

OCTOBER 2023: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	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			
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)		 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	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
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, Bananas, Strawberries, and Watermelon (VE)
Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	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 HIGHLIGHTED 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)

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, 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: Breakfast Express Menu

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 HIGHLIGHTED IN GREEN	

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

Breakfast After the Bell Grab and Go


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

Options may vary by location

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

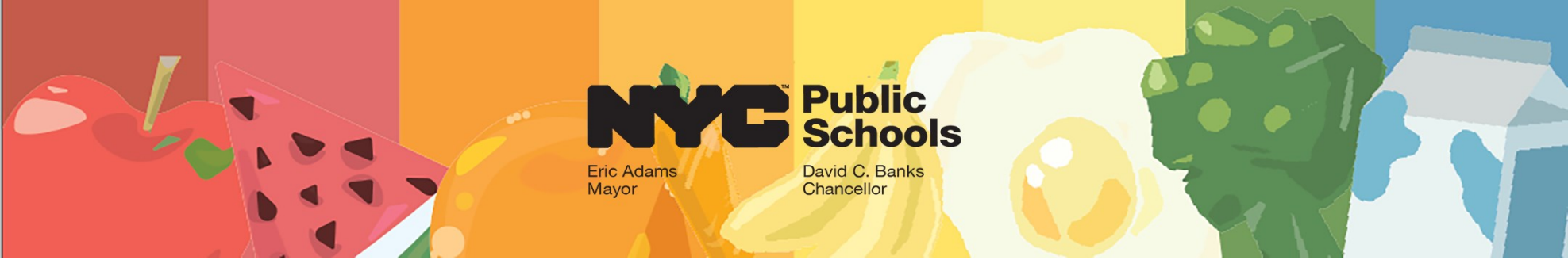
Seasonal Fresh Fruit
Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)
Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



OCTOBER 2023: Pre-K - 8 Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	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 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)		 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED 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
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are available upon request

Breakfast After the Bell
Grab and Go

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


OFFERED DAILY

Options may vary by location

Cold Cereal Choices
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)
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 available at:



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: Puree Breakfast Menu

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

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)

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 at:

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

ATTENTION:

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

O.F.N.S.

Office of Food & Nutrition Services

NYC PUBLIC SCHOOLS

FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.



