leafy Green Salad Bar</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p style="color: green;">Garlic Knot (V)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar</p>	<p><b>Chickpea Shawarma (VE)*</b></p> <p style="color: green;">Curry Potato (VE)*</p> <p>Flat Bread (V)</p> <p style="color: purple;"><b>Salad Bar</b> Rainbow Bar</p>	<p><b>Sweet Potato Quesadilla Rollup (V)*</b></p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar</p>
Veterans Day 11	12	13	14	15
<p><b>Margherita Pizza (V)</b></p> <p><b>Pizza by the Slice (V)</b></p> <p>Superhero Spinach (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><b>Three Bean Chili Southwest Pasta Bowl (VE)</b></p> <p>Street Style Corn (V)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar With Diced Tomato (VE)</p>	<p><b>Zesty Chickpea Stew (VE)</b></p> <p>Roasted Zucchini (VE)</p> <p>Flatbread (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Mediterranean Bar</p>	<p><b>Zucchini Parmigiana (V)</b></p> <p>Spaghetti Marinara (VE)</p> <p>Basil Corn Salad (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Leafy Green Salad Bar</p>	<p><b>Rustic White Beans (VE)</b></p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p style="color: purple;"><b>Salad Bar</b> Mediterranean Bar</p>
18	19	20	21	22
<p><b>Pepper and Onion Pizza (V)</b></p> <p><b>French Bread Pizza (V)</b></p> <p>Seasoned Peas (VE)</p> <p>Mixed Green Salad (V)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="color: red;"><b>Plastic Free Lunch Day</b></p> <p><b>Garlic and Tomato Panini (V)</b> with marinara sauce (VE)</p> <p>Baby Carrots (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Plastic Free Lunch Bar</p>	<p><b>Mushroom Swiss Veggie Burger (V)*</b> Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Classic Toppings</p>	<p><b>Big City Bean Taco (VE)</b></p> <p>Crispy Broccoli (V)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar</p>	<p><b>Black-Eyed Peas with Tomato and Kale (VE)</b> with Brown Rice (VE)</p> <p><b>Southwest Burrito (V)</b></p> <p>Sweet Potato Wedge Fries (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Parmigiana Spinach (V)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><b>Teriyaki Veggie Nuggets (VE)</b></p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Leafy Green Salad Bar</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p style="color: green;">Garlic Knot (V)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar</p>	<p><b>Chickpea Shawarma (VE)*</b></p> <p style="color: green;">Curry Potato (VE)*</p> <p>Flat Bread (V)</p> <p style="color: purple;"><b>Salad Bar</b> Rainbow Bar</p>	<p><b>Sweet Potato Quesadilla Rollup (V)*</b></p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar</p>

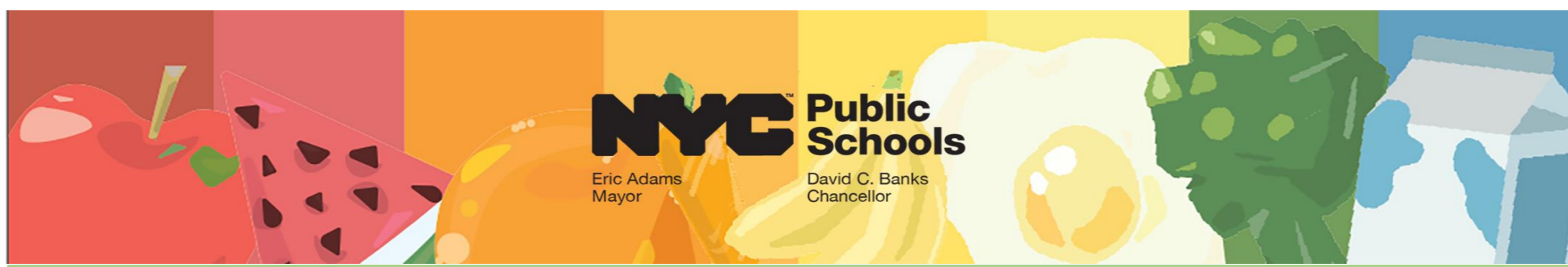
### DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>

<p style="text-align: center;"><b>Milk</b></p> <p style="font-size: small;">1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request</p>	<p style="text-align: center;"><b>ATTENTION:</b></p> <p style="font-size: small;">All Pre-K Students CANNOT be Offered Chocolate Milk</p>	<p style="font-size: small;">OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="font-size: small;"><b>Seasonal Fresh Fruit</b> Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p>
<p>OFNS has an extensive Prohibitive Ingredients List available at:</p>			

