

OCTOBER 2023: Pre-K - 8 Breakfast Menu

OCTOBER 2023: Pre-K - 8 Breakfast Wenu					
Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4		6	
Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
Italian Heritage Indigenous Peoples Day 9	10	11	12	13	
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
16	17	18	19	20	
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Cheese (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
23	24	25	26	27	
Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
30	Halloween 31		w w		
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	OFFERED DAIL V	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Fresh New York Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE)	

1% Low-fat (V)

Fat Free (V) **Fat Free Chocolate (V)** Alternative options are available upon request

<u>Milk</u>

Breakfast After the Bell Grab and Go

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

OFFERED DAILY

Options may vary by location

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

Seasonal Fresh Fruit Apples, Apple Slices,

Blueberries, Grapes, Grapefruit, Honeydew, **Nectarines Oranges,** Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE) **Condiments**

Syrup (VE)

OFNS has an extensive **Prohibitive Ingredients List**



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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



OCTOBER 2023: High School Breakfast Menu

OCTOBER 2023: High School Breakfast Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4		6	
Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
Italian Heritage Indigenous Peoples Day 9	10	11	12	13	
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
16	17	18	19	20	
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Cheese (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
23	24	25	26	27	
Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
30	Halloween 31				
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Breakfast Bar Seasonal Fresh Fruit (VE)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Fresh New York Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE) Breakfast Bar Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (V) Assorted Yogurts (V) Raisins (VE)	
<u>Milk</u>	Rroakfast After the Roll	OFFERED DAILY Options may vary	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Blueberries, Grapes,	OFNS has an extensive Prohibitive Ingredients List	

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

Fat Free Chocolate (V)
Alternative options are
available upon request

Breakfast After the Bell Grab and Go

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

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

Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums,

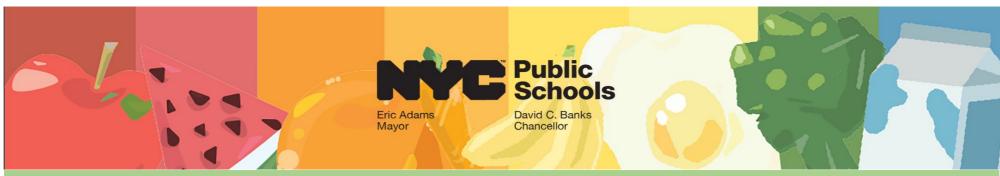
Peaches, Pears, Plums,
Bananas, Strawberries, and
Watermelon (VE)
Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



OCTOBER 2023:	Rreakfast	Express Menu
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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)	Blueberry Muffin (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Frosted Mini Wheats Honey Graham Cracker (V) Strawberry Banana Applesauce (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
16	17	18	19	20
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
23	24	25	26	27
Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)	Blueberry Muffin (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
30	Halloween 31			
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
		OFFERED DAILY	Seasonal Fresh Fruit Apples, Apple Slices	OFNS has an extensive

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

available upon request

Fat Free Chocolate (V) Alternative options are

Breakfast After the Bell Grab and Go

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

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

Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, **Nectarines Oranges,** Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE) **Condiments** Syrup (VE)

Prohibitive Ingredients List



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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



OCTOBER 2023: Pre-k	K - 8 Vegetari	an Breakfast Menu
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OCTOBER 2023: Pre-K - 8 Vegetarian Breakfast Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4			
Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
Italian Heritage Indigenous Peoples Day 9	10	11	12	13	
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
16	17	18	19	20	
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Cheese (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
23	24	25	26	27	
Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
30	Halloween 31				
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	OFFERED DAILY	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Fresh New York Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE)	
Milk	Breakfast After the Bell	OFFERED DAILY Options may vary	Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapes,	OFNS has an extensive Prohibitive Ingredients List available at:	

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

Fat Free Chocolate (V)
Alternative options are
available upon request

Breakfast After the Bell Grab and Go

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

Cold Cereal Choices

Multi-Grain Oats (VE)

Toasted Oats (VE)

Oat Circles (VE)

Cinnamon Flakes (VE)

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Honeydew,
Nectarines Oranges,
Peaches, Pears, Plums,
Bananas, Strawberries,
and Watermelon (VE)
Condiments
Syrup (VE)



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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







Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Blueberry Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Blueberry Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
16	17	18	19	20
Blueberry Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
23	24	25	26	27
Blueberry Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
30	Halloween 31			
Blueberry Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	OR TOP OR

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

Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Honeydew,
Nectarines Oranges,
Peaches, Pears, Plums,
Bananas, Strawberries, and
Watermelon (VE)
Condiments
Syrup (VE)

OFFERED DAILY

Options may vary

by location

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

Assorted Yogurts

Alternate Fruit
Peaches, Pineapples
Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List



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

ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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