OCTOBER 2023: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<div><div>French Bread Pizza (V)</div><div>Garlicky Green Bean (VE)</div><div>Frozen Fruit Ice (VE)</div><div>Salad Bar</div><div>Balsamic Chickpea Salad(V)</div></div>	<div><div>Teriyaki Veggie Nuggets (VE)</div><div>Chicken Dumplings</div><div>Ginger Carrots (V)</div><div>Pineapple Rice Medley (V)*</div><div>Salad Bar</div><div>Asian Red Cabbage Slaw (V)</div></div>	<div><div>White Bean and Pasta Primavera (VE)</div><div>Mozzarella Sticks (V) with marinara sauce (VE)</div><div>Crispy Broccoli (V)</div><div>Salad Bar</div><div>Kale Caesar Salad (V)</div></div>	<div><div>Chicken Tenders and Waffles</div><div>Grab & Go Salad</div><div>Home Fries (VE)</div><div>Salad Bar</div><div>Marinated Bean Salad (VE)</div></div>	<div><div>Roasted Adobo Chickpeas (VE)*</div><div>Sofrito Rice (VE)*</div><div>Fresh Cilantro Healthy Coleslaw (V)</div><div>Sweet Plantains (VE)</div><div>Southwest Burrito (V)</div><div>New York Cookie Treat (V)</div><div>Salad Bar</div><div>Mixed Greens Salad (V)</div></div>
<div><div>Italian Heritage Indigenous Peoples Day 9</div></div>	10	11	12	13
<div><div>Sicilian Slice Pizza (V)</div><div>Green Garden Salad (VE)</div><div>Frozen Fruit Ice (VE)</div><div>Salad Bar</div><div>Marinated White Beans (VE)</div></div>	<div><div>Big City Bean Taco (VE)</div><div>Soft Turkey Taco</div><div>Street Style Corn (V)</div><div>Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE)</div><div>Salad Bar</div><div>Spinach, Tomato, Red Pepper Salad (V)</div></div>	<div><div>Crispy Chicken Bites With Dipping Sauce</div><div>Grab & Go Salad</div><div>Roasted Fresh Tomatoes (VE)</div><div>Garlic Knot (V)</div><div>Salad Bar</div><div>Classic Potato Salad (V)</div></div>	<div><div>Caribbean Spiced Jerk Chicken Thigh*</div><div>Jollof Cauliflower (V)*</div><div>Dinner Roll (V)</div><div>Salad Bar</div><div>Carrot Raisin Salad (V)</div></div>	<div><div>Kidney Bean Rajma (VE) served with Naan (VE)</div><div>Kachumber Salad* (Spiced Cucumber and Tomato Salad) (VE)</div><div>Veggie Nuggets (VE) Dipping Sauce</div><div>Southwest Burrito (V) Heart Shaped Pretzels (VE)</div><div>Salad Bar</div><div>Roasted Broccoli & Cauliflower (VE)</div></div>
16	17	18	19	20
<div><div>Pizza by the Slice (V)</div><div>Kid Friendly Kale Salad (V)</div><div>Frozen Fruit Ice (VE)</div><div>Salad Bar</div><div>Broccoli Salad (V)</div></div>	<div><div>Veggie Burger (VE)</div><div>Veggie Cheeseburger (V) Whole Wheat Bun</div><div>Turkey Burger</div><div>Turkey Cheeseburger Whole Wheat Bun</div><div>Sweet Potato Waffle Fries (VE)</div><div>Baked Beans (VE)</div><div>Salad Bar</div><div>Pickles, Lettuce and Tomato (VE)</div></div>	<div><div>Plastic Free Lunch Day</div><div>Caribbean Style Beef Patty</div><div>Fish and Cheese Sandwich Whole Wheat Bun</div><div>Baby Carrots (VE)</div><div>Salad Bar</div><div>Veggie Dipper (VE)</div></div>	<div><div>International Roasted Chicken Drumsticks</div><div>Grab & Go Salad</div><div>Confetti Corn (VE)</div><div>Buttermilk Biscuit (V)</div><div>Salad Bar</div><div>Lemon Arugula Salad (V)</div></div>	<div><div>Three Bean Chili (VE) with or without Cheese (V)</div><div>Seasoned Wedge Fries (VE)</div><div>Honey Corn Bread (V)</div><div>Crispy Tortillas (VE) Served with Salsa (VE)</div><div>Southwest Burrito (V)</div><div>Salad Bar</div><div>Fresh Tomato Salad (V)</div></div>
23	24	25	26	27
<div><div>French Bread Pizza (V)</div><div>Garlicky Green Bean (VE)</div><div>Frozen Fruit Ice (VE)</div><div>Salad Bar</div><div>Balsamic Chickpea Salad(V)</div></div>	<div><div>Teriyaki Veggie Nuggets (VE)</div><div>Chicken Dumplings</div><div>Ginger Carrots (V)</div><div>Pineapple Rice Medley (V)*</div><div>Salad Bar</div><div>Asian Red Cabbage Slaw (V)</div></div>	<div><div>White Bean and Pasta Primavera (VE)</div><div>Mozzarella Sticks (V) with marinara sauce (VE)</div><div>Crispy Broccoli (V)</div><div>Salad Bar</div><div>Kale Caesar Salad (V)</div></div>	<div><div>Chicken Tenders and Waffles</div><div>Grab & Go Salad</div><div>Home Fries (VE)</div><div>Salad Bar</div><div>Marinated Bean Salad (VE)</div></div>	<div><div>Roasted Adobo Chickpeas (VE)*</div><div>Sofrito Rice (VE)*</div><div>Fresh Cilantro Healthy Coleslaw (V)</div><div>Sweet Plantains (VE)</div><div>Southwest Burrito (V)</div><div>New York Cookie Treat (V)</div><div>Salad Bar</div><div>Mixed Greens Salad (V)</div></div>
30	Halloween 31			
<div><div>Sicilian Slice Pizza (V)</div><div>Green Garden Salad (VE)</div><div>Frozen Fruit Ice (VE)</div><div>Salad Bar</div><div>Marinated White Beans (VE)</div></div>	<div><div>Big City Bean Taco (VE)</div><div>Soft Turkey Taco</div><div>Street Style Corn (V)</div><div>Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE)</div><div>New York Cookie Treat (V)</div><div>Salad Bar</div><div>Spinach, Tomato, Red Pepper Salad (V)</div></div>		<div><div></div><div><div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div></div></div>	
<div><div>Monday</div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Grab & Go (V)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Assorted Vegetarian Wraps (V)</div></div>	<div><div>Tuesday</div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Grab & Go (V)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Tuna Sandwich</div></div>	<div><div>Wednesday</div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Grab & Go (V)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Tuna Sandwich</div></div>	<div><div>Thursday</div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Grab & Go (V)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Tuna Sandwich</div></div>	<div><div>Friday</div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Lunch Pack (VE)</div><div>• Assorted Vegan Wraps (VE)</div><div>• Hot or Cold Cheese Sandwich (V)</div></div>