\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p><b>Black-Eyed Peas with Tomato and Kale (VE)</b> with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p style="color: purple;">Salad Bar</p> <p>Fiesta Bar</p> <p>With Diced Tomato (VE)</p>
4	Election Day 5	6	7	8
<p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p style="color: purple;">Salad Bar</p> <p>Pizza Bar</p> <p>With Balsamic Chickpea Salad (V)</p>	<p><b>Teriyaki Veggie Nuggets (VE)</b></p> <p>Sweet &amp; Sour Chicken Bites</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Leafy Green Salad Bar</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p style="color: green;">Garlic Knot (V)</p> <p style="color: purple;">Salad Bar</p> <p>Pizza Bar</p>	<p><b>Chickpea Shawarma (VE)*</b> or <b>Chicken Shawarma*</b></p> <p style="color: green;">Curry Potato (VE)*</p> <p>Flat Bread (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Rainbow Bar</p>	<p><b>Sweet Potato Quesadilla Rollup (V)*</b></p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Fiesta Bar</p>
Veterans Day 11	12	13	14	15
<p>Margherita Pizza (V)</p> <p>Pizza by the Slice (V)</p> <p>Superhero Spinach (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Pizza Bar</p> <p>With Balsamic Chickpea Salad (V)</p>	<p><b>Three Bean Chili Southwest Pasta Bowl (VE)</b> or <b>Turkey Chili Southwest Pasta Bowl*</b></p> <p>Street Style Corn (V)</p> <p style="color: purple;">Salad Bar</p> <p>Fiesta Bar</p>	<p><b>Veggie Nuggets (VE)</b> Dipping Sauce</p> <p><b>Teriyaki Grilled Chicken</b></p> <p>Garlic Teriyaki Green Beans (VE)</p> <p>Brown Rice (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Leafy Green Salad Bar</p>	<p><b>Turkey Cheeseburger</b> Whole Wheat Bun</p> <p><b>Turkey Burger</b> Whole Wheat Bun</p> <p><b>Fish and Cheese Sandwich</b> Whole Wheat Bun</p> <p style="color: green;">Herb Roasted Potatoes (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Classic Toppings</p>	<p><b>Rustic White Beans (VE)</b></p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p style="color: purple;">Salad Bar</p> <p>Mediterranean Bar</p>
18	19	20	21	22
<p><b>Pepper and Onion Pizza (V)</b></p> <p>French Bread Pizza (V)</p> <p>Seasoned Peas (VE)</p> <p>Mixed Green Salad (V)</p> <p style="color: purple;">Salad Bar</p> <p>Pizza Bar</p> <p>With Balsamic Chickpea Salad (V)</p>	<p style="color: red; text-align: center;"><i><b>Plastic Free Lunch Day</b></i></p> <p><b>Chicken Tenders</b></p> <p>Baby Carrots (VE)</p> <p style="color: green;">Dinner Roll (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Plastic Free Lunch Bar</p>	<p><b>Mushroom Swiss Veggie Burger (V)*</b> Whole Wheat Bun</p> <p><b>Caribbean Style Beef Patty</b></p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Classic Toppings</p>	<p><b>BBQ Chicken Thighs</b></p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p style="color: purple;">Salad Bar</p> <p>Leafy Green Salad Bar</p>	<p><b>Black-Eyed Peas with Tomato and Kale (VE)</b> with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p style="color: purple;">Salad Bar</p> <p>Fiesta Bar</p> <p>With Diced Tomato (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p style="color: purple;">Salad Bar</p> <p>Pizza Bar</p> <p>With Balsamic Chickpea Salad (V)</p>	<p><b>Teriyaki Veggie Nuggets (VE)</b></p> <p>Sweet &amp; Sour Chicken Bites</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Leafy Green Salad Bar</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p style="color: green;">Garlic Knot (V)</p> <p style="color: purple;">Salad Bar</p> <p>Pizza Bar</p>	<p><b>Chickpea Shawarma (VE)*</b> or <b>Chicken Shawarma*</b></p> <p style="color: green;">Curry Potato (VE)*</p> <p>Flat Bread (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Rainbow Bar</p>	<p><b>Sweet Potato Quesadilla Rollup (V)*</b></p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE)</p> <p style="color: purple;">Salad Bar</p> <p>Fiesta Bar</p>

### DAILY OFFERINGS

<b>Monday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	<b>Tuesday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<b>Wednesday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<b>Thursday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<b>Friday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)
---	---	---	--	--

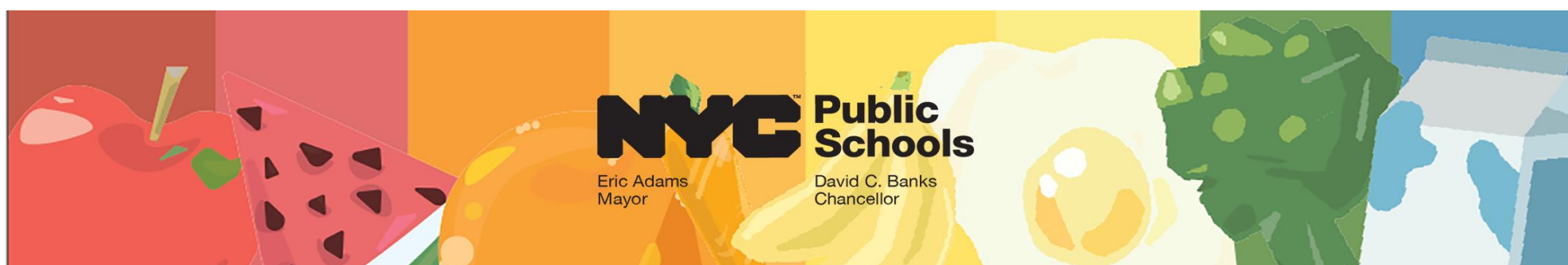
<p style="text-align: center;"><b>Milk</b></p> <p style="text-align: center;">1% Low-fat (V) Fat Free (V)</p> <p style="text-align: center;">Fat Free Chocolate (V)</p> <p style="font-size: x-small;">Alternative options are available upon request</p>	<p style="text-align: center;"><b>ATTENTION:</b></p> <p style="font-size: x-small;">All Pre-K Students CANNOT be Offered Chocolate Milk, or Chicken with Bones</p> <p style="text-align: center; color: green;">Pre-K Chicken Choices</p> <p style="font-size: x-small;">Chicken Tenders Chicken Bites</p>	<p style="font-size: x-small;">OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="text-align: center; color: green;">Seasonal Fresh Fruit</p> <p style="font-size: x-small;">Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p>
---	--	--	---

OFNS has an extensive Prohibitive Ingredients List available at:



\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p><b>Black-Eyed Peas with Tomato and Kale (VE)</b> with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p><i>Salad Bar</i> Fiesta Bar With Diced Tomato (VE)</p>
4	Election Day 5	6	7	8
<p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><b>Teriyaki Veggie Nuggets (VE)</b></p> <p>Sweet &amp; Sour Chicken Bites</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p>Garlic Knot (V)</p> <p><i>Salad Bar</i> Pizza Bar</p>	<p><b>Chickpea Shawarma (VE)*</b> or <b>Chicken Shawarma*</b></p> <p>Curry Potato (VE)*</p> <p>Flat Bread (VE)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p><b>Sweet Potato Quesadilla Rollup (V)*</b></p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE) <i>Salad Bar</i> Fiesta Bar</p>
11	12	13	14	15
<p>Margherita Pizza (V)</p> <p>Pizza by the Slice (V)</p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><b>Three Bean Chili Southwest Pasta Bowl (VE)</b> or <b>Turkey Chili Southwest Pasta Bowl*</b></p> <p>Street Style Corn (V)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p><b>Veggie Nuggets (VE)</b> Dipping Sauce</p> <p>Teriyaki Grilled Chicken</p> <p>Garlic Teriyaki Green Beans (VE)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p><b>Turkey Cheeseburger</b> Whole Wheat Bun</p> <p><b>Turkey Burger</b> Whole Wheat Bun</p> <p><b>Fish and Cheese Sandwich</b> Whole Wheat Bun</p> <p>Herb Roasted Potatoes (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p><b>Rustic White Beans (VE)</b></p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
18	19	20	21	22
<p>Pepper and Onion Pizza (V)</p> <p>French Bread Pizza (V)</p> <p>Seasoned Peas (VE)</p> <p>Mixed Green Salad (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><b><i>Plastic Free Lunch Day</i></b></p> <p>Chicken Tenders</p> <p>Baby Carrots (VE)</p> <p>Dinner Roll (VE)</p> <p><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p><b>Mushroom Swiss Veggie Burger (V)*</b> Whole Wheat Bun</p> <p><b>Caribbean Style Beef Patty</b></p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p><b>BBQ Chicken Thighs</b></p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p><b>Black-Eyed Peas with Tomato and Kale (VE)</b> with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p><i>Salad Bar</i> Fiesta Bar With Diced Tomato (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><b>Teriyaki Veggie Nuggets (VE)</b></p> <p>Sweet &amp; Sour Chicken Bites</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p>Garlic Knot (V)</p> <p><i>Salad Bar</i> Pizza Bar</p>	<p><b>Chickpea Shawarma (VE)*</b> or <b>Chicken Shawarma*</b></p> <p>Curry Potato (VE)*</p> <p>Flat Bread (VE)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p><b>Sweet Potato Quesadilla Rollup (V)*</b></p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE) <i>Salad Bar</i> Fiesta Bar</p>

### DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Grab and Go Salads (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> <li>• Grab and Go Salads</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> <li>• Grab and Go Salads</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> <li>• Grab and Go Salads</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Grab and Go Salads (VE)</li> <li>• Southwest Burrito (V)</li> </ul>

ATTENTION:

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

All Pre-K Students CANNOT be Offered Chocolate Milk, or Chicken with Bones

**Pre-K Chicken Choices**  
Chicken Tenders  
Chicken Bites

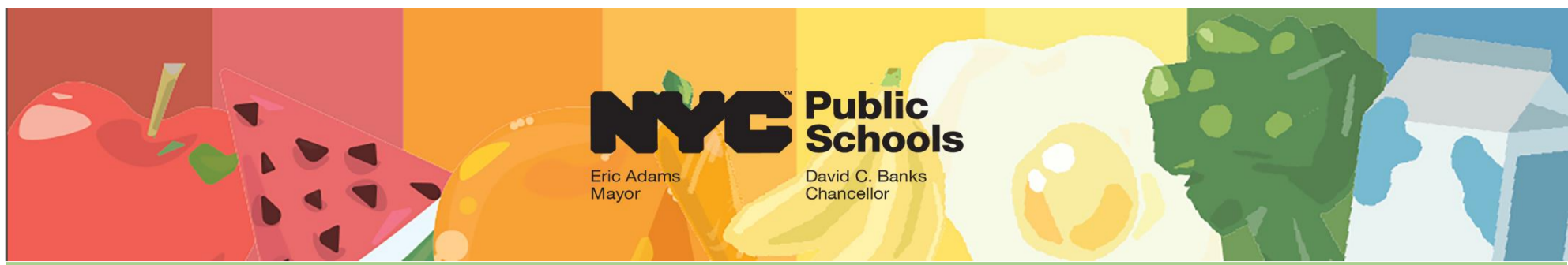
OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available

**Seasonal Fresh Fruit**  
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p style="margin: 0;"><b>Italian Veggie Grab &amp; Go Salad (VE)</b></p> <p style="margin: 0;">Italian Marinated Cucumber Salad (VE)</p>
4	Election Day 5	6	7	8
<p style="margin: 0;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="margin: 0;">Crunchy Carrot Sticks (VE)</p>	<p style="margin: 0;"><b>BBQ Crispy Chicken Grab and Go Salad</b></p> <p style="margin: 0;">Cilantro Black Bean Salad (VE)</p>	<p style="margin: 0;"><b>Chicken Tender Wrap</b> Dipping Sauce</p> <p style="margin: 0;">Classic Coleslaw (V)</p>	<p style="margin: 0;"><b>Mediterranean Chicken Pasta Salad</b></p> <p style="margin: 0;">Green Garden Salad (VE)</p>	<p style="margin: 0;"><b>Chickpea and Pimento Wrap (VE)</b></p> <p style="margin: 0;">Classic Potato Salad (V)</p>
Veterans Day 11	12	13	14	15
<p style="margin: 0;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="margin: 0;">Balsamic Chickpea Salad (V)</p>	<p style="margin: 0;"><b>Crispy Chicken Grab and Go Salad</b></p> <p style="margin: 0;">Asian Red Cabbage Slaw (V)</p>	<p style="margin: 0;"><b>Chimichurri Chicken Wrap</b></p> <p style="margin: 0;">Confetti Corn Salad (VE)</p>	<p style="margin: 0;"><b>Chicken Salad Hoagie</b></p> <p style="margin: 0;">Kid Friendly Kale Salad (V)</p>	<p style="margin: 0;"><b>Black Bean Wrap (VE)</b></p> <p style="margin: 0;">Fresh Tomato Salad (V)</p> <p style="margin: 0;">Served with Salsa (VE)</p>
18	19	20	21	22
<p style="margin: 0;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="margin: 0;">Crunchy Carrot Sticks (VE)</p>	<p style="margin: 0;"><b>Chicken Caesar Wrap</b></p> <p style="margin: 0;">Marinated Bean Salad (VE)</p>	<p style="margin: 0;"><b>Sesame Noodle Bowl Grab &amp; Go</b></p> <p style="margin: 0;">Basil Corn Salad (VE)</p>	<p style="margin: 0;"><b>Superhero Spinach Wrap (V)</b></p> <p style="margin: 0;">Broccoli Salad (V)</p>	<p style="margin: 0;"><b>Italian Veggie Grab &amp; Go Salad (VE)</b></p> <p style="margin: 0;">Italian Marinated Cucumber Salad (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p style="margin: 0;"><b>Assorted Cold Vegetarian Option (V)</b></p> <p style="margin: 0;">Crunchy Carrot Sticks (VE)</p>	<p style="margin: 0;"><b>BBQ Crispy Chicken Grab and Go Salad</b></p> <p style="margin: 0;">Cilantro Black Bean Salad (VE)</p>	<p style="margin: 0;"><b>Chicken Tender Wrap</b> Dipping Sauce</p> <p style="margin: 0;">Classic Coleslaw (V)</p>	<p style="margin: 0;"><b>Mediterranean Chicken Pasta Salad</b></p> <p style="margin: 0;">Green Garden Salad (VE)</p>	<p style="margin: 0;"><b>Chickpea and Pimento Wrap (VE)</b></p> <p style="margin: 0;">Classic Potato Salad (V)</p>

### DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Cheese Sandwich (V)</li> </ul>

### OFFERED DAILY

<p style="margin: 0;"><b>Milk</b></p> <p style="margin: 0; font-size: small;">1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) <small>Alternative options are available upon request</small></p>	<p style="margin: 0; font-size: small;">OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="margin: 0; font-size: small;">Assorted Dressings</p>	<p style="margin: 0; font-size: small;"><b>Seasonal Fresh Fruit</b> Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p>
--	---	--	--

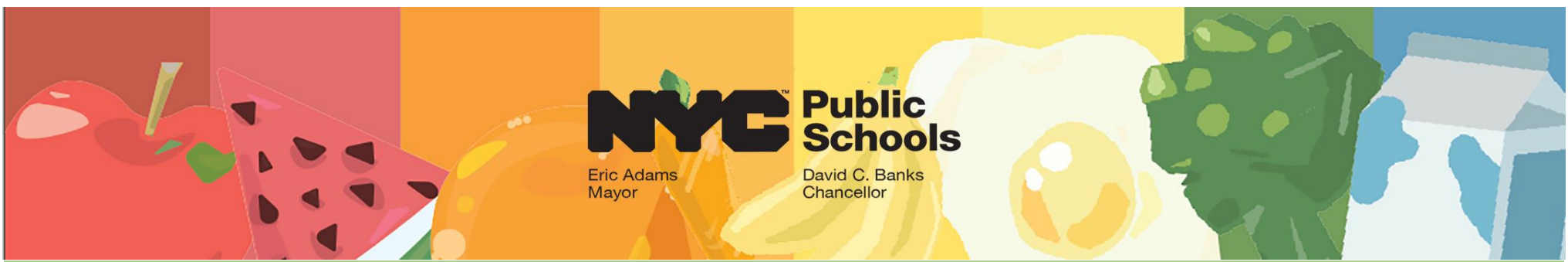
OFNS has an extensive Prohibitive Ingredients List available at:



\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p style="text-align: center;">Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p>
4	Election Day 5	6	7	8
<p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p>Balsamic Chickpeas (VE)</p>	<p style="text-align: center;">Sweet &amp; Sour Chicken Bites</p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center;">Brown Rice (VE)</p>	<p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini and Tomatoes (VE)</p>	<p style="text-align: center;">Chickpea or Chicken Shawarma*</p> <p style="text-align: center;">Flat Bread (VE)</p> <p style="text-align: center;">Curry Potato (VE)*</p>	<p style="text-align: center;">Sweet Potato Quesadilla Rollup (V)*</p> <p style="text-align: center;">Veggie Burger (VE)</p> <p style="text-align: center;">Roasted Fresh Tomatoes (VE)</p>
Veterans Day 11	12	13	14	15
<p>Sicilian Slice Pizza (V)</p> <p>Seasoned Chickpeas (VE)</p> <p>Superhero Spinach (VE)</p>	<p style="text-align: center;">Soft Turkey Taco</p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;">Salsa (VE)</p>	<p style="text-align: center;">Teriyaki Grilled Chicken</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (VE)</p> <p style="text-align: center;">Brown Rice (VE)</p>	<p style="text-align: center;">Turkey Cheeseburger Whole Wheat Bun</p> <p style="text-align: center;">Turkey Burger Whole Wheat Bun</p> <p style="text-align: center;">Herb Roasted Potatoes (VE)</p>	<p style="text-align: center;">Rustic White Beans (VE)</p> <p style="text-align: center;">Penne Bruschetta (VE)*</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Italian Roasted Carrots (VE)</p> <p style="text-align: center;">Warm Breadstick (V)</p>
18	19	20	21	22
<p>Sicilian Slice Pizza (V)</p> <p style="text-align: center;">Hot Bean Salad (VE)</p>	<p style="text-align: center;">Chicken Tenders</p> <p style="text-align: center;">Sautéed Spinach (VE)</p> <p style="text-align: center;">Dinner Roll (VE)</p>	<p style="text-align: center;">Caribbean Style Beef Patty</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p>	<p style="text-align: center;">BBQ Chicken Thighs</p> <p style="text-align: center;">Butternut Squash Mac and Cheese (V)*</p> <p style="text-align: center;">Honey Corn Bread (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p>	<p style="text-align: center;">Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p>Balsamic Chickpeas (VE)</p>	<p style="text-align: center;">Sweet &amp; Sour Chicken Bites</p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center;">Brown Rice (VE)</p>	<p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini and Tomatoes (VE)</p>	<p style="text-align: center;">Chickpea or Chicken Shawarma*</p> <p style="text-align: center;">Flat Bread (VE)</p> <p style="text-align: center;">Curry Potato (VE)*</p>	<p style="text-align: center;">Sweet Potato Quesadilla Rollup (V)*</p> <p style="text-align: center;">Veggie Burger (VE)</p> <p style="text-align: center;">Roasted Fresh Tomatoes (VE)</p>

### DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>

**Milk**

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

Alternative options are available upon request

**ATTENTION:**

All Pre-K Students CANNOT be Offered Chocolate Milk, or Chicken with Bones

Pre-K Chicken Choices  
Chicken Tenders  
Chicken Bites

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

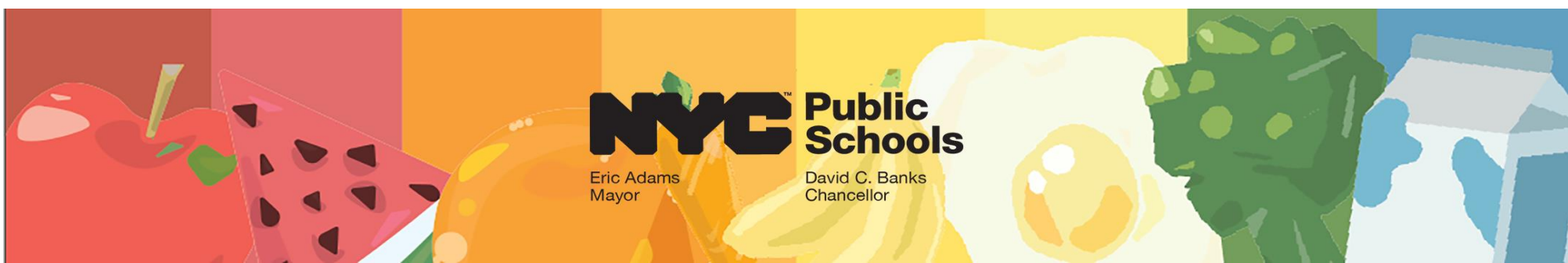
Seasonal Fresh Fruit  
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.





## NOVEMBER 2024: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p><b>Black-Eyed Peas with Tomato and Kale (VE)</b> with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p><b>Southwest Burrito (V)</b></p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar With Diced Tomato (VE)</p>
4	Election Day 5	6	7	8
<p><b>Veggie Burger (VE)</b></p> <p><b>Veggie Cheeseburger (V)</b></p> <p>Parmigiana Spinach (V)</p> <p style="color: purple;"><b>Salad Bar</b> Classic Toppings</p>	<p><b>Sweet &amp; Sour Popcorn Chicken</b></p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Leafy Green Salad Bar</p>	<p><b>Caribbean Style Beef Patty</b></p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Classic Toppings</p>	<p><b>Chickpea Shawarma (VE)*</b> or <b>Chicken Shawarma*</b></p> <p style="color: green;">Curry Potato (VE)*</p> <p>Flat Bread (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Rainbow Bar</p>	<p><b>Sweet Potato Quesadilla Rollup (V)*</b></p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p><b>Veggie Burger (VE)</b>  <span style="color: purple;"><b>Salad Bar</b></span>                      Fiesta Bar                      With Black Bean Salad (VE)</p>
11	12	13	14	15
<p><b>Fiesta Quesadilla (V)</b></p> <p>Superhero Spinach (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar (With Black Bean Salad)</p>	<p><b>Three Bean Chili Southwest Pasta Bowl (VE)</b> or <b>Turkey Chili Southwest Pasta Bowl*</b></p> <p>Street Style Corn (V)</p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar</p>	<p><b>Teriyaki Grilled Chicken</b></p> <p>Garlic Teriyaki Green Beans (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Leafy Green Salad Bar</p>	<p><b>Turkey Cheeseburger</b> Whole Wheat Bun</p> <p><b>Turkey Burger</b> Whole Wheat Bun</p> <p style="color: green;">Herb Roasted Potatoes (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Classic Toppings</p>	<p><b>Rustic White Beans (VE)</b></p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p><b>Three Cheese Grilled Cheese (V)</b></p> <p style="color: purple;"><b>Salad Bar</b> Mediterranean Bar</p>
18	19	20	21	22
<p><b>Garlic and Tomato Panini (V)</b></p> <p>Seasoned Peas (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p><b>Chicken Tender Melt</b> on Ciabatta Bread</p> <p>Baby Carrots (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Plastic Free Lunch Bar</p>	<p><b>Fish and Cheese Sandwich</b> Whole Wheat Bun</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Classic Toppings</p>	<p><b>BBQ Chicken Thighs</b></p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p style="color: purple;"><b>Salad Bar</b> Leafy Green Salad Bar</p>	<p><b>Black-Eyed Peas with Tomato and Kale (VE)</b> with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p><b>Southwest Burrito (V)</b></p> <p style="color: purple;"><b>Salad Bar</b> Fiesta Bar With Diced Tomato (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p><b>Veggie Burger (VE)</b></p> <p><b>Veggie Cheeseburger (V)</b></p> <p>Parmigiana Spinach (V)</p> <p style="color: purple;"><b>Salad Bar</b> Classic Toppings</p>	<p><b>Sweet &amp; Sour Popcorn Chicken</b></p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Leafy Green Salad Bar</p>	<p><b>Caribbean Style Beef Patty</b></p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Classic Toppings</p>	<p><b>Chickpea Shawarma (VE)*</b> or <b>Chicken Shawarma*</b></p> <p style="color: green;">Curry Potato (VE)*</p> <p>Flat Bread (VE)</p> <p style="color: purple;"><b>Salad Bar</b> Rainbow Bar</p>	<p><b>Sweet Potato Quesadilla Rollup (V)*</b></p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p><b>Veggie Burger (VE)</b>  <span style="color: purple;"><b>Salad Bar</b></span>                      Fiesta Bar                      With Black Bean Salad (VE)</p>

### DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
• Pizza (V) • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (V) • Seasoned Wedge Fries (VE)	• Pizza (V) • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Seasoned Wedge Fries (VE)	• Pizza (V) • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Seasoned Wedge Fries (VE)	• Pizza (V) • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Seasoned Wedge Fries (VE)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (VE) • Seasoned Wedge Fries (VE) • Southwest Burrito (V)

#### ATTENTION:

<p style="text-align: center; color: #00a0e3;"><b>Milk</b></p> <p style="font-size: x-small;">1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request</p>	<p style="font-size: x-small;">All Pre-K Students CANNOT be Offered Chocolate Milk, or Chicken with Bones</p> <p style="text-align: center; color: #00a0e3;"><b>Pre-K Chicken Choices</b></p> <p style="font-size: x-small;">Chicken Tenders Chicken Bites</p>	<p style="font-size: x-small;">OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="font-size: x-small;">Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p>
---	--	---	--

OFNS has an extensive Prohibitive Ingredients List available at:



\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p>Honey Roasted Sunflower Seeds (V)</p> <p>Milk (V)</p>
4	Election Day 5	6	7	8
<p>Honey Graham Crackers (V)</p> <p>Milk (V)</p>	<p>Assorted Granola (V)</p> <p>Milk (V)</p>	<p>Crispy Tortilla (VE)</p> <p>Salsa (VE)</p> <p>Fresh Fruit (VE)</p>	<p>Cheddar Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>
Veterans Day 11	12	13	14	15
<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Honey Graham Biscuits (V)</p> <p>Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Blueberry Granola (V)</p>	<p>Mozzarella Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
18	19	20	21	22
<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>	<p>Cheese Cubes (V)</p> <p>Applesauce (VE)</p>	<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Colby Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Honey Roasted Sunflower Seeds (V)</p> <p>Milk (V)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p>Honey Graham Crackers (V)</p> <p>Milk (V)</p>	<p>Assorted Granola (V)</p> <p>Milk (V)</p>	<p>Crispy Tortilla (VE)</p> <p>Salsa (VE)</p> <p>Fresh Fruit (VE)</p>	<p>Cheddar Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>

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

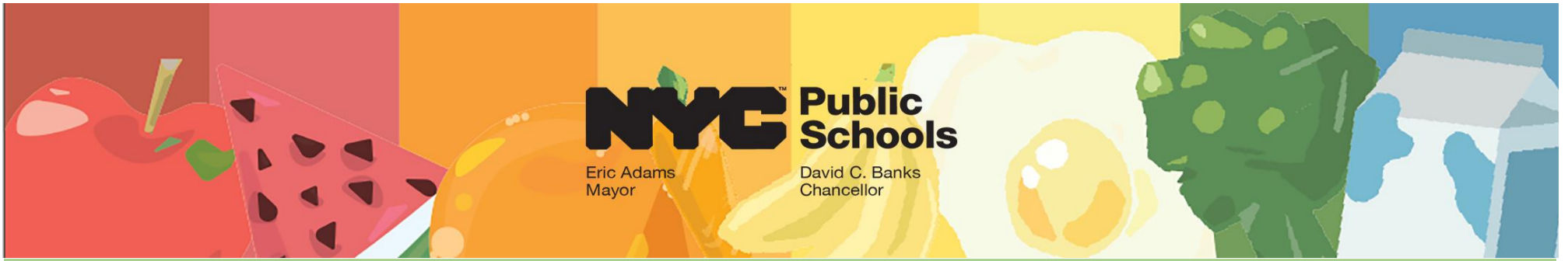
OFNS Menus Support  
Seasonal Fresh Fruit and  
Vegetables  
when available

**All Fruit**  
Offerings are 1 cup

**Seasonal Fresh Fruit**  
Apples, Apple Slices,  
Bananas, Cantaloupe,  
Grapefruit, Grapes,  
Honeydew, Oranges, Pears,  
Plums, Bananas,  
Watermelon, and  
Strawberries (VE)

OFNS has an extensive  
**Prohibitive Ingredients List**  
available at:

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				<p style="margin: 0;">Fresh Banana (VE) Milk (V)</p>
4	Election Day 5	6	7	8
<p style="margin: 0;">Animal Crackers (V) Hummus Cup (VE)</p>	<p style="margin: 0;">Fresh Banana (VE) Milk (V)</p>	<p style="margin: 0;">Yogurt Choice (V) Diced Peaches (VE)</p>	<p style="margin: 0;">Assorted Cereal (VE) Milk (V)</p>	<p style="margin: 0;">Apple Slices (VE) Milk (V)</p>
Veterans Day 11	12	13	14	15
<p style="margin: 0;">Yogurt Choice (V) Diced Peaches (VE)</p>	<p style="margin: 0;">Assorted Cereal (VE) Milk (V)</p>	<p style="margin: 0;">Apple Slices (VE) Milk (V)</p>	<p style="margin: 0;">Animal Crackers (V) Hummus Cup (VE)</p>	<p style="margin: 0;">Fresh Banana (VE) Milk (V)</p>
18	19	20	21	22
<p style="margin: 0;">Animal Crackers (V) Hummus Cup (VE)</p>	<p style="margin: 0;">Fresh Banana (VE) Milk (V)</p>	<p style="margin: 0;">Yogurt Choice (V) Diced Peaches (VE)</p>	<p style="margin: 0;">Assorted Cereal (VE) Milk (V)</p>	<p style="margin: 0;">Apple Slices (VE) Milk (V)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p style="margin: 0;">Yogurt Choice (V) Diced Peaches (VE)</p>	<p style="margin: 0;">Assorted Cereal (VE) Milk (V)</p>	<p style="margin: 0;">Apple Slices (VE) Milk (V)</p>	<p style="margin: 0;">Animal Crackers (V) Hummus Cup (VE)</p>	<p style="margin: 0;">Fresh Banana (VE) Milk (V)</p>

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

OFNS has an extensive Prohibitive Ingredients List available at:

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

- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: After School Cold Supper Menu