		023: Pre-K - 8		
Monday	Tuesday	Wednesday	Thursday	Friday
	Teriyaki Veggie Nuggets (VE)	White Bean and Pasta Primavera (VE)	Chicken Tenders and Waffles	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)*
French Bread Pizza (V) Garlicky Green Bean (VE)	Chicken Dumplings	Mozzarella Sticks (V)	Grab & Go Salad	Healthy Coleslaw (V)
Frozen Fruit Ice (VE)	Ginger Carrots (V)	with marinara sauce (VE)	Home Fries (VE)	Sweet Plantains (VE)
` '	Pineapple Rice Medley (V)*	Crispy Broccoli (V)	` ,	Southwest Burrito (V) New York Cookie Treat (V)
Salad Bar Balsamic Chickpea Salad(V)	Salad Bar Asian Red Cabbage Slaw (V)	<i>Salad Bar</i> Kale Caesar Salad (V)	Salad Bar Marinated Bean Salad (VE)	Salad Bar Mixed Greens Salad (V)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
		Crispy		Kidney Bean Rajma (VE) served with Naan (VE)
Significan Stign Birry (V)	Big City Bean Taco (VE) Soft Turkey Taco	Chicken Bites With Dipping Sauce	Caribbean Spiced Jerk	Kachumber Salad* (Spiced Cucumber
Sicilian Slice Pizza (V) Green Garden Salad (VE)	Street Style Corn (V)	Grab & Go Salad	Chicken Thigh*	and Tomato Salad) (VE) Veggie Nuggets (VE)
Frozen Fruit Ice (VE)	Crispy Tortillas (VE)	Roasted Fresh Tomatoes (VE)	Jollof Cauliflower (V)*	Dipping Sauce
	Served with Salsa (VE) and Guacamole (VE) Salad Bar	Garlic Knot (V)	Dinner Roll (V)	Southwest Burrito (V) Heart Shaped Pretzels (VE) Salad Bar
Salad Bar Marinated White Beans (VE)	Spinach, Tomato, Red Pepper Salad (V)	Salad Bar Classic Potato Salad (V)	<i>Salad Bar</i> Carrot Raisin Salad (V)	Roasted Broccoli & Cauliflower (VE)
16		18	19	20
	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun	<u>Plastic Free</u> <u>Lunch Day</u>	International Roasted Chicken Drumsticks	Three Bean Chili (VE) with or without Cheese (V)
Pizza by the Slice (V)	Turkey Burger Turkey Cheeseburger	Caribbean Style Beef Patty	Grab & Go Salad	Seasoned Wedge Fries (VE)
Kid Friendly Kale Salad (V)	Whole Wheat Bun	Fish and Cheese	Confetti Corn (VE)	Honey Corn Bread (V)
Frozen Fruit Ice (VE)	Sweet Potato Waffle Fries (VE)	Sandwich Whole Wheat Bun	Buttermilk Biscuit (V)	Crispy Tortillas (VE) Served with Salsa (VE)
	Baked Beans (VE)	Baby Carrots (VE)		Southwest Burrito (V)
Salad Bar Broccoli Salad (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Veggie Dipper (VE)	Salad Bar Lemon Arugula Salad (V)	Salad Bar Fresh Tomato Salad (V)
23	24	25	26	Roasted Adobo
				Chickpeas (VE)* Sofrito Rice (VE)*
Eronch Broad Bizza (\(\)	Teriyaki Veggie Nuggets (VE)	White Bean and Pasta Primavera (VE)	Chicken Tenders and Waffles	Fresh Cilantro
French Bread Pizza (V) Garlicky Green Bean (VE)	Chicken Dumplings	Mozzarella Sticks (V)	Grab & Go Salad	Healthy Coleslaw (V)
Frozen Fruit Ice (VE)	Ginger Carrots (V)	with marinara sauce (VE)	Home Fries (VE)	Sweet Plantains (VE)
	Pineapple Rice Medley (V)*	Crispy Broccoli (V)		Southwest Burrito (V) New York Cookie Treat (V)
Salad Bar Balsamic Chickpea Salad(V) 30	Salad Bar Asian Red Cabbage Slaw (V) Halloween 31	Salad Bar Kale Caesar Salad (V)	Salad Bar Marinated Bean Salad (VE)	Salad Bar Mixed Greens Salad (V)
	Big City Bean Taco (VE) Soft Turkey Taco			
	Street Style Corn (V)		SE PROPERTY	
Sicilian Slice Pizza (V)	Crispy Tortillas (VE)		The state of the s	
Green Garden Salad (VE) Frozen Fruit Ice (VE)	Served with Salsa (VE) and Guacamole (VE)		WE'RE PROUDLY	
	New York Cookie Treat (V)		CELEBRATING LOCALLY SOURCED &	
Salad Bar Marinated White Beans (VE) Monday	Salad Bar Spinach, Tomato, Red Pepper Salad (V) Tuesday	Wednesday	PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN Thursday	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 (VE) • Hummus Grab & Go (V)	Jelly (VE) • Hummus Grab & Go (V)	Jelly (VE) • Hummus Grab & Go (V)	Jelly (VE) • Hummus Grab & Go (V)	Jelly (VE) • Hummus Lunch Pack (VE)
Hot or Cold CheeseSandwich (V)Assorted Vegetarian	Hot or Cold CheeseSandwich (V)Tuna Sandwich	Hot or Cold CheeseSandwich (V)Tuna Sandwich	Hot or Cold CheeseSandwich (V)Tuna Sandwich	 Assorted Vegan Wraps (VE) Hot or Cold Cheese Sandwich (V)
Wraps (V)	ATTENTION:			OFNS has an extensive
Milk	All Pre-K Students CANNOT be Offered Chocolate Milk	OFNO W	Seasonal Fresh Fruit Apples, Apple Slices,	Prohibitive Ingredients List available at:
1% Low-fat (V) Fat Free (V)	Chocolate Chip Cookies or Chicken with Bones	OFNS Menus Support Seasonal Fresh Fruit and Vegetables	Blueberries, Grapes, Grapefruit, Honeydew,	国家强具
Fat Free Chocolate (V) Alternative options are available upon request	Pre-K Chicken Choices Chicken Tenders	when available	Nectarines Oranges, Peaches, Pears, Plums,	
avaliable apon request	Chicken Fenders Chicken Patty Chicken Bites		Bananas, Strawberries, and Watermelon (VE)	
	* Decises exected in			

* Recipes created in collaboration with OFNS and the Chef Council

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



OCTOBER 2023: Pre-K - 8 Express Cold Lunch Menu

		C-IX - O Expres		
Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Crispy Tortillas (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V) New York Cookie Treat (V)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) Pinto Bean Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
16	17	18	19	20
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Heart Shaped Pretzels (VE)
23	24	25	26	27
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Crispy Tortillas (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V) New York Cookie Treat (V)
30	Halloween 31			
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V) New York Cookie Treat (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich ATTENTION:	Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Cheese Sandwich (V)
<u>Milk</u>	All Pre-K Students CANNOT be Offered Chocolate Milk		Seasonal Fresh Fruit Apples, Apple Slices,	OFNS has an extensive Prohibitive Ingredients List

be Offered Chocolate Milk **Chocolate Chip Cookies or** 1% Low-fat (V) **Chicken with Bones** Fat Free (V)

Fat Free Chocolate (V) Pre-K Chicken Choices Alternative options are **Chicken Tenders** available upon request **Chicken Patty Chicken Bites**

