





NOVEMBER 2024: F	e-K - 8	Breakfast Menu
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Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.			Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit (VE)
4	Election Day 5	6	7	8
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit (VE)
Veterans Day 11	12	13	14	15
Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit (VE)
18	19	20	21	22
Honey Corn Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Blueberry Topping (VE) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit (VE)
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit (VE)

OFFERED DAILY

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

Alternative options are available upon request

Breakfast After the Bell Grab and Go

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk) **Options may vary** by location

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

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**



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.







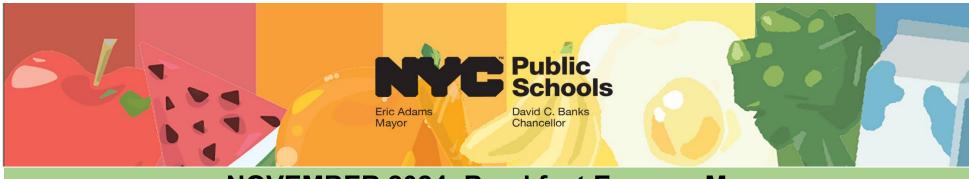
NC	OVEMBER 2024	4: High School	Breakfast Me	nu
Monday	Tuesday	Wednesday	Thursday	Friday
onaa.j	. accauj			Diwali 1
Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Breakfast Bar Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (V) Assorted Yogurts (V)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.			Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit (VE)
4	Election Day 5	6	7	8
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit (VE)
Veterans Day 11	12	13	14	15
Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit (VE)
18	19	20	21	22
Honey Corn Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Blueberry Topping (VE) Seasonal Fresh Fruit (VE) Breakfast Bar	Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit (VE)
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit (VE)
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	OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

Syrup (VE)

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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

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



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	
				Blueberry Breakfast Bread (V)	
WE PROUDLY SUPPORT				Yogurt Choice (V)	
LOCALLY SOURCED, GROWN, HARVESTED OR				Hot Oatmeal (VE)	
PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.				Fruit Offering Apple Sauce (VE)	
4	Election Day 5	6	7	8	
Apple Cinnamon Breakfast Bread (V)	Egg Omelet on a Soft Roll (V)	Croissant (V)	Egg Omelet on a Soft Roll (V)	Sweet Potato Oatmeal Muffin (V)	
Yogurt Choice (V)	Hot Oatmeal (V)	Yogurt Choice (V)	Hot Oatmeal (V)	Yogurt Choice (V)	
Hot Oatmeal (V)	Fruit Offering	Hot Oatmeal (V)	Fruit Offering	Hot Oatmeal (VE)	
Fruit Offering Peaches (VE)	Flavored Apple Sauce (VE)	Fruit Offering Pears (VE)	Bananas (VE)	Fruit Offering Apple Sauce (VE)	
Veterans Day 11	12	13	14	15	
Banana Breakfast Bread (V)	Egg Omelet on a Soft Roll (V)	Croissant (V)	Egg Omelet on a Soft Roll (V)	Blueberry Breakfast Bread (V)	
Yogurt Choice (V)	` ,	Yogurt Choice (V)	` ,	Yogurt Choice (V)	
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (VE)	
Fruit Offering Peaches (VE)	Fruit Offering Flavored Apple Sauce (VE)	Fruit Offering Pears (VE)	Fruit Offering Bananas (VE)	Fruit Offering Apple Sauce (VE)	
18	19	20	21	22	
Apple Cinnamon Breakfast Bread (V)	Egg Omelet on a Soft Roll (V)	Croissant (V) Yogurt Choice (V)	Egg Omelet on a Soft Roll (V)	Sweet Potato Oatmeal Muffin (V)	
Yogurt Choice (V)	Hot Oatmeal (V)	• , ,	Hot Oatmeal (V)	Yogurt Choice (V)	
Hot Oatmeal (V)	Fruit Offering	Hot Oatmeal (V)	Fruit Offering	Hot Oatmeal (VE)	
Fruit Offering Peaches (VE)	Flavored Apple Sauce (VE)	Fruit Offering Pears (VE)	Bananas (VE)	Fruit Offering Apple Sauce (VE)	
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29	
Banana Breakfast Bread (V)	Egg Omelet on a Soft Roll (V)	Croissant (V) Yogurt Choice (V)	Egg Omelet on a Soft Roll (V)	Blueberry Breakfast Bread (V)	
Yogurt Choice (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Yogurt Choice (V)	
Hot Oatmeal (V)	Fruit Offering	Fruit Offering	Fruit Offering	Hot Oatmeal (VE)	
Fruit Offering Peaches (VE)	Flavored Apple Sauce (VE)	Pears (VE)	Bananas (VE)	Fruit Offering Apple Sauce (VE)	
	Seasonal Fresh Fruit	OFFERED DAILY		OFNS has an extensive	
Milk 1% Low-fat (V)	Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes,	Options may vary by location	Assorted Yogurts	Prohibitive Ingredients List available at:	
Fat Free (V) Fat Free Chocolate (V)	Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and	Cold Cereal Choices Shredded Wheat	Alternate Fruit		

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

Multi-Grain Oats (VE)

Toasted Oats (VE)

Oat Circles (VE)

Alternate Fruit
Peaches, Pineapples

Pears, Applesauce

ATTENTION:

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Alternative options are

available upon request

Watermelon, and

Strawberries (VE)

Condiments
Syrup (VE)



NOVEMBER 2024: Infant - Toddler Breakfast Menu

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

OFFERED DAILY

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



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

<u>Milk</u>

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

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

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

Options may vary by location

Cold Cereal Choices 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

> **Condiments** Syrup (VE)