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

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

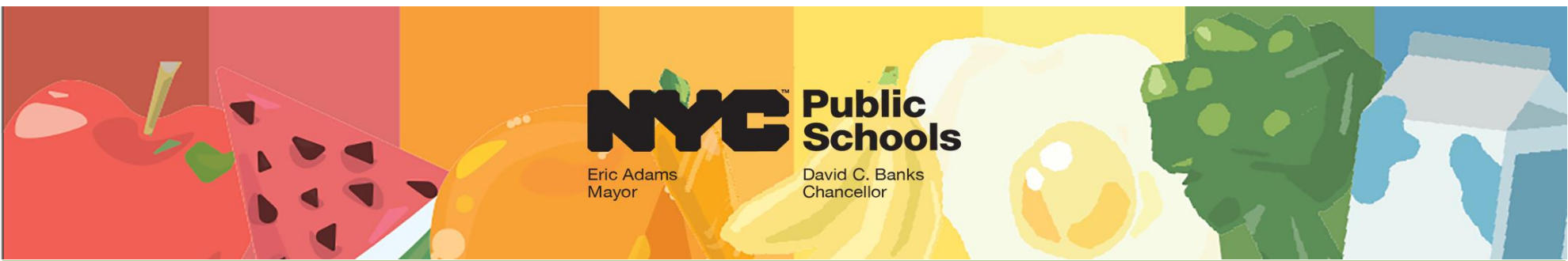
Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: After School Hot Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p style="text-align: center; font-weight: bold;">Daily Supper Specials</p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Hummus and Crackers Grab &amp; Go (V)</li> </ul> <p style="font-size: x-small;">Options may vary by location</p>			<p style="text-align: center;"><b>Rustic White Beans (VE)</b></p> <p style="text-align: center;">Penne Bruschetta (VE)*</p> <p style="text-align: center;">Italian Roasted Carrots (VE)*</p> <p style="text-align: center;">Warm Breadstick (V)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p>
4	Election Day 5	6	7	8
<p style="text-align: center;"><b>Mozzarella Sticks (V)</b> Marinara Sauce (VE)</p> <p style="text-align: center;">Crispy Broccoli (V)</p>	<p style="text-align: center;"><b>Garlic and Tomato Panini (V)</b></p> <p style="text-align: center;">Roasted Zucchini (VE)</p>	<p style="text-align: center;"><b>Caribbean Style Beef Patty</b></p> <p style="text-align: center;">Slow Roasted Baby Carrots (V)</p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p style="text-align: center;">Superhero Spinach (VE)</p>	<p style="text-align: center;"><b>Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</b></p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p>
Veterans Day 11	12	13	14	15
<p style="text-align: center;"><b>Manicotti</b> in Marinara Sauce (V)</p> <p style="text-align: center;">Italian Green Beans (VE)</p>	<p style="text-align: center;"><b>Fish and Cheese Sandwich</b> <span style="color: green;">Whole Wheat Bun</span></p> <p style="text-align: center;">Baked Sweet Potato Wedge Fries (VE)</p>	<p style="text-align: center;"><b>Crispy Chicken Bites</b> with Dipping Sauce</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p>	<p style="text-align: center;"><b>Chickpea Shawarma (VE)*</b> or <b>Chicken Shawarma*</b></p> <p style="text-align: center;"><span style="color: green;">Curry Potato (VE)*</span></p> <p style="text-align: center;">Flat Bread (V)</p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p style="text-align: center;">Parmigiana Spinach (V)</p>
18	19	20	21	22
<p style="text-align: center;"><b>Homemade Grilled Cheese Sandwich (V)</b></p> <p style="text-align: center;">Crispy Broccoli (V)</p>	<p style="text-align: center;"><b>Hamburgers &amp; Cheeseburgers</b> <span style="color: green;">Whole Wheat Bun</span></p> <p style="text-align: center;">Cilantro Healthy Coleslaw (V)</p>	<p style="text-align: center;"><b>Chicken Tenders</b></p> <p style="text-align: center;">Garlicky Green Beans (VE)</p> <p style="text-align: center;"><span style="color: green;">Bread Stick (V)</span></p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p style="text-align: center;">Green Garden Salad (VE)</p>	<p style="text-align: center;"><b>Rustic White Beans (VE)</b></p> <p style="text-align: center;">Penne Bruschetta (VE)*</p> <p style="text-align: center;">Italian Roasted Carrots (VE)*</p> <p style="text-align: center;">Warm Breadstick (V)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p style="text-align: center;"><b>Mozzarella Sticks (V)</b> Marinara Sauce (VE)</p> <p style="text-align: center;">Crispy Broccoli (V)</p>	<p style="text-align: center;"><b>Garlic and Tomato Panini (V)</b></p> <p style="text-align: center;">Roasted Zucchini (VE)</p>	<p style="text-align: center;"><b>Caribbean Style Beef Patty</b></p> <p style="text-align: center;">Slow Roasted Baby Carrots (V)</p>	<p style="text-align: center;"><b>Pizza (V)</b></p> <p style="text-align: center;">Superhero Spinach (VE)</p>	<p style="text-align: center;"><b>Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</b></p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p>

<p style="text-align: center; font-weight: bold; color: #00a0e3;">Milk</p> <p style="font-size: small;">1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) <small>Alternative options are available upon request</small></p>	<p style="font-size: x-small;">OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="text-align: center; font-weight: bold;">Assorted Dressings</p>	<p style="font-size: x-small; color: #00a0e3;">Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p>	<p style="font-size: x-small; color: #00a0e3;">OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;"> </div>
--	--	--	--	--

\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: After School Vegetarian Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
<p style="font-size: small; color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p style="text-align: center; font-weight: bold; margin: 0;">Daily Supper Specials</p> <ul style="list-style-type: none"> <li>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>Hot or Cold Cheese Sandwich (V)</li> <li>Hummus and Crackers Grab &amp; Go (V)</li> </ul> <p style="font-size: x-small; margin: 0;">Options may vary by location</p>			<p>Veggie Nuggets (VE) with Dipping Sauce (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Dinner Roll (VE)</p>
4	Election Day 5	6	7	8
<p>Mozzarella Sticks (V) Marinara Sauce (VE)</p> <p>Crispy Broccoli (V)</p>	<p>Super Hero Spinach Wrap (V)</p> <p>Baked Beans (VE)</p>	<p>Pizza (V)</p> <p>Garlicky Green Beans (VE)</p>	<p>Three Cheese Grilled Cheese (V)</p> <p style="color: green;">Street Style Corn (V)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Roasted Fresh Tomatoes (VE)</p>
11	12	13	14	15
<p>Red White and Green Panini (V)</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Manicotti (V) with marinara sauce (VE)</p> <p>Seasoned Fresh Green Beans (V)</p>	<p>Big City Bean Taco (VE)</p> <p>Green Garden Salad (VE)</p>	<p>Pizza (V)</p> <p>Crispy Broccoli (V)</p>	<p>Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun</p> <p>Sweet Potato Waffle Fries (VE)</p>
18	19	20	21	22
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Vegetarian Quesadilla (V) served with Salsa (VE)</p> <p>Fiesta Black Beans (VE)</p>	<p>Black Bean and Plantain Power Bowl (VE) with Brown Rice (VE)</p>	<p>Pizza (V)</p> <p>Roasted Zucchini (VE)</p>	<p>Veggie Nuggets (VE) with Dipping Sauce (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Dinner Roll (VE)</p>
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
<p>Mozzarella Sticks (V) Marinara Sauce (VE)</p> <p>Crispy Broccoli (V)</p>	<p>Super Hero Spinach Wrap (V)</p> <p>Baked Beans (VE)</p>	<p>Pizza (V)</p> <p>Garlicky Green Beans (VE)</p>	<p>Three Cheese Grilled Cheese (V)</p> <p style="color: green;">Street Style Corn (V)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Roasted Fresh Tomatoes (VE)</p>