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, **Nectarines Oranges**, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)



* Recipes created in collaboration with OFNS and the Chef Council

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



OCTOBER 2023: Pre-K - 8 Express Hot Lunch Menu

Public Schools

David C. Banks

001	OBEN 2023. 1 1	C-IX - O Expica		VICTIO
Monday	Tuesday	Wednesday	Thursday	Friday
2	_	4		
Sicilian Slice Pizza (V) Garlicky Green Bean (VE)	Chicken Dumplings Pineapple Rice Medley (V)* Ginger Carrots (V)	Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Marinated White Beans (VE)	Crispy Chicken Tenders With Dipping Sauce Home Fries (VE) Garlic Knot (V)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Hot Bean Salad (VE)	Hamburgers Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE)	Crispy Chicken Bites Roasted Fresh Tomatoes (VE) Garlic Knot (V) Crispy Tortillas (VE) Served with Salsa (VE)	Caribbean Spiced Jerk Chicken Thigh* Jollof Cauliflower (V)* Dinner Roll (V)	Kidney Bean Rajma (VE) served with Naan (VE) Crispy Broccoli (V) Three Cheese Grilled Cheese (V) Heart Shaped Pretzels (VE)
16	17	18	19	20
Sicilian Slice Pizza (V) Roasted Zucchini (VE)	Turkey Burger Turkey Cheeseburger Whole Wheat Bun Crisp Sweet Potato Waffle Fries (VE) Baked Beans (VE)	Caribbean Style Beef Patty Sauteed Spinach (VE)	International Roasted Chicken Drumsticks Confetti Corn (VE) Buttermilk Biscuit (V)	Three Bean Chili (VE) Seasoned Wedge Fries (VE) Honey Corn Bread (V) Homemade Grilled Cheese (V) Crispy Tortillas (VE) Served with Salsa (VE)
23	24	25	26	27
Sicilian Slice Pizza (V) Garlicky Green Bean (VE)	Chicken Dumplings Pineapple Rice Medley (V)* Ginger Carrots (V)	Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Marinated White Beans (VE)	Crispy Chicken Tenders With Dipping Sauce Home Fries (VE) Garlic Knot (V)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V)
30	Halloween 31			
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Hot Bean Salad (VE)	Hamburgers Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE) New York Cookie Treat (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich ATTENTION:	Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)
	All Pre-K Students CANNOT		Seasonal Fresh Fruit	OFNS has an extensive

Milk

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

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

Pro-K Chicken Choices

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

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

OFNS has an extensive
Prohibitive Ingredients List
available at:



* Recipes created in collaboration with OFNS and the Chef Council

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

Alternative options are

available upon request



OCTOBER 2023: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
				Roasted Adobo
	Teriyaki			Chickpeas (VE)*
	Veggie Nuggets (VE)	White Bean and		Sofrito Rice (VE)*
French Bread Pizza (V)	Grab & Go Salad	Pasta Primavera (VE)	Red White and Green	
Tichen Bicau Fizza (*)	Grab & Go Salad		Panini (V)	Fresh Cilantro
Garlicky Green Bean (VE)	Ginger Carrots (V)	Mozzarella Sticks (V)		Healthy Coleslaw (V)
Erozon Erwit Ioo (VE)		with marinara sauce (VE)	Seasoned Wedge Fries (VE)	Sweet Plantains (VE)
Frozen Fruit Ice (VE)	Pineapple Rice Medley (V)*	Crispy Broccoli (V)	Balsamic Chickpea	` '
		., ,,	Salad (V)	Southwest Burrito (V)
				New York Cookie Treat (V)
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Balsamic Chickpea Salad (V)	Asian Red Cabbage Slaw (V)	Kale Caesar Salad (V)	Marinated Bean Salad (VE)	Mixed Greens Salad (V)
Italian Heritage	40	11	42	13
Indigenous Peoples Day 9	10	11	12	13
	Big City Bean Taco (VE)			Kidney Bean
	0 ,			Rajma (VE)
	Grab & Go Salad	Black Bean	Manicotti (V)	served with Naan (VE)
Sicilian Slice Pizza (V)	Roasted	and Plantain	with Marinara Sauce (VE)	Kachumber Salad (VE)*
Gioman 61166 1 1224 (1)	Fresh Tomatoes (VE)	Power Bowl (VE)		(Spiced Cucumber
Green Garden Salad (VE)	. ,	with Cilantro Rice (VE)	Superhero Spinach (VE)	and Tomato Salad)
Frozen Fruit Ice (VE)	Crispy Tortillas (VE) Served with Salsa (VE)	and Pico de Gallo (VE)	Green Garden Salad (VE)	Heart Shaped
Frozen Fruit ice (VE)	and Guacamole (VE)	Hot Confetti Corn (VE)	` ,	Pretzels (VE)
	,	()		,
0.4.45	Salad Bar	0.1.10	0 / / 0	Salad Bar
Salad Bar Marinated White Beans (VE)	Spinach, Tomato, Red Pepper Salad (V)	Salad Bar Classic Potato Salad (V)	Salad Bar Carrot Raisin Salad (V)	Roasted Broccoli & Cauliflower (VE)
•				
16	17	18	19	20
	Veggie Burger (VE)			Three Bean Chili (VE)
	Veggie Cheeseburger (V)	Diactic Erro	Zucchini Parmigiana (V)	with or without Cheese (V)
Pizza by the Slice (V)	Whole Wheat Bun	Plastic Free	Grab & Go Salad	Seasoned Wedge Fries (VE)
Kid Friendly Kale Salad (V)	Baked Beans (VE)	<u>Lunch Day</u>	Grab & Go Garau	Seasoned Wedge Files (VE)
rad radialy radio outsu (1)		O	Spaghetti Marinara (VE)	Honey Corn Bread (V)
Frozen Fruit Ice (VE)	Fresh Cilantro Healthy	Quesadillas (VE)	- u.o. o.i.iar-	Criony Tortillos (VE)
	Coleslaw (V)	Baby Carrots (VE)	Basil Corn Salad (VE)	Crispy Tortillas (VE) Served with Salsa (VE)
	Salad Bar		Salad Bar	Salad Bar
Salad Bar	Pickles, Lettuce	Salad Bar	Italian Marinated	Diced Onions
Broccoli Salad (V)		Vennie Dinner	Cusumber Colod (VE)	
	and Tomato (VE)	Veggie Dipper	Cucumber Salad (VE)	and Tomatoes (VE)
23		Veggie Dipper 25		and Tomatoes (VE)
	24			and Tomatoes (VE) 27 Roasted Adobo
	24 Teriyaki	25		and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)*
	24	25 White Bean and	26	and Tomatoes (VE) 27 Roasted Adobo
	24 Teriyaki	25	Red White and Green	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)*
French Bread Pizza (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad	White Bean and Pasta Primavera (VE)	26	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)*
23	Teriyaki Veggie Nuggets (VE)	25 White Bean and	Red White and Green	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V)
French Bread Pizza (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE)	Red White and Green Panini (V) Seasoned Wedge Fries (VE)	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro
French Bread Pizza (V) Garlicky Green Bean (VE)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V)
French Bread Pizza (V) Garlicky Green Bean (VE)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE)	Red White and Green Panini (V) Seasoned Wedge Fries (VE)	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE)
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)*	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V)	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V)
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)*	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V)	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V)
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) 30 Sicilian Slice Pizza (V) Green Garden Salad (VE)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE)	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) 30 Sicilian Slice Pizza (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE) WE'RE PROUDLY	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) 30 Sicilian Slice Pizza (V) Green Garden Salad (VE)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) New York Cookie Treat (V)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE)	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) 30 Sicilian Slice Pizza (V) Green Garden Salad (VE) Frozen Fruit Ice (VE)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) New York Cookie Treat (V) Salad Bar	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE) We're proudly Celebrating Locally Sourced & Produced Food	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) 30 Sicilian Slice Pizza (V) Green Garden Salad (VE) Frozen Fruit Ice (VE)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) New York Cookie Treat (V) Salad Bar Spinach, Tomato,	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE) WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) 30 Sicilian Slice Pizza (V) Green Garden Salad (VE) Frozen Fruit Ice (VE) Salad Bar Marinated White Beans (VE)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) New York Cookie Treat (V) Salad Bar Spinach, Tomato, Red Pepper Salad (V)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Salad Bar Kale Caesar Salad (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE) WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	and Tomatoes (VE) Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar Mixed Greens Salad (V)
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) 30 Sicilian Slice Pizza (V) Green Garden Salad (VE) Frozen Fruit Ice (VE)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) New York Cookie Treat (V) Salad Bar Spinach, Tomato,	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE) WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS	and Tomatoes (VE) 27 Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) 30 Sicilian Slice Pizza (V) Green Garden Salad (VE) Frozen Fruit Ice (VE) Salad Bar Marinated White Beans (VE) Monday Peanut Butter and/or Sunflower Seed Butter &	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) New York Cookie Treat (V) Salad Bar Spinach, Tomato, Red Pepper Salad (V) Tuesday Peanut Butter and/or Sunflower Seed Butter &	Wednesday *Peanut Butter and/or Sunflower Seed Butter &	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE) WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN Thursday Peanut Butter and/or Sunflower Seed Butter &	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar Mixed Greens Salad (V) Friday Peanut Butter and/or Sunflower Seed Butter &
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) 30 Sicilian Slice Pizza (V) Green Garden Salad (VE) Frozen Fruit Ice (VE) Salad Bar Marinated White Beans (VE) Monday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) New York Cookie Treat (V) Salad Bar Spinach, Tomato, Red Pepper Salad (V) Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)	Wednesday **Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE) WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar Mixed Greens Salad (V) Friday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) 30 Sicilian Slice Pizza (V) Green Garden Salad (VE) Frozen Fruit Ice (VE) Salad Bar Marinated White Beans (VE) Monday Peanut Butter and/or Sunflower Seed Butter &	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) New York Cookie Treat (V) Salad Bar Spinach, Tomato, Red Pepper Salad (V) Tuesday Peanut Butter and/or Sunflower Seed Butter &	Wednesday *Peanut Butter and/or Sunflower Seed Butter &	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE) WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN Thursday Peanut Butter and/or Sunflower Seed Butter &	And Tomatoes (VE) Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar Mixed Greens Salad (V) Friday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Lunch Pack (VE)
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) Green Garden Salad (VE) Frozen Fruit Ice (VE) Salad Bar Marinated White Beans (VE) Monday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) New York Cookie Treat (V) Salad Bar Spinach, Tomato, Red Pepper Salad (V) Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Salad Bar Kale Caesar Salad (V) Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE) WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar Mixed Greens Salad (V) Friday Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Hot or Cold Cheese
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) Green Garden Salad (VE) Frozen Fruit Ice (VE) Salad Bar Marinated White Beans (VE) Monday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Assorted Vegetarian	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) New York Cookie Treat (V) Salad Bar Spinach, Tomato, Red Pepper Salad (V) Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Salad Bar Kale Caesar Salad (V) Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE) WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar Mixed Greens Salad (V) Friday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Lunch Pack (VE) Hot or Cold Cheese Sandwich (V)
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad (V) Green Garden Salad (VE) Frozen Fruit Ice (VE) Salad Bar Marinated White Beans (VE) Monday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V) Halloween 31 Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) New York Cookie Treat (V) Salad Bar Spinach, Tomato, Red Pepper Salad (V) Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Salad Bar Kale Caesar Salad (V) Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE) WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar Mixed Greens Salad (V) Friday Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Hot or Cold Cheese

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive **Prohibitive Ingredients List**



* Recipes created in collaboration with OFNS and the Chef Council

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







OCTOBER 2023: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	_	6
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Fish & Cheese Sandwich Broccoli With Garlic & Oil (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
16	17	18	19	20
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
23	24	25	26	27
Fish & Cheese Sandwich Broccoli With Garlic & Oil (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
30	Halloween 31		@	
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Daily Lunch Specials Hummus and Soft Roll (VE) 8 oz. Yogurt (V) Tuna Options may vary by location
Milk			Seasonal Fresh Fruit	OFNS has an extensive Prohibitive Ingredients List