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

**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



OCTOBER 2023: Pre-K - 8 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 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 HIGHLIGHTED 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	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) • Cheese Sandwich (V)

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

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

<div><div><div><div><div><div></div><div>NYC</div><div>Public Schools</div></div><div><div>Eric Adams</div><div>Mayor</div></div><div><div>David C. Banks</div><div>Chancellor</div></div></div></div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div></div></div></div>				
OCTOBER 2023: Pre-K - 8 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) 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)		<div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div></div> <div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div>	
<u>Monday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	<u>Tuesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<u>Wednesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<u>Thursday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<u>Friday</u> • 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)
<div><div><div>Milk</div><div>1% Low-fat (V)</div><div>Fat Free (V)</div><div>Fat Free Chocolate (V)</div><div>Alternative options are available upon request</div></div></div>	<div>ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk Chocolate Chip Cookies or Chicken with Bones</div> <div>Pre-K Chicken Choices Chicken Tenders Chicken Patty Chicken Bites</div>		<div>Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)</div>	<div>OFNS has an extensive Prohibitive Ingredients List available at:</div> <div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div>



OCTOBER 2023: Pre-K - 8 Vegetarian Lunch Menu

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

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: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<div>Braised Tuna with Tomato Sauce</div> <div>Broccoli With Garlic & Oil (VE)</div> <div>Soft Roll (VE)</div> <div>Fruit Offering Flavored Apple Sauce (VE)</div>	<div>Crispy Chicken Sandwich</div> <div>Sweet Plantains (VE)</div> <div>Fruit Offering Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Puree Carrots (VE)</div> <div>Fruit Offering Peaches (VE)</div>	<div>Ranch Chicken Tenders</div> <div>Soft Cooked Penne (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering Apple Sauce (VE)</div>	<div>Manicotti (V)</div> <div>Marinated White Beans (VE)</div> <div>Fruit Offering Bananas (VE)</div>
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
<div>Fish & Cheese Sandwich</div> <div>Broccoli With Garlic & Oil (VE)</div> <div>Fruit Offering Flavored Apple Sauce (VE)</div>	<div>Crispy Chicken Sandwich</div> <div>Sweet Plantains (VE)</div> <div>Fruit Offering Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Puree Carrots (VE)</div> <div>Fruit Offering Peaches (VE)</div>	<div>Italian Chicken Tenders</div> <div>Soft Cooked Penne (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering Apple Sauce (VE)</div>	<div>Manicotti (V)</div> <div>Marinated White Beans (VE)</div> <div>Fruit Offering Bananas (VE)</div>
16	17	18	19	20
<div>Braised Tuna with Tomato Sauce</div> <div>Broccoli With Garlic & Oil (VE)</div> <div>Soft Roll (VE)</div> <div>Fruit Offering Flavored Apple Sauce (VE)</div>	<div>Crispy Chicken Sandwich</div> <div>Sweet Plantains (VE)</div> <div>Fruit Offering Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Puree Carrots (VE)</div> <div>Fruit Offering Peaches (VE)</div>	<div>Ranch Chicken Tenders</div> <div>Soft Cooked Penne (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering Apple Sauce (VE)</div>	<div>Manicotti (V)</div> <div>Marinated White Beans (VE)</div> <div>Fruit Offering Bananas (VE)</div>
23	24	25	26	27
<div>Fish & Cheese Sandwich</div> <div>Broccoli With Garlic & Oil (VE)</div> <div>Fruit Offering Flavored Apple Sauce (VE)</div>	<div>Crispy Chicken Sandwich</div> <div>Sweet Plantains (VE)</div> <div>Fruit Offering Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Puree Carrots (VE)</div> <div>Fruit Offering Peaches (VE)</div>	<div>Italian Chicken Tenders</div> <div>Soft Cooked Penne (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering Apple Sauce (VE)</div>	<div>Manicotti (V)</div> <div>Marinated White Beans (VE)</div> <div>Fruit Offering Bananas (VE)</div>
30	Halloween 31			
<div>Braised Tuna with Tomato Sauce</div> <div>Broccoli With Garlic & Oil (VE)</div> <div>Soft Roll (VE)</div> <div>Fruit Offering Flavored Apple Sauce (VE)</div>	<div>Crispy Chicken Sandwich</div> <div>Sweet Plantains (VE)</div> <div>Fruit Offering Pears (VE)</div>		<div><div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div></div>	<div>Daily Lunch Specials</div> <div><div>• Hummus and Soft Roll (VE)</div><div>• 8 oz. Yogurt (V)</div><div>• Tuna</div></div> <div>Options may vary by location</div>