Strawberries (VE)

OFNS has an extensive **Prohibitive Ingredients List**



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

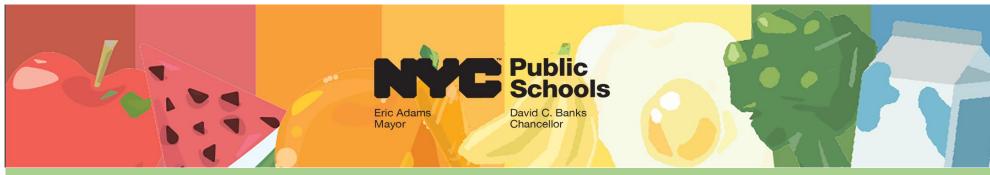
Vegetarian Item (V): A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy. • Vegan Item (VE): A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables,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



	Mayor	Chancellor	(3) 91	
	NOVEMBER 2	2024: Pre-K - 8	Lunch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
				Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)
WE DROUDLY CURRORT				Sweet Potato Wedge Fries (VE)
WE PROUDLY SUPPORT LOCALLY SOURCED,				Southwest Burrito (V)
GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.				Salad Bar Fiesta Bar With Digad Tempto (VE)
ARE HIGHLIGHED IN GREEN.	Election Day 5	6	7	With Diced Tomato (VE)
	Teriyaki Veggie Nuggets (VE)		Chickpea	Sweet Potato Quesadilla Rollup (V)*
Sicilian Slice Pizza (V)	Sweet & Sour	Mozzarella Sticks (V) with marinara sauce (VE)	Shawarma (VE)* or	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Chicken Bites Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Chicken Shawarma* Curry Potato (VE)*	Apple Citrus Pico de Gallo (VE)*
	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (VE)	Guacamole (VE)
<i>Salad Bar</i> Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Veggie Burger (VE) Salad Bar
Chickpea Salad (V)	Leafy Green Salad Bar	Pizza Bar	Rainbow Bar	Fiesta Bar
Veterans Day 11	12	13		15
	Three Bean Chili	Veggie Nuggets (VE)	Turkey Cheeseburger Whole Wheat Bun	Rustic White Beans (VE)
Margherita Pizza (V)	Southwest Pasta Bowl (VE)	Dipping Sauce Teriyaki Grilled Chicken	Turkey Burger Whole Wheat Bun	Penne Bruschetta (VE)*
Pizza by the Slice (V)	or Turkey Chili Southwest	· ·	Fish and Chasse	Italian Roasted Carrots (VE)*
Superhero Spinach (VE)	Pasta Bowl*	Garlic Teriyaki Green Beans (VE)	Fish and Cheese Sandwich Whole Wheat Bun	Warm Breadstick (V) Three Cheese Grilled
<i>Salad Bar</i> Pizza Bar With Balsamic	Street Style Corn (V) Salad Bar	Brown Rice (VE) Salad Bar	Herb Roasted Potatoes (VE) Salad Bar	Cheese (V) Salad Bar
Chickpea Salad (V)	Fiesta Bar	Leafy Green Salad Bar	Classic Toppings	Mediterranean Bar
18	19	20	21	22
Pepper and Onion Pizza (V)	Plastic Free	Mushroom Swiss	BBQ Chicken Thighs	Black-Eyed Peas with
French Bread Pizza (V)	<u>Lunch Day</u> Chicken Tenders	Veggie Burger (V)* Whole Wheat Bun	Butternut Squash Mac and Cheese (V)*	Tomato and Kale (VE) with Brown Rice (VE)
Seasoned Peas (VE)	Baby Carrots (VE)	Caribbean Style	Honey Corn Bread (V)	Sweet Potato Wedge Fries (VE)
Mixed Green Salad (V) Salad Bar	Dinner Roll (VE)	Beef Patty Seasoned Wedge Fries (VE)	Crispy Broccoli (V)	Southwest Burrito (V)
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Plastic Free Lunch Bar	Salad Bar Classic Toppings	Salad Bar Leafy Green Salad Bar	Salad Bar Fiesta Bar With Diced Tomato (VE)
25			-	Thanksgiving Recess 29
	Teriyaki Veggie Nuggets (VE)		Ohioka a a	Sweet Potato Quesadilla Rollup (V)*
Sicilian Slice Pizza (V)	Sweet & Sour	Mozzarella Sticks (V) with marinara sauce (VE)	Chickpea Shawarma (VE)* or	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Chicken Bites Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Chicken Shawarma* Curry Potato (VE)*	Apple Citrus Pico de Gallo (VE)*
Salad Bar	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (VE)	Guacamole (VE)
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Salad Bar	Salad Bar Pizza Bar	Salad Bar Rainbow Bar	Veggie Burger (VE) Salad Bar Fiesta Bar
omonpou ouldu (v)	Loary Groom Galau Bai	DAILY OFFERINGS	Nambow Dai	riosta Dal
Monday	Tuesday	<u>Wednesday</u>	<u>Thursday</u>	Friday
Peanut Butter and/or Sunflower Seed Butter &	Peanut Butter and/or Sunflower Seed Butter &	Peanut Butter and/or Sunflower Seed Butter &	Peanut Butter and/or Sunflower Seed Butter &	Peanut Butter and/or Sunflower Seed Butter &
Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)
Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)
	Tuna Sandwich	Tuna Sandwich	Tuna Sandwich	Southwest Burrito (V)
Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are	ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk, or Chicken with Bones Pre-K Chicken Choices Chicken Tenders	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,	OFNS has an extensive Prohibitive Ingredients List available at:
available upon request	Chicken Bites		Watermelon, and Strawberries (VE)	