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

Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian(VE) Indicates Vegan

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List



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



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

Monday	Tuesday	Wednesday	Thursday	Friday
2			5	
French Bread Pizza (V)	Teriyaki Veggie Nuggets (VE)	White Bean and Pasta Primavera (VE)	Chicken Tenders and Waffles	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro
• •	Chicken Dumplings	Mozzarella Sticks (V)	Orah 9 Ca Calad	Healthy Coleslaw (V)
Garlicky Green Bean (VE)	Ginger Carrots (V)	with marinara sauce (VE)	Grab & Go Salad	Sweet Plantains (VE)
Frozen Fruit Ice (VE)	Pineapple Rice Medley (V)*	Crispy Broccoli (V)	Home Fries (VE)	Southwest Burrito (V)
Salad Bar Balsamic Chickpea Salad(V)	Salad Bar Asian Red Cabbage Slaw (V)	<i>Salad Bar</i> Kale Caesar Salad (V)	Salad Bar Marinated Bean Salad (VE)	New York Cookie Treat (V) Salad Bar Mixed Greens Salad (V)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
	Dia City Book Took (VE)	Crispy		Kidney Bean Rajma (VE) served with Naan (VE)
Cigilian Clica Direc (V)	Big City Bean Taco (VE) Soft Turkey Taco	Chicken Bites With Dipping Sauce	Caribbean Spiced Jerk	Kachumber Salad* (Spiced Cucumber
Sicilian Slice Pizza (V)	_	Grab & Go Salad	Chicken Thigh*	and Tomato Salad) (VE)
Green Garden Salad (VE)	Street Style Corn (V)	Roasted Fresh	Jollof Cauliflower (V)*	Veggie Nuggets (VE) Dipping Sauce
Frozen Fruit Ice (VE)	Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE)	Tomatoes (VE) Garlic Knot (V)	Dinner Roll (V)	Southwest Burrito (V) Heart Shaped Pretzels (VE)
Salad Bar Marinated White Beans (VE)	Salad Bar Spinach, Tomato, Red Pepper Salad (V)	Salad Bar Classic Potato Salad (V)	Salad Bar Carrot Raisin Salad (V)	Salad Bar Roasted Broccoli & Cauliflower (VE)
16	17	18	19	20
	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun	<u>Plastic Free</u> <u>Lunch Day</u>	International Roasted	Three Bean Chili (VE) with or without Cheese (V)
Pizza by the Slice (V)	Turkey Burger Turkey Cheeseburger	Caribbean Style Beef Patty	Crob & Co Solod	Seasoned Wedge Fries (VE)
Kid Friendly Kale Salad (V)	Whole Wheat Bun	Fish and Cheese	Grab & Go Salad	Honey Corn Bread (V)
Frozen Fruit Ice (VE)	Sweet Potato Waffle Fries (VE)	Sandwich Whole Wheat Bun	Confetti Corn (VE) Buttermilk Biscuit (V)	Crispy Tortillas (VE) Served with Salsa (VE)
	Baked Beans (VE)	Baby Carrots (VE)		Southwest Burrito (V)
Salad Bar Broccoli Salad (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Veggie Dipper (VE)	Salad Bar Lemon Arugula Salad (V)	Salad Bar Fresh Tomato Salad (V)
23			26	
	Teriyaki	White Bean and	Chicken Tenders and	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)*
French Bread Pizza (V)	Veggie Nuggets (VE)	Pasta Primavera (VE)	Waffles	Fresh Cilantro Healthy Coleslaw (V)
Garlicky Green Bean (VE)	Chicken Dumplings	Mozzarella Sticks (V) with marinara sauce (VE)	Grab & Go Salad	Sweet Plantains (VE)
Frozen Fruit Ice (VE)	Ginger Carrots (V)	Crispy Broccoli (V)	Home Fries (VE)	Southwest Burrito (V)
Salad Bar Balsamic Chickpea Salad(V)	Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V)	<i>Salad Bar</i> Kale Caesar Salad (V)	Salad Bar Marinated Bean Salad (VE)	New York Cookie Treat (V) Salad Bar Mixed Greens Salad (V)
30	Halloween 31 Big City Bean Taco (VE)			
	Soft Turkey Taco			
	Street Style Corn (V)		A A	
Sicilian Slice Pizza (V)	Crispy Tortillas (VE)		*	
Green Garden Salad (VE)	Served with Salsa (VE) and Guacamole (VE)		VEW	
Frozen Fruit Ice (VE)	New York Cookie Treat (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &	
Salad Bar Marinated White Beans (VE)	Salad Bar Spinach, Tomato, Red Pepper Salad (V)		PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
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 & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)	Sunflower Seed Butter & Jelly (VE)
Hummus Grab & Go (V) Hot or Cold Cheese	• Hummus Grab & Go (V) • Hot or Cold Cheese	• Hummus Grab & Go (V) • Hot or Cold Cheese	Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Lunch Pack (VE)
• Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian	• Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	• Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	 Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	Assorted Vegan Wraps (VE)Hot or Cold CheeseSandwich (V)
Wraps (V)		The state of the s		
	ATTENTION:			OENS has an extensive

ATTENTION: All Pre-K Students CANNOT

be Offered Chocolate Milk **Chocolate Chip Cookies or Chicken with Bones Fat Free Chocolate (V)**

Pre-K Chicken Choices Chicken Tenders Chicken Patty Chicken Bites

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

OFNS has an extensive **Prohibitive Ingredients List**



* Recipes created in collaboration with OFNS and the Chef Council

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

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

Milk 1% Low-fat (V)

Fat Free (V)