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 at:



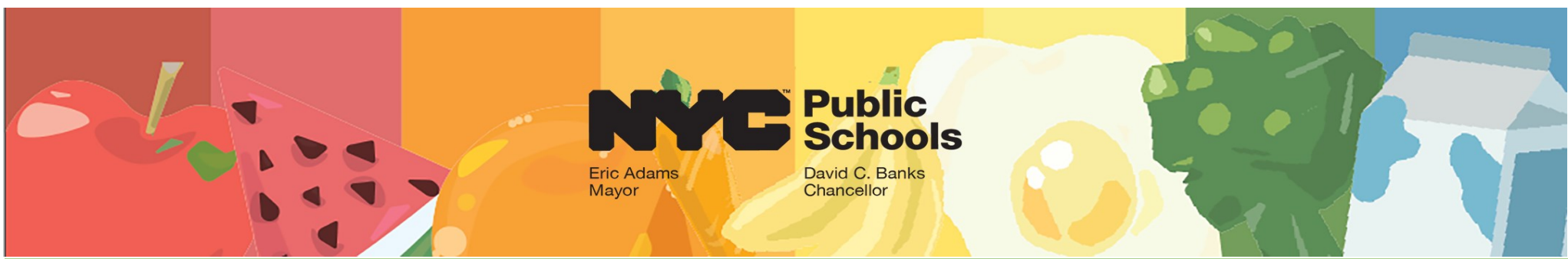
Available Daily Upon Request: Other Transitional, Thick Puree or Thin Puree

O.F.N.S. OFFICE OF FOOD & NUTRITION SERVICES

URBAN SCHOOL FOOD ALLIANCE

Menu subject to change. Our menus are pork free.