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

- Jelly Sandwich (VE)
- Hummus and Crackers (V)
- **Cheese Sandwich (V)**

Jelly Sandwich (VE) Hummus and Crackers (V)

Cheese Sandwich (V) Cheese Sandwich (V)

Jelly Sandwich (VE) Hummus and Crackers (V)

Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)

Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)

<u>Milk</u> 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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

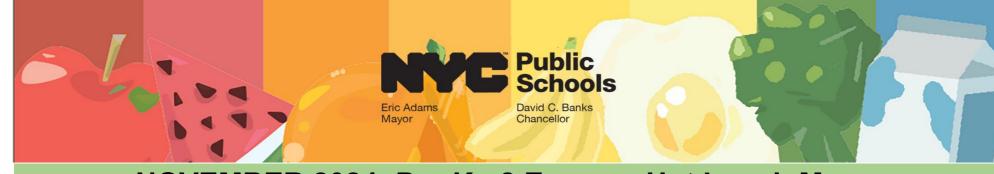
Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

OFNS has an extensive **Prohibitive Ingredients List**



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

 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)
 Hummus and Crackers (V)

Jelly Sandwich (VE)
• Hummus and Crackers (V)
• Hot or Cold Cheese
Sandwich (V)

<u>Milk</u>

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are

available upon request

Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)
Hummus and Crackers (V)
Hot or Cold Cheese Sandwich (V) Wednesday

• Peanut Butter and/or
Sunflower Seed Butter &
Jelly Sandwich (VE)

• Hummus and Crackers (V)

• Hot or Cold Cheese
Sandwich (V)

Thursday
• Peanut Butter and/or
Sunflower Seed Butter &
Jelly Sandwich (VE)
• Hummus and Crackers (V)
• Hot or Cold Cheese
Sandwich (V)

Seasonal Fresh Fruit

Strawberries (VE)

Friday
Peanut Butter and/or
Sunflower Seed Butter &
Jelly Sandwich (VE)
Hummus and Crackers (V)
Hot or Cold Cheese
Sandwich (V)

ATTENTION:

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

Pre-K Chicken Choices
Chicken Tenders
Chicken Bites

Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and OFNS has an extensive Prohibitive Ingredients List



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

OFNS Menus Support

Seasonal Fresh Fruit and

Vegetables

when available

[•] 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
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	• Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna Options may vary by location			Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
4	Election Day 5	6	7	8
Fish & Cheese Sandwich Broccoli with Roasted Garlic (VE) Fruit Offering Flavored Apple Sauce (VE)	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	Turkey Burgers & Turkey Cheeseburgers Spiced Sweet Potatoes (VE) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Pasta (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
Veterans Day 11	12	13	14	15
Braised Tuna with Tomato Sauce Broccoli with Roasted Garlic (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	Turkey Burgers & Turkey Cheeseburgers Steamed Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Pasta (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
18	19	20	21	22
Fish & Cheese Sandwich Broccoli with Roasted Garlic (VE) Fruit Offering Flavored Apple Sauce (VE)	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	Turkey Burgers & Turkey Cheeseburgers Spiced Sweet Potatoes (VE) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Pasta (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
Braised Tuna with Tomato Sauce Broccoli with Roasted Garlic (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	Turkey Burgers & Turkey Cheeseburgers Steamed Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Pasta (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)

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

Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian(VE) Indicates Vegan

Assorted Dressings

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
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	• Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (V) • 4 oz. Yogurt (V) • Tuna Sandwich Options may vary by location			Veggie Nuggets (VE) Sweet Potato Wedge Fries (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
4	Election Day 5	6	7	8
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Seasonal Fresh Fruit Applesauce (VE) Milk (V)	Chicken Bites Steamed Carrots (VE) Brown Rice (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Shawarma* Curry Potato (VE)* Flat Bread (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Sweet Potato Quesadilla Rollup (VE)* Steamed Broccoli (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
Veterans Day 11	12	13	14	15
Pizza by the Slice (V) Superhero Spinach (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Turkey Chili Southwest Pasta Bowl* Fresh Roasted Tomatoes (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Teriyaki Grilled Chicken Garlic Teriyaki Green Beans (VE) Brown Rice (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Rustic White Beans (VE) Penne Bruschetta (VE)* Italian Roasted Carrots (VE)* Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
18	19	20	21	22
French Bread Pizza (V) Steamed Green Beans (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Chicken Tenders Steamed Carrots (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Caribbean Style Beef Patty Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Bites Butternut Squash Mac and Cheese (V)* Steamed Broccoli (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Nuggets (VE) Sweet Potato Wedge Fries (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Seasonal Fresh Fruit Applesauce (VE) Milk (V)	Chicken Bites Steamed Carrots (VE) Brown Rice (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE)	Chicken Shawarma* Curry Potato (VE)* Flat Bread (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Sweet Potato Quesadilla Rollup (VE)* Steamed Broccoli (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit

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

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

OFNS has an extensive Prohibitive Ingredients List



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

Consistencies upon request: puree, mashed and finely chopped.

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 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.