Alternative options are

available upon request



	OCTOBER 202	23: High Schoo	I Lunch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
2		_	5	
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad(V) Italian Heritage	Teriyaki Veggie Nuggets (VE) Chicken Dumplings Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Salad Bar Kale Caesar Salad (V)	Chicken Tenders and Waffles Grab & Go Salad Home Fries (VE) Salad Bar Marinated Bean Salad (VE)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar Mixed Greens Salad (V)
Indigenous Peoples Day 9	10	11	12	
Sicilian Slice Pizza (V) Green Garden Salad (VE) Frozen Fruit Ice (VE) Salad Bar	Big City Bean Taco (VE) Soft Turkey Taco Street Style Corn (V) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) Salad Bar Spinach, Tomato,	Crispy Chicken Bites With Dipping Sauce Grab & Go Salad Roasted Fresh Tomatoes (VE) Garlic Knot (V)	Caribbean Spiced Jerk Chicken Thigh* Jollof Cauliflower (V)* Dinner Roll (V) Salad Bar	Kidney Bean Rajma (VE) served with Naan (VE) Kachumber Salad* (Spiced Cucumber and Tomato Salad) (VE) Veggie Nuggets (VE) Dipping Sauce Southwest Burrito (V) Heart Shaped Pretzels (VE) Salad Bar Roasted Broccoli & Cauliflower
Marinated White Beans (VE)	Red Pepper Salad (V)	Classic Potato Salad (V)	Carrot Raisin Salad (V)	(VE)
Pizza by the Slice (V) Kid Friendly Kale Salad (V) Frozen Fruit Ice (VE)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Turkey Burger Turkey Cheeseburger Whole Wheat Bun Sweet Potato Waffle Fries (VE) Baked Beans (VE) Salad Bar Pickles, Lettuce	Plastic Free Lunch Day Caribbean Style Beef Patty Fish and Cheese Sandwich Whole Wheat Bun Baby Carrots (VE) Salad Bar	International Roasted Chicken Drumsticks Grab & Go Salad Confetti Corn (VE) Buttermilk Biscuit (V)	Three Bean Chili (VE) with or without Cheese (V) Seasoned Wedge Fries (VE) Honey Corn Bread (V) Crispy Tortillas (VE) Served with Salsa (VE) Southwest Burrito (V)
Broccoli Salad (V)	and Tomato (VE)	Veggie Dipper (VE)	Lemon Arugula Salad (V)	Fresh Tomato Salad (VE)
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad(V)	Teriyaki Veggie Nuggets (VE) Chicken Dumplings Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Salad Bar Kale Caesar Salad (V)	Chicken Tenders and Waffles Grab & Go Salad Home Fries (VE) Salad Bar Marinated Bean Salad (VE)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Fresh Cilantro Healthy Coleslaw (V) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar Mixed Greens Salad (V)
Sicilian Slice Pizza (V) Green Garden Salad (VE) Frozen Fruit Ice (VE) Salad Bar Marinated White Beans (VE) Monday Peanut Butter and/or Sunflower Seed Butter &	Big City Bean Taco (VE) Soft Turkey Taco Street Style Corn (V) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) New York Cookie Treat (V) Salad Bar Spinach, Tomato, Red Pepper Salad (V) Tuesday Peanut Butter and/or Sunflower Seed Butter &		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VF)	Friday • Peanut Butter and/or Sunflower Seed Butter &
Jelly (VE) • Hummus Grab & Go (V)	Jelly (VE) • Hummus Grab & Go (V)	Jelly (VE) • Hummus Grab & Go (V)	Jelly (VE) • Hummus Grab & Go (V)	Jelly (VE) • Hummus Lunch Pack (VE)
Hot or Cold Cheese Sandwich (V)	(V)	(V)	 Hot or Cold Cheese Sandwich (V) 	Hot or Cold Cheese Sandwich
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 Chocolate Chip Cookies or Chicken with Bones Pre-K Chicken Choices Chicken Tenders Chicken Patty Chicken Bites	• Tuna Sandwich OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)	OFNS has an extensive Prohibitive Ingredients List available at:

* Recipes created in collaboration with OFNS and the Chef Council

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







OCTOBER 2023: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Crispy Tortillas (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden (VE)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V) New York Cookie Treat (V)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
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) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
16	17	18	19	20
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Heart Shaped Pretzels (VE)
23	24	25	26	27
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Crispy Tortillas (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden (VE)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V) New York Cookie Treat (V)
30	Halloween 31		_	
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V) New York Cookie Treat (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V)	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Cheese Sandwich (V)
Wraps (V)	Tuna Sandwich	• Tuna Sandwich	Tuna Sandwich	

OFFERED DAILY

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

Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



* Recipes created in collaboration with OFNS and the Chef Council

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



OCTOBER 2023: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Sicilian Slice Pizza (V) Garlicky Green Bean (VE)	Chicken Dumplings Pineapple Rice Medley (V)* Ginger Carrots (V)	Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Marinated White Beans (VE)	Crispy Chicken Tenders With Dipping Sauce Home Fries (VE) Garlic Knot (V)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Sicilian Slice Pizza (V) Hot Bean Salad (VE)	Hamburgers Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE)	Crispy Chicken Bites Roasted Fresh Tomatoes (VE) Garlic Knot (V) Crispy Tortillas (VE) Served with Salsa (VE)	Caribbean Spiced Jerk Chicken Thigh* Jollof Cauliflower (V)* Dinner Roll (V)	Kidney Bean Rajma (VE) served with Naan (VE) Crispy Broccoli (V) 3 Cheese Grilled Cheese (V) Heart Shaped Pretzels (VE)
16	17	18	19	20
Sicilian Slice Pizza (V) Roasted Zucchini (VE)	Turkey Burger Turkey Cheeseburger Whole Wheat Bun Crisp Sweet Potato Waffle Fries (VE) Baked Beans (VE)	Caribbean Style Beef Patty Sauteed Spinach (VE)	International Roasted Chicken Drumsticks Confetti Corn (VE) Buttermilk Biscuit (V)	Three Bean Chili (VE) Seasoned Wedge Fries (VE) Honey Corn Bread (V) Homemade Grilled Cheese (V) Crispy Tortillas (VE) Served with Salsa (VE)
23	24	25	26	27
Sicilian Slice Pizza (V) Garlicky Green Bean (VE)	Chicken Dumplings Pineapple Rice Medley (V)* Ginger Carrots (V)	Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Marinated White Beans (VE)	Crispy Chicken Tenders With Dipping Sauce Home Fries (VE) Garlic Knot (V)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V)
30	Halloween 31			
Sicilian Slice Pizza (V) Hot Bean Salad (VE)	Hamburgers Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE) New York Cookie Treat (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich ATTENTION:	Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Hot or Cold Cheese Sandwich (V) Southwest Burrito (V)
	All Pre-K Students CANNOT		Socional Froch Fruit	OFNS has an extensive