<div><div><div><div><div><div></div><div>NYC</div><div>Public Schools</div></div><div><div>Eric Adams</div><div>Mayor</div></div><div><div>David C. Banks</div><div>Chancellor</div></div></div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div></div></div></div></div>				
OCTOBER 2023: J.H.S. & Middle School Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<div><div>French Bread Pizza (V)</div><div>Garlicky Green Bean (VE)</div><div>Frozen Fruit Ice (VE)</div><div>Salad Bar</div><div>Balsamic Chickpea Salad(V)</div></div>	<div><div>Teriyaki Veggie Nuggets (VE)</div><div>Chicken Dumplings</div><div>Ginger Carrots (V)</div><div>Pineapple Rice Medley (V)*</div><div>Salad Bar</div><div>Asian Red Cabbage Slaw (V)</div></div>	<div><div>White Bean and Pasta Primavera (VE)</div><div>Mozzarella Sticks (V) with marinara sauce (VE)</div><div>Crispy Broccoli (V)</div><div>Salad Bar</div><div>Kale Caesar Salad (V)</div></div>	<div><div>Chicken Tenders and Waffles</div><div>Grab & Go Salad</div><div>Home Fries (VE)</div><div>Salad Bar</div><div>Marinated Bean Salad (VE)</div></div>	<div><div>Roasted Adobo Chickpeas (VE)*</div><div>Sofrito Rice (VE)*</div><div>Fresh Cilantro Healthy Coleslaw (V)</div><div>Sweet Plantains (VE)</div><div>Southwest Burrito (V)</div><div>New York Cookie Treat (V)</div><div>Salad Bar</div><div>Mixed Greens Salad (V)</div></div>
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
<div><div>Sicilian Slice Pizza (V)</div><div>Green Garden Salad (VE)</div><div>Frozen Fruit Ice (VE)</div><div>Salad Bar</div><div>Marinated White Beans (VE)</div></div>	<div><div>Big City Bean Taco (VE)</div><div>Soft Turkey Taco</div><div>Street Style Corn (V)</div><div>Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE)</div><div>Salad Bar</div><div>Spinach, Tomato, Red Pepper Salad (V)</div></div>	<div><div>Crispy Chicken Bites With Dipping Sauce</div><div>Grab & Go Salad</div><div>Roasted Fresh Tomatoes (VE)</div><div>Garlic Knot (V)</div><div>Salad Bar</div><div>Classic Potato Salad (V)</div></div>	<div><div>Caribbean Spiced Jerk Chicken Thigh*</div><div>Jollof Cauliflower (V)*</div><div>Dinner Roll (V)</div><div>Salad Bar</div><div>Carrot Raisin Salad (V)</div></div>	<div><div>Kidney Bean Rajma (VE) served with Naan (VE)</div><div>Kachumber Salad* (Spiced Cucumber and Tomato Salad) (VE)</div><div>Veggie Nuggets (VE) Dipping Sauce</div><div>Southwest Burrito (V) Heart Shaped Pretzels (VE)</div><div>Salad Bar</div><div>Roasted Broccoli & Cauliflower (VE)</div></div>
16	17	18	19	20
<div><div>Pizza by the Slice (V)</div><div>Kid Friendly Kale Salad (V)</div><div>Frozen Fruit Ice (VE)</div><div>Salad Bar</div><div>Broccoli Salad (V)</div></div>	<div><div>Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun</div><div>Turkey Burger Turkey Cheeseburger Whole Wheat Bun</div><div>Sweet Potato Waffle Fries (VE)</div><div>Baked Beans (VE)</div><div>Salad Bar</div><div>Pickles, Lettuce and Tomato (VE)</div></div>	<div><div>Plastic Free Lunch Day</div><div>Caribbean Style Beef Patty</div><div>Fish and Cheese Sandwich Whole Wheat Bun</div><div>Baby Carrots (VE)</div><div>Salad Bar</div><div>Veggie Dipper (VE)</div></div>	<div><div>International Roasted Chicken Drumsticks</div><div>Grab & Go Salad</div><div>Confetti Corn (VE)</div><div>Buttermilk Biscuit (V)</div><div>Salad Bar</div><div>Lemon Arugula Salad (V)</div></div>	<div><div>Three Bean Chili (VE) with or without Cheese (V)</div><div>Seasoned Wedge Fries (VE)</div><div>Honey Corn Bread (V)</div><div>Crispy Tortillas (VE) Served with Salsa (VE)</div><div>Southwest Burrito (V)</div><div>Salad Bar</div><div>Fresh Tomato Salad (V)</div></div>
23	24	25	26	27
<div><div>French Bread Pizza (V)</div><div>Garlicky Green Bean (VE)</div><div>Frozen Fruit Ice (VE)</div><div>Salad Bar</div><div>Balsamic Chickpea Salad(V)</div></div>	<div><div>Teriyaki Veggie Nuggets (VE)</div><div>Chicken Dumplings</div><div>Ginger Carrots (V)</div><div>Pineapple Rice Medley (V)*</div><div>Salad Bar</div><div>Asian Red Cabbage Slaw (V)</div></div>	<div><div>White Bean and Pasta Primavera (VE)</div><div>Mozzarella Sticks (V) with marinara sauce (VE)</div><div>Crispy Broccoli (V)</div><div>Salad Bar</div><div>Kale Caesar Salad (V)</div></div>	<div><div>Chicken Tenders and Waffles</div><div>Grab & Go Salad</div><div>Home Fries (VE)</div><div>Salad Bar</div><div>Marinated Bean Salad (VE)</div></div>	<div><div>Roasted Adobo Chickpeas (VE)*</div><div>Sofrito Rice (VE)*</div><div>Fresh Cilantro Healthy Coleslaw (V)</div><div>Sweet Plantains (VE)</div><div>Southwest Burrito (V)</div><div>New York Cookie Treat (V)</div><div>Salad Bar</div><div>Mixed Greens Salad (V)</div></div>
30	Halloween 31			
<div><div>Sicilian Slice Pizza (V)</div><div>Green Garden Salad (VE)</div><div>Frozen Fruit Ice (VE)</div><div>Salad Bar</div><div>Marinated White Beans (VE)</div></div>	<div><div>Big City Bean Taco (VE)</div><div>Soft Turkey Taco</div><div>Street Style Corn (V)</div><div>Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE)</div><div>New York Cookie Treat (V)</div><div>Salad Bar</div><div>Spinach, Tomato, Red Pepper Salad (V)</div></div>		<div><div><p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p></div></div>	
Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Grab & Go (V)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Assorted Vegetarian Wraps (V)</div></div>	<div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Grab & Go (V)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Tuna Sandwich</div></div>	<div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Grab & Go (V)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Tuna Sandwich</div></div>	<div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Grab & Go (V)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Tuna Sandwich</div></div>	<div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Lunch Pack (VE)</div><div>• Assorted Vegan Wraps (VE)</div><div>• Hot or Cold Cheese Sandwich (V)</div></div>
<div><div><div><div><div><div><div></div><div>Milk</div></div><div><div>1% Low-fat (V)</div><div>Fat Free (V)</div></div><div><div>Fat Free Chocolate (V)</div><div>Alternative options are available upon request</div></div></div></div><div><div>ATTENTION:</div><div>All Pre-K Students CANNOT be Offered Chocolate Milk Chocolate Chip Cookies or Chicken with Bones</div><div>Pre-K Chicken Choices</div><div>Chicken Tenders Chicken Patty Chicken Bites</div></div><div><div>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</div></div><div><div>Seasonal Fresh Fruit</div><div>Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)</div></div><div><div>OFNS has an extensive Prohibitive Ingredients List available at:</div><div></div></div></div></div></div>				
* Recipes created in collaboration with OFNS and the Chef Council				
<div><div>• 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</div><div>• Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products</div></div>				
<div><div><div><div><div><div></div><div>O.F.N.S.</div><div>Office of Food & Nutrition Services</div></div><div><div>Public Schools</div><div>ALLIANCE</div></div></div><div></div></div><div>Menu subject to change. Our menus are pork free.</div></div></div>				