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

Office of Food & Nutrition Services

Milk*

Whole Milk (V)

*Alternative options are

available upon request



NOVEMBER 2024: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
				Black-Eyed Peas with
				Tomato and Kale (VE) with Brown Rice (VE)
				Southwest Burrito (V)
WE PROUDLY SUPPORT				
LOCALLY SOURCED, GROWN, HARVESTED OR				Sweet Potato Wedge Fries (VE)
PRODUCED FOOD.				
ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.				Salad Bar Fiesta Bar
4	Election Day 5	6	7	8
				Sweet Potato
				Quesadilla
				Rollup (V)*
Sicilian Slice Dizze (\/)	Teriyaki	Mozzarella Sticks (V)	Chickpea	Tomato Vinaigrette Salad (VE)*
Sicilian Slice Pizza (V)	Veggie Nuggets (VE)	with marinara sauce (VE)	Shawarma (VE)*	
Parmigiana Spinach (V)	Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Curry Potato (VE)*	Apple Citrus Pico de Gallo (VE)*
				Guacamole (VE)
Salad Bar	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (V)	· ,
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Veggie Burger (VE) Salad Bar
Chickpea Salad (V)	Leafy Green Salad Bar	Pizza Bar	Rainbow Bar	Fiesta Bar
Veterans Day 11	12	13	14	15
				Rustic White
				Beans (VE)
Margherita Pizza (V)	Three Bean Chili			Penne Bruschetta (VE)*
margnorita i izza (v)	Southwest	Zesty Chickpea	Zucchini Parmigiana (V)	Italian Roasted Carrots (VE)*
Pizza by the Slice (V)	Pasta Bowl (VE)	Stew (VE)	Spaghetti Marinara (VE)	Warm Breadstick (V)
Superhero Spinach (VE)	Street Style Corn (V)	Roasted Zucchini (VE)		Three Cheese Grilled
Salad Bar		Flatbread (VE)	Basil Corn Salad (VE)	Cheese (V)
Pizza Bar With Balsamic	Salad Bar Fiesta Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	With Diced Tomato (VE)	Mediterranean Bar	Leafy Green Salad Bar	Mediterranean Bar
18	19	20	21	22
Pepper and Onion	Plastic Free			
Pizza (V)	Lunch Day			Black-Eyed Peas with
French Bread Pizza (V)		Mushroom Swiss		Tomato and Kale (VE)
` ,	Garlic and Tomato Panini (V)	Veggie Burger (V)* Whole Wheat Bun	Big City Bean Taco (VE)	with Brown Rice (VE)
Seasoned Peas (VE)	with marinara sauce (VE)	Whole Wheat Bull	Dean Taco (VL)	Southwest Burrito (V)
Mixed Green Salad (V)	Baby Carrots (VE)	Seasoned Wedge Fries (VE)	Crispy Broccoli (V)	Sweet Potato
Salad Bar		0		Wedge Fries (VE)
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Plastic Free Lunch Bar	Classic Toppings	Fiesta Bar	Fiesta Bar
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
				Sweet Potato Quesadilla
				Rollup (V)*
		Mozzarella Sticks (V)		Tomato Vinaigrette
Sicilian Slice Pizza (V)	Teriyaki	with marinara sauce (VE)	Chickpea	Salad (VE)*
	Veggie Nuggets (VE)	Roasted Zucchini and	Shawarma (VE)*	Apple Citrus
Parmigiana Spinach (V)	Ginger Carrots (V)	Tomatoes (VE)	Curry Potato (VE)*	Pico de Gallo (VE)*
	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (V)	Guacamole (VE)
Salad Bar Pizza Bar				Veggie Burger (VE)
With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Leafy Green Salad Bar	Pizza Bar DAILY OFFERINGS	Rainbow Bar	Fiesta Bar
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Peanut Butter and/or Sunflower Seed Butter &	Peanut Butter and/or Sunflower Seed Butter &	 Peanut Butter and/or Sunflower Seed Butter & 	Peanut Butter and/or Sunflower Seed Butter &	 Peanut Butter and/or Sunflower Seed Butter &
Jelly Sandwich (VE)	Jelly Sandwich (VE)	Jelly Sandwich (VE)	Jelly Sandwich (VE)	Jelly Sandwich (VE)
Hummus and Crackers (V) Hot or Cold Cheese	Hummus and Crackers (V) Hot or Cold Cheese	Hummus and Crackers (V) Hot or Cold Cheese	Hummus and Crackers (V) Hot or Cold Cheese	Hummus and Crackers (V)Hot or Cold Cheese
Sandwich (V)	Sandwich (V)	Sandwich (V)	Sandwich (V)	Sandwich (V)

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

available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk

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



* 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.