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

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

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

OFNS has an extensive Prohibitive Ingredients List available at:



* Recipes created in collaboration with OFNS and the Chef Council

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

<u>Milk</u>

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are

available upon request







Monday	Tuesday	Wednesday	Thursday	Friday
2				6
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
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)
16	17	18	19	20
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cinnamon Flakes (VE) Milk (V)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)
23	24	25	26	27
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
30	Halloween 31			
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	OF THE WIT

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

All Fruit
Offerings are 1 cup

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

OFNS has an extensive Prohibitive Ingredients List available at:



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







Monday	Tuesday	Wednesday	Thursday	Friday
_			_	
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Balsamic Chicken Grab and Go Salad Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Heart Shaped Pretzels (VE)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	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 (VE)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V) New York Cookie Treat (V)
16	17	18	19	20
Superhero Spinach Wrap (V) Broccoli Salad (V)	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)
23	24	25	26	27
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Balsamic Chicken Grab and Go Salad Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Heart Shaped Pretzels (VE)
30	Halloween 31			
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	OFFERED DAILY	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &	Daily Supper Specials • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (V) Options may vary by location

OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List



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







Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Chicken Sliders Confetti Corn (VE) New York Cookie Treat (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Pizza (V) Green Garden Salad (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Crispy Chicken Sandwich on Kaiser Roll Seasoned Wedge Fries (VE)	Pizza (V) Roasted Zucchini (VE)	Chicken Tenders Slow Roasted Baby Carrots (V) Dinner Roll (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
16	17	18	19	20
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Chicken Dumplings Seasoned Fresh Green Beans (V)	Turkey Burger Whole Wheat Bun Crisp Sweet Potato Waffle Fries (VE)	Pizza (V) Superhero Spinach (VE)	Southwest Burrito (V) Street Style Corn (V) Crispy Tortillas (VE)
23	24	25	26	27
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Chicken Sliders Confetti Corn (VE) New York Cookie Treat (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Pizza (V) Green Garden Salad (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
30	Halloween 31			
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Crispy Chicken Sandwich on Kaiser Roll Seasoned Wedge Fries (VE)	OFFERED DAILY	WE'RE PROUDLY CELEBRATING	• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (V) Options may vary by location

OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List



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





OCTOBER 2023: After School Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Big City Bean Taco (VE) Green Garden Salad (VE)	Pizza (V) Roasted Zucchini (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Super Hero Spinach Wrap (V) Baked Beans (VE)	Pizza (V) Roasted Chickpeas With Basil Pesto (V)	Southwest Burrito (V) Street Style Corn (V) New York Cookie Treat (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
16	17	18	19	20
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V) Dinner Roll (V)	Black Bean and Plantain Power Bowl (VE) with Cilantro Rice (VE) Crispy Tortillas (VE)	Pizza (V) Crispy Broccoli (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
23	24	25	26	27
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Big City Bean Taco (VE) Green Garden Salad (VE)	Pizza (V) Roasted Zucchini (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
30	Halloween 31			
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Super Hero Spinach Wrap (V) Baked Beans (VE)			• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (V) Options may vary by location

OFFERED DAILY

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

<u>Milk</u>

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

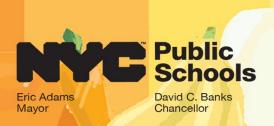
Seasonal Fresh Fruit
Apples, Apple Slices,
Blueberries, Grapes,
Grapefruit, Honeydew,
Nectarines Oranges,
Peaches, Pears, Plums,
Bananas, Strawberries, and
Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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







OCTOBER 2023: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Honey Corn Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Mini Blueberry Waffles (V) Fresh Fruit (VE) Milk (V)	Blueberry Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	

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

(V) Indicates Vegetarian(VE) Indicates Vegan

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

OFNS has an extensive Prohibitive Ingredients List available at:



O.F.N.S. TIFOOD ALLIANDE







OCTOBER 2023: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Honey Corn Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Mini Blueberry Waffles (V) Fresh Fruit (VE) Milk (V)	Blueberry Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	

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

(V) Indicates Vegetarian(VE) Indicates Vegan

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

OFNS has an extensive
Prohibitive Ingredients List
available at:



O.F.N.S. INFOOD A LL LANGE







OCTOBER 2023: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
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)	

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,
Blueberries, Grapes,
Grapefruit, Honeydew,
Nectarines Oranges,
Peaches, Pears, Plums,
Bananas, Strawberries, and
Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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







OCTOBER 2023: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Grilled Cheese Sandwich (V) Seasoned Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Hamburgers & Cheeseburgers Baked Sweet Potato Waffle Fries (VE) Fresh Fruit (VE) Milk (V)	Baked Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V) Fresh Fruit (VE) Milk (V)	Crispy Chicken Sandwich Whole Wheat Bun Seasoned Wedge Fries (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,
Blueberries, Grapes,
Grapefruit, Honeydew,
Nectarines Oranges,
Peaches, Pears, Plums,
Bananas, Strawberries, and
Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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