**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, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
<p><b>Honey Corn Breakfast Bread (V)</b></p> <p>Fresh Fruit (VE)</p>	<p><b>Cinnamon Burst Pancakes (V)</b></p> <p>Milk (V)</p>	<p><b>Banana Breakfast Bread (V)</b></p> <p>Milk (V)</p>	<p><b>Blueberry Breakfast Bread (V)</b></p> <p>Fresh Fruit (VE)</p>	<p><b>Honey Graham Crackers (V)</b></p> <p>Milk (V)</p>

**Milk**


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

Alternative options are available upon request

**Seasonal Fresh Fruit**

Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



(V) Indicates Vegetarian  
(VE) Indicates Vegan

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
<b>French Toast Sticks (V)</b> Milk (V)	<b>Cinnamon Burst Pancakes (V)</b> Fresh Fruit (VE)	<b>Buttermilk Pancakes (V)</b> Milk (V)	<b>Rise and Shine Waffles (V)</b> Fresh Fruit (VE)	<b>Banana Breakfast Bread (V)</b> 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

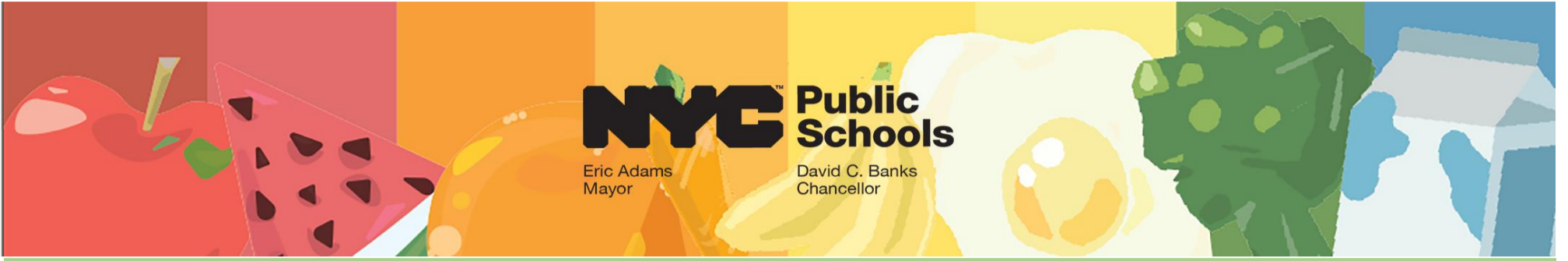
**Seasonal Fresh Fruit**  
 Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.





## NOVEMBER 2024: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
<b>Assorted Cold Sandwiches and Wraps</b>	<b>Assorted Cold Sandwiches and Wraps</b>	<b>Assorted Cold Sandwiches and Wraps</b>	<b>Assorted Cold Sandwiches and Wraps</b>	<b>Assorted Cold Sandwiches and Wraps</b>
Confetti Corn Salad (VE)	Italian Green Beans (VE)	Carrot Sticks (VE)	Broccoli Salad (V)	Confetti Corn Salad (VE)
Fresh Fruit (VE) Milk (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 (V)  
 Fat Free (V)  
 Fat Free Chocolate (V)  
 Alternative options are available upon request

(V) Indicates Vegetarian  
 (VE) Indicates Vegan

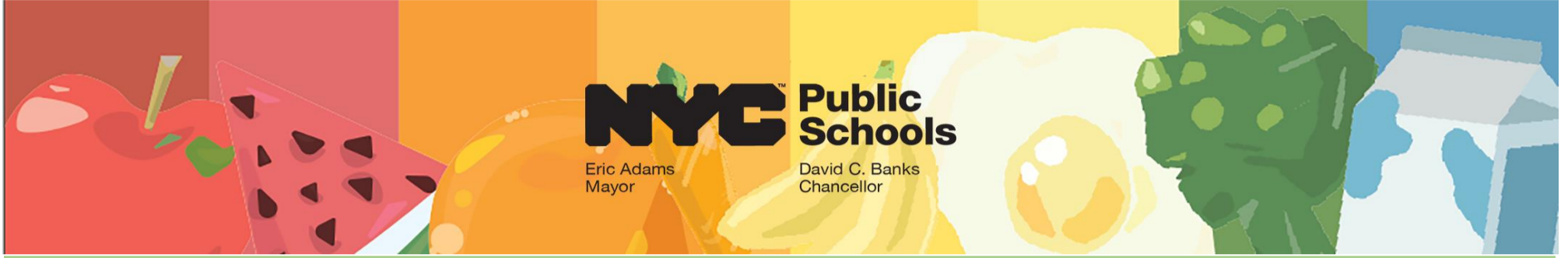
#### Assorted Dressings

**Seasonal Fresh Fruit**  
 Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.  
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



## NOVEMBER 2024: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
<p><b>Grilled Cheese Sandwich (V)</b></p> <p>Seasoned Wedge Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p><b>Turkey Burgers &amp; Turkey Cheeseburgers</b></p> <p>Baked Sweet Potato Waffle Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p><b>Baked Mozzarella Sticks (V)</b> Marinara Sauce (VE)</p> <p>Crispy Broccoli (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p><b>Pizza by the Slice (V)</b></p> <p>Italian Roasted Carrots (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p><b>Chicken Tenders</b></p> <p>Garlicky Green Beans (VE)</p> <p><b>Bread Stick (V)</b></p> <p>Fresh Fruit (VE) Milk (V)</p>

### OFFERED DAILY

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

(V) Indicates Vegetarian  
 (VE) Indicates Vegan

**Assorted Dressings**

**Seasonal Fresh Fruit**  
 Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

**OFNS has an extensive Prohibitive Ingredients List available at:**



- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.