NOVE	MBER 2024: J	.H.S. & Middle	School Lunch	Menu
Monday	Tuesday	Wednesday	Thursday	Friday
orra.u.j	. a.coury			Diwali 1
WE PROUDLY SUPPORT				Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE) Sweet Potato Wedge Fries (VE) Southwest Burrito (V)
LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS				Salad Bar Fiesta Bar
ARE HIGHLIGHED IN GREEN.				With Diced Tomato (VE)
4	Election Day 5	6	7	8
Sicilian Slice Pizza (V)	Teriyaki Veggie Nuggets (VE) Sweet & Sour	Mozzarella Sticks (V) with marinara sauce (VE)	Chickpea Shawarma (VE)* or	Sweet Potato Quesadilla Rollup (V)* Tomato Vinaigrette Salad (VE)*
	Chicken Bites	Roasted Zucchini and	Chicken Shawarma*	Apple Citrus
Parmigiana Spinach (V)	Ginger Carrots (V) Brown Rice (VE)	Tomatoes (VE) Garlic Knot (V)	Curry Potato (VE)* Flat Bread (VE)	Pico de Gallo (VE)* Guacamole (VE)
Salad Bar	Brown Rice (VL)	Garrie Kriot (V)	riat breau (VL)	` '
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Salad Bar	Salad Bar Pizza Bar	Salad Bar Rainbow Bar	Veggie Burger (VE) <i>Salad Bar</i> Fiesta Bar
Veterans Day 11	12	13	14	15
Margherita Pizza (V)	Three Bean Chili	Veggie Nuggets (VE) Dipping Sauce	Turkey Cheeseburger Whole Wheat Bun	Rustic White Beans (VE)
Margilerita Fizza (V)	Southwest Pasta Bowl (VE)	0	Turkey Burger Whole Wheat Bun	Penne Bruschetta (VE)*
Pizza by the Slice (V)	or	Teriyaki Grilled Chicken	Whole Wheat Bull	Italian Roasted Carrots (VE)*
Superhero Spinach (VE)	Turkey Chili Southwest Pasta Bowl*	Garlic Teriyaki Green Beans (VE)	Fish and Cheese Sandwich Whole Wheat Bun	Warm Breadstick (V) Three Cheese Grilled
Salad Bar	Street Style Corn (V)	Brown Rice (VE)		Cheese (V)
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Fiesta Bar	Salad Bar Leafy Green Salad Bar	Herb Roasted Potatoes (VE) Salad Bar Classic Toppings	Salad Bar Mediterranean Bar
18	19	20	21	22
Pepper and Onion Pizza (V) French Bread Pizza (V)	<u>Plastic Free</u> <u>Lunch Day</u>	Mushroom Swiss Veggie Burger (V)* Whole Wheat Bun	BBQ Chicken Thighs Butternut Squash	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)
Seasoned Peas (VE)	Chicken Tenders		Mac and Cheese (V)*	Sweet Potato
Mixed Green Salad (V)	Baby Carrots (VE)	Caribbean Style Beef Patty	Honey Corn Bread (V)	Wedge Fries (VE)
Salad Bar	Dinner Roll (VE)	Seasoned Wedge Fries (VE)	Crispy Broccoli (V)	Southwest Burrito (V)
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar Fiesta Bar
Chickpea Salad (V)	Plastic Free Lunch Bar	Classic Toppings	Leafy Green Salad Bar	With Diced Tomato (VE)
25	26	27	Thanksgiving Recess 28	
	Teriyaki Veggie Nuggets (VE)	Marravalla Chiaka (M)	Chickpea Shawarma (VE)*	Sweet Potato Quesadilla Rollup (V)*
Sicilian Slice Pizza (V)	Sweet & Sour Chicken Bites	Mozzarella Sticks (V) with marinara sauce (VE)	or Chicken Shawarma*	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Curry Potato (VE)*	Apple Citrus Pico de Gallo (VE)*
Salad Bar	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (VE)	Guacamole (VE)
Pizza Bar	0 1 15	0.4.45	0.1.15	Veggie Burger (VE)
With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Salad Bar	<i>Salad Bar</i> Pizza Bar	Salad Bar Rainbow Bar	Salad Bar Fiesta Bar
		DAILY OFFERINGS		
Monday • Peanut Butter and/or	Tuesday • Peanut Butter and/or	Wednesday • Peanut Butter and/or	Thursday • Peanut Butter and/or	Friday • Peanut Butter and/or
Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &
Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)
Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)
(1)	• Tuna Sandwich	• Tuna Sandwich	• Tuna Sandwich	• Southwest Burrito (V)
Milk	ATTENTION: All Pre-K Students CANNOT		Seasonal Fresh Fruit	OFNS has an extensive

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

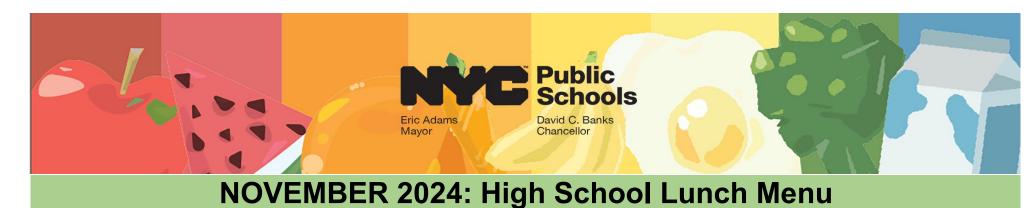
OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Oranges, Pears,
Plums, Bananas,
Watermelon, and
Strawberries (VE)