OCTOBER 2023: Food Court Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Nuggets (VE) With Dipping Sauce Marinated White Beans (VE) Bread Stick (VE)	Chicken Dumplings Pineapple Rice Medley (V)* Ginger Carrots (V)	Chicken Sliders Crispy Broccoli (V)	Hamburgers & Cheeseburgers on Ciabatta Bread Crisp Sweet Potato Wedge Fries (VE)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Sweet Plantains (VE) New York Cookie Treat (V)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Cheese Quesadilla (V) Fiesta Black Beans (VE) Salsa (VE)	Spicy Chicken Sandwich Whole Wheat Bun Crisp Sweet Potato Wedge Fries (VE)	Fish and Cheese Sandwich Whole Wheat Bun Roasted Broccoli (VE)	Caribbean Spiced Jerk Chicken Thigh* Confetti Corn (VE) Dinner Roll (V)	Kidney Bean Rajma (VE) served with Naan (VE) Kachumber Salad (VE)* (Spiced Cucumber and Tomato Salad)
16	17	18	19	20
Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Baked Beans (VE)	Chicken Parmigiana Sandwich on Ciabatta Bread Roasted Zucchini (VE)	Caribbean Style Beef Patty Glazed Carrots (VE)	International Roasted Chicken Drumsticks Superhero Spinach (VE) Buttermilk Biscuit (V)	Three Bean Chili (VE) with or without Cheese (V) Seasoned Wedge Fries (VE) Honey Corn Bread (V)
23	24	25	26	27
Veggie Nuggets (VE) With Dipping Sauce Marinated White Beans (VE) Bread Stick (VE)	Chicken Dumplings Pineapple Rice Medley (V)* Ginger Carrots (V)	Chicken Sliders Crispy Broccoli (VE)	Hamburgers & Cheeseburgers on Ciabatta Bread Crisp Sweet Potato Wedge Fries (VE)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Sweet Plantains (VE) New York Cookie Treat (V)
30	Halloween 31			
Cheese Quesadilla (V) Fiesta Black Beans (VE) Salsa (VE)	Spicy Chicken Sandwich Whole Wheat Bun Crisp Sweet Potato Wedge Fries (VE) New York Cookie Treat (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	OF THE WAY
Monday • Pizza (V)	Tuesday • Pizza (V)	<u>Wednesday</u> • Pizza (V)		Friday • Peanut Butter and/or
Baked Mozzarella Sticks (V) Southwest Burrito (V) Grab and Go Salads (V) Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Assorted Vegetarian Wraps (V) Seasoned Wedge Fries (VE)	• Baked Mozzarella Sticks (V) • Chicken Tenders • Southwest Burrito (V) • Grab and Go Salads • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches • Seasoned Wedge Fries (VE)	• Baked Mozzarella Sticks (V) • Chicken Tenders • Southwest Burrito (V) • Grab and Go Salads • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches •Seasoned Wedge Fries (VE)	• Baked Mozzarella Sticks (V) • Chicken Tenders • Southwest Burrito (V) • Grab and Go Salads • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches •Seasoned Wedge Fries (VE)	Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V) • Grab and Go Salads (VE) •Seasoned Wedge Fries (VE)
Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE) Breakfast Bar Assorted Berries (H) & Fresh Cut Fruit (VE) (H) Assorted Yogurts (V) (H) Raisins (VE) (H) *Alternative options are	Daily Breakfast Offerings Assorted Berries & Fresh Cut Fruit (VE) Yogurt (V) Granola (V) Raisins (VE)	Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Pears, Plums, Mandarins, Bananas, Strawberries, and Watermelon (VE)	Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Assorted Condiments Dipping Sauces and Dressings are Available Daily	OFNS has an extensive Prohibitive Ingredients List available at:

Public Schools

David C. Banks Chancellor

* Recipes created in collaboration with OFNS and the Chef Council

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

*Alternative options are available upon request







OCTOBER 2023: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Tasty Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Buttermilk Pancakes (V) Hot Oatmeal (V) Assorted Fruits and Applesauce (VE) Milk (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Blueberry Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	French Toast Sticks (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
16	17	18	19	20
Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Mini Blueberry Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Whole Grain Croissant (V) with Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
23	24	25	26	27
Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Tasty Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Buttermilk Pancakes (V) Hot Oatmeal (V) Assorted Fruits and Applesauce (VE) Milk (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
30	Halloween 31			
Blueberry Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	OFFERED DAILY	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	OF WICE

<u>Milk</u>

Whole Milk (V)

Alternative options are available upon request

(V) Indicates Vegetarian(VE) Indicates Vegan

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

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

Cinnamon Flakes (VE)

Options may vary by location

Assorted Yogurts

Condiments Syrup (VE) OFNS has an extensive Prohibitive Ingredients List available at:



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







OCTORER	2023: Infant -	- Toddler	Lunch Menu
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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
French Bread Pizza (V) Garlicky Green Bean (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Steamed Chicken Dumplings Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Steamed Broccoli (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Tenders and Waffles Home Fries (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Homemade Grilled Cheese (VE) Seasoned Chickpeas (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Sicilian Slice Pizza (V) Steamed Broccoli (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Soft Turkey Taco Black Bean Salsa (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Chicken Bites with Dipping Sauce Roasted Fresh Tomatoes (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Hamburger, Cheeseburger or Whole Wheat Bun Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Nuggets (VE) with Dipping Sauce Italian Marinated Cucumber Salad (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
16	17	18	19	20
Pizza by the Slice (V) Seasoned Pinto Beans (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Turkey Burger Whole Wheat Bun Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Caribbean Style Beef Patty Steamed Green Bean (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Crispy Chicken Sandwich Whole Wheat Bun Steamed Broccoli (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Burger (V) Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
23	24	25	26	27
French Bread Pizza (V) Garlicky Green Bean (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Steamed Chicken Dumplings Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Steamed Broccoli (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Tenders and Waffles Home Fries (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Homemade Grilled Cheese (VE) Seasoned Chickpeas (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
30	Halloween 31		*	
Sicilian Slice Pizza (V) Steamed Broccoli (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Soft Turkey Taco Black Bean Salsa (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	Daily Lunch Specials • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (VE) • 4 oz. Yogurt (V) • Tuna Sandwich Options may vary by location
	ATTENTION:			OFNS has an extensive

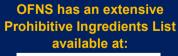
All Pre-K Students CANNOT be Offered Chocolate Milk **Chocolate Chip Cookies or Chicken with Bones**

Pre-K Chicken Choices Chicken Tenders Chicken Patty Chicken Bites

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

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





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

Milk*

Whole Milk (V)

*Alternative options are

available upon request



OCTOBER 2023: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	Yogurt Choice (V) Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)
16	17	18	19	20
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
23	24	25	26	27
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
30	Halloween 31			
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	OF OAT A STATE OF THE WAY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available 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.

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