OFNS has an extensive
Prohibitive Ingredients List



* 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 20	24: High Scho	oi Lunch Ment	J
Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali
				Plack Eved Bose with
				Black-Eyed Peas with Tomato and Kale (VE)
				with Brown Rice (VE)
				Sweet Potato
				Wedge Fries (VE)
WE PROUDLY SUPPORT LOCALLY SOURCED,				Southwest Burrito (V)
GROWN, HARVESTED OR				Salad Bar
PRODUCED FOOD. ALL NEW YORK ITEMS				Fiesta Bar
ARE HIGHLIGHED IN GREEN.				With Diced Tomato (VE)
4	Election Day 5	6	7	
				Sweet Potato
	Teriyaki			Quesadilla Rollup (V)*
	Veggie Nuggets (VE)		Chickpea Shawarma (VE)*	
Sicilian Slice Pizza (V)	Sweet & Sour	Mozzarella Sticks (V) with marinara sauce (VE)	or	Tomato Vinaigrette Salad (VE)*
()	Chicken Bites	, ,	Chicken Shawarma*	Apple Citrus
Parmigiana Spinach (V)	Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Curry Potato (VE)*	Pico de Gallo (VE)*
	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (VE)	Guacamole (VE)
Salad Bar	(/	(-)	(,	Veggie Burger (VE)
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Leafy Green Salad Bar	Pizza Bar	Rainbow Bar	Fiesta Bar
Veterans Day 11	12	13		1
			Turkey Cheeseburger	Rustic White
	Three Bean Chili	Veggie Nuggets (VE)	Whole Wheat Bun	Beans (VE)
Margherita Pizza (V)	Southwest	Dipping Sauce	Turkey Burger	Penne Bruschetta (VE)*
Pizza by the Slice (V)	Pasta Bowl (VE)	Teriyaki Grilled Chicken	Whole Wheat Bun	Italian Roasted Carrots (VE)
•	or Turkey Chili Southwest	Garlic Teriyaki	Fish and Cheese	Warm Breadstick (V)
Superhero Spinach (VE)	Pasta Bowl*	Green Beans (VE)	Sandwich	
Salad Bar	Street Style Corn (V)	Brown Rice (VE)	Whole Wheat Bun	Three Cheese Grilled Cheese (V)
Pizza Bar	Oalad Dan	Onland Davi	Herb Roasted Potatoes (VE)	Oalad Dan
With Balsamic Chickpea Salad (V)	Salad Bar Fiesta Bar	<i>Salad Bar</i> Leafy Green Salad Bar	Salad Bar Classic Toppings	Salad Bar Mediterranean Bar
18	19	20	21	2
Pepper and Onion	D1 .4 . F		BBQ	
Pizza (V)	<u>Plastic Free</u>	Mushroom Swiss	Chicken Thighs	Black-Eyed Peas with
Franch Brood Birro (\(\)	<u>Lunch Day</u>	Veggie Burger (V)*		Tomato and Kale (VE) with Brown Rice (VE)
French Bread Pizza (V)	Chicken Tenders	Whole Wheat Bun	Butternut Squash Mac and Cheese (V)*	
Seasoned Peas (VE)	Baby Carrots (VE)	Caribbean Style	Honey Corn Bread (V)	Sweet Potato Wedge Fries (VE)
Mixed Green Salad (V)		Beef Patty		Southwest Burrits (M)
Salad Bar	Dinner Roll (VE)	Seasoned Wedge Fries (VE)	Crispy Broccoli (V)	Southwest Burrito (V)
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	<i>Salad Bar</i> Fiesta Bar
Chickpea Salad (V)	Plastic Free Lunch Bar	Classic Toppings	Leafy Green Salad Bar	With Diced Tomato (VE)
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 2
				Sweet Potato
	Teriyaki			Quesadilla
	Veggie Nuggets (VE)		Chickpea	Rollup (V)*
Sicilian Slice Pizza (V)	Sweet & Sour	Mozzarella Sticks (V)	Shawarma (VE)* or	Tomato Vinaigrette Salad (VE)*
Sicilian Slice Pizza (V)	Chicken Bites	with marinara sauce (VE)	Chicken Shawarma*	
Parmigiana Spinach (V)	Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Curry Potato (VE)*	Apple Citrus Pico de Gallo (VE)*
grana opinaon (*)		, ,	· · ·	Guacamole (VE)
Salad Bar	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (VE)	, ,
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Veggie Burger (VE) Salad Bar
Chickpea Salad (V)	Leafy Green Salad Bar	Pizza Bar	Rainbow Bar	Fiesta Bar
		DAILY OFFERINGS		
Monday • Peanut Butter and/or	Tuesday • Peanut Butter and/or	Wednesday • Peanut Butter and/or	Thursday • Peanut Butter and/or	Friday • Peanut Butter and/or
Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &
Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)
Hot or Cold Cheese	Hot or Cold Cheese	Hot or Cold Cheese	Hot or Cold Cheese	Hot or Cold Cheese
Sandwich (V) • Grab and Go Salads (V)	Sandwich (V) • Tuna Sandwich	Sandwich (V) • Tuna Sandwich	Sandwich (V) • Tuna Sandwich	Sandwich (V) • Grab and Go Salads (VE)
	Grab and Go Salads	Grab and Go Salads	Grab and Go Salads	Southwest Burrito (V)
	ATTENTION: All Pre-K Students CANNOT		Sagaral Fresh Freit	OFNS has an extensive
Milk	be Offered Chocolate Milk		Seasonal Fresh Fruit	Prohibitive Ingredients List

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



* 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.







		II Octiool Expi		
Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR				Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)
PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.				
4	Election Day 5	6	7	8
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Coleslaw (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Classic Potato Salad (V)
Water Barre Barre	10	40		
Veterans Day 11	12	13	14	15
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE)
18	19	20	21	22
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE)	Sesame Noodle Bowl Grab & Go Basil Corn Salad (VE)	Superhero Spinach Wrap (V) Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Coleslaw (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Classic Potato Salad (V)
		DAILY OFFERINGS		
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)		Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)

OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List



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

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• 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
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN. 4 Sicilian Slice Pizza (V) Parmigiana Spinach (V) Balsamic Chickpeas (VE)		Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE)	Chickpea or Chicken Shawarma* Flat Bread (VE) Curry Potato (VE)*	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE) Southwest Burrito (V) Sweet Potato Wedge Fries (VE) 8 Sweet Potato Quesadilla Rollup (V)* Veggie Burger (VE) Roasted Fresh Tomatoes (VE)
Veterans Day 11	12	13	14	15
Sicilian Slice Pizza (V) Seasoned Chickpeas (VE) Superhero Spinach (VE)	Soft Turkey Taco Street Style Corn (V) Salsa (VE)	Teriyaki Grilled Chicken Garlic Teriyaki Green Beans (VE) Brown Rice (VE)	Turkey Cheeseburger Whole Wheat Bun Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE)	Rustic White Beans (VE) Penne Bruschetta (VE)* Three Cheese Grilled Cheese (V) Italian Roasted Carrots (VE) Warm Breadstick (V)
18	19	20	21	22
Sicilian Slice Pizza (V) Hot Bean Salad (VE)	Chicken Tenders Sauteed Spinach (VE) Dinner Roll (VE)	Caribbean Style Beef Patty Seasoned Wedge Fries (VE)	BBQ Chicken Thighs Butternut Squash Mac and Cheese (V)* Honey Corn Bread (V) Crispy Broccoli (V)	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE) Southwest Burrito (V) Sweet Potato Wedge Fries (VE)
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Balsamic Chickpeas (VE)	Sweet & Sour Chicken Bites Ginger Carrots (V) Brown Rice (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE)	Chickpea or Chicken Shawarma* Flat Bread (VE) Curry Potato (VE)*	Sweet Potato Quesadilla Rollup (V)* Veggie Burger (VE) Roasted Fresh Tomatoes (VE)
		DAILY OFFERINGS		
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) 	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese

IVIO	nday
• Pe	anut Butter and/or
Sun	flower Seed Butter &
Jell	y Sandwich (VE)
• Hu	ımmus and Crackers (V)
• Ho	ot or Cold Cheese
San	dwich (V)

Hot or Cold Cheese Sandwich (V)

Hot or Cold Cheese Sandwich (V)

Hot or Cold Cheese Sandwich (V)

Hot or Cold Cheese Sandwich (V)

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

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



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	Mayo	Chancellor	(3)	
	NOVEMBE	R 2024: Food (Court Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS				Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE) Sweet Potato Wedge Fries (VE) Southwest Burrito (V) Salad Bar Fiesta Bar
ARE HIGHLIGHED IN GREEN.				With Diced Tomato (VE)
Veggie Burger (VE) Veggie Cheeseburger (V) Parmigiana Spinach (V)	Sweet & Sour Popcorn Chicken Ginger Carrots (V) Brown Rice (VE)	Caribbean Style Beef Patty Seasoned Wedge Fries (VE)	Chickpea Shawarma (VE)* or Chicken Shawarma* Curry Potato (VE)* Flat Bread (VE)	Sweet Potato Quesadilla Rollup (V)* Tomato Vinaigrette Salad (VE)* Apple Citrus Pico de Gallo (VE)* Guacamole (VE)
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Veggie Burger (VE) <i>Salad Bar</i> Fiesta Bar
Classic Toppings Veterans Day 11	Leafy Green Salad Bar 12	Classic Toppings	Rainbow Bar 14	With Black Bean Salad (VE)
Fiesta Quesadilla (V) Superhero Spinach (VE) Salad Bar Fiesta Bar (With Black Bean Salad)	Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl* Street Style Corn (V) Salad Bar Fiesta Bar	Teriyaki Grilled Chicken Garlic Teriyaki Green Beans (V) Brown Rice (VE) Salad Bar Leafy Green Salad Bar	Turkey Cheeseburger Whole Wheat Bun Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE) Salad Bar Classic Toppings	Rustic White Beans (VE) Penne Bruschetta (VE)* Italian Roasted Carrots (VE)* Warm Breadstick (V) Three Cheese Grilled Cheese (V) Salad Bar Mediterranean Bar
18	19	20	21	22
Garlic and Tomato Panini (V) Seasoned Peas (VE) Salad Bar Pizza Bar (With Balsamic Chickpea Salad)	Chicken Tender Melt on Ciabatta Bread Baby Carrots (VE) Salad Bar Plastic Free Lunch Bar	Fish and Cheese Sandwich Whole Wheat Bun Roasted Zucchini and Tomatoes (VE) Salad Bar Classic Toppings	BBQ Chicken Thighs Butternut Squash Mac and Cheese (V)* Honey Corn Bread (V) Crispy Broccoli (V) Salad Bar Leafy Green Salad Bar Thanksgiving Recess 28	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE) Sweet Potato Wedge Fries (VE) Southwest Burrito (V) Salad Bar Fiesta Bar With Diced Tomato (VE) Thanksgiving Recess 29
Veggie Burger (VE) Veggie Cheeseburger (V) Parmigiana Spinach (V) Salad Bar Classic Toppings	Sweet & Sour Popcorn Chicken Ginger Carrots (V) Brown Rice (VE) Salad Bar Leafy Green Salad Bar	Caribbean Style Beef Patty Seasoned Wedge Fries (VE) Salad Bar Classic Toppings	Chickpea Shawarma (VE)* or Chicken Shawarma* Curry Potato (VE)* Flat Bread (VE) Salad Bar Rainbow Bar	Sweet Potato Quesadilla Rollup (V)* Tomato Vinaigrette Salad (VE)* Apple Citrus Pico de Gallo (VE)* Guacamole (VE) Veggie Burger (VE) Salad Bar Fiesta Bar With Black Bean Salad (VE)
Monday T	Tuesday	DAILY OFFERINGS 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) ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk, or Chicken with Bones Pre-K Chicken Choices Chicken Tenders	• 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) OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	• 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) Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears,	• 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) 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
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.				Honey Roasted Sunflower Seeds (V) Milk (V)
4	Election Day 5	6	7	8
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE) Fresh Fruit (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
Veterans Day 11	12	13	14	15
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Yogurt Choice (V) Blueberry Granola (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)
18	19	20	21	22
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cheese Cubes (V) Applesauce (VE)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Milk (V)
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE) Fresh Fruit (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)

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



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
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.				Fresh Banana (VE) Milk (V)
4	Election Day 5	6	7	8
Animal Crackers (V) Hummus Cup (VE)	Fresh Banana (VE) Milk (V)	Yogurt Choice (V) Diced Peaches (VE)	Assorted Cereal (VE) Milk (V)	Apple Slices (VE) Milk (V)
Veterans Day 11	12	13	14	15
Yogurt Choice (V) Diced Peaches (VE)	Assorted Cereal (VE) Milk (V)	Apple Slices (VE) Milk (V)	Animal Crackers (V) Hummus Cup (VE)	Fresh Banana (VE) Milk (V)
18	19	20	21	22
Animal Crackers (V) Hummus Cup (VE)	Fresh Banana (VE) Milk (V)	Yogurt Choice (V) Diced Peaches (VE)	Assorted Cereal (VE) Milk (V)	Apple Slices (VE) Milk (V)
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
Yogurt Choice (V) Diced Peaches (VE)	Assorted Cereal (VE) Milk (V)	Apple Slices (VE) Milk (V)	Animal Crackers (V) Hummus Cup (VE)	Fresh Banana (VE) Milk (V)

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
Moriady	lacoday	110anooaay		Diwali 1
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Daily Supper Specials • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) Options may vary by location			Black Bean Wrap (VE) Fresh Tomato Salad (V)
4	Election Day 5	6	7	8
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Asian Sesame Crispy Chicken Grab & Go Salad Basil Corn Salad (VE)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)
Veterans Day 11	12	13	14	15
Superhero Spinach Wrap (V) Broccoli Salad (V)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Mediterranean Chicken Pasta Salad Green Garden Salad (V)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V)
18	19	20	21	22
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V)
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Asian Sesame Crispy Chicken Grab & Go Salad Basil Corn Salad (VE)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)

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.







Monday	Tuesday	Wednesday	Thursday	Friday
				Diwali 1
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hot or Cold Cheese Sandwich (V) Hummus and Crackers Grab & Go (V) Options may vary by location Election Day 5	6	7	Rustic White Beans (VE) Penne Bruschetta (VE)* Italian Roasted Carrots (VE)* Warm Breadstick (V) Three Cheese Grilled Cheese (V)
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Garlic and Tomato Panini (V) Roasted Zucchini (VE)	Caribbean Style Beef Patty Slow Roasted Baby Carrots (V)	Pizza (V) Superhero Spinach (VE)	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE) Sweet Potato Wedge Fries (VE) Southwest Burrito (V)
Veterans Day 11	12	13	14	15
Manicotti in Marinara Sauce (V) Italian Green Beans (VE)	Fish and Cheese Sandwich Whole Wheat Bun Baked Sweet Potato Wedge Fries (VE)	Crispy Chicken Bites with Dipping Sauce Seasoned Wedge Fries (VE)	Chickpea Shawarma (VE)* or Chicken Shawarma* Curry Potato (VE)* Flat Bread (V)	Pizza (V) Parmigiana Spinach (V)
18	19	20	21	22
Homemade Grilled Cheese Sandwich (V) Crispy Broccoli (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Chicken Tenders Garlicky Green Beans (VE) Bread Stick (V)	Pizza (V) Green Garden Salad (VE)	Rustic White Beans (VE) Penne Bruschetta (VE)* Italian Roasted Carrots (VE)* Warm Breadstick (V) Three Cheese Grilled Cheese (V)
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Garlic and Tomato Panini (V) Roasted Zucchini (VE)	Caribbean Style Beef Patty Slow Roasted Baby Carrots (V)	Pizza (V) Superhero Spinach (VE)	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE) Sweet Potato Wedge Fries (VE) Southwest Burrito (V)

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:



* 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
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.		6		Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
4	Election Day 5	6	7	ŏ
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Super Hero Spinach Wrap (V) Baked Beans (VE)	Pizza (V) Garlicky Green Beans (VE)	Three Cheese Grilled Cheese (V) Street Style Corn (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
Veterans Day 11	12	13	14	15
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V)	Big City Bean Taco (VE) Green Garden Salad (VE)	Pizza (V) Crispy Broccoli (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Sweet Potato Waffle Fries (VE)
18	19	20	21	22
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Black Bean and Plantain Power Bowl (VE) with Brown Rice (VE)	Pizza (V) Roasted Zucchini (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
25	26	27	Thanksgiving Recess 28	Thanksgiving Recess 29
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Super Hero Spinach Wrap (V) Baked Beans (VE)	Pizza (V) Garlicky Green Beans (VE)	Three Cheese Grilled Cheese (V) Street Style Corn (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)

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
Honey Corn Breakfast Bread (V) Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Milk (V)	Banana Breakfast Bread (V) Milk (V)	Blueberry Breakfast Bread (V) Fresh Fruit (VE)	Honey Graham Crackers (V) 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.

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







NOVEMBER 2024: Saturday Hot Morning Snack Menu

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

O.F.N.S.







NOVEMBER 2024: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
Assorted Cold Sandwiches and Wraps Confetti Corn Salad (VE) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Italian Green Beans (VE) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Carrot Sticks (VE) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V) Fresh Fruit (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Confetti Corn Salad (VE) 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



• 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.

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

O.F.N.S. INFOOD A L L I A N C E