OCTOBER 2023: High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<div><div>French Bread Pizza (V)</div><div>Garlicky Green Bean (VE)</div><div>Frozen Fruit Ice (VE)</div><div><div>Salad Bar</div><div>Balsamic Chickpea Salad(V)</div></div></div>	<div><div>Teriyaki Veggie Nuggets (VE)</div><div>Chicken Dumplings</div><div>Ginger Carrots (V)</div><div>Pineapple Rice Medley (V)*</div><div><div>Salad Bar</div><div>Asian Red Cabbage Slaw (V)</div></div></div>	<div><div>White Bean and Pasta Primavera (VE)</div><div>Mozzarella Sticks (V) with marinara sauce (VE)</div><div>Crispy Broccoli (V)</div><div><div>Salad Bar</div><div>Kale Caesar Salad (V)</div></div></div>	<div><div>Chicken Tenders and Waffles</div><div>Grab & Go Salad</div><div>Home Fries (VE)</div><div><div>Salad Bar</div><div>Marinated Bean Salad (VE)</div></div></div>	<div><div>Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)*</div><div>Fresh Cilantro Healthy Coleslaw (V)</div><div>Sweet Plantains (VE)</div><div>Southwest Burrito (V)</div><div>New York Cookie Treat (V) <div>Salad Bar</div></div><div>Mixed Greens Salad (V)</div></div>
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
<div><div>Sicilian Slice Pizza (V)</div><div>Green Garden Salad (VE)</div><div>Frozen Fruit Ice (VE)</div><div><div>Salad Bar</div><div>Marinated White Beans (VE)</div></div></div>	<div><div>Big City Bean Taco (VE)</div><div>Soft Turkey Taco</div><div>Street Style Corn (V)</div><div>Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE)</div><div><div>Salad Bar</div><div>Spinach, Tomato, Red Pepper Salad (V)</div></div></div>	<div><div>Crispy Chicken Bites With Dipping Sauce</div><div>Grab & Go Salad</div><div>Roasted Fresh Tomatoes (VE)</div><div>Garlic Knot (V)</div><div><div>Salad Bar</div><div>Classic Potato Salad (V)</div></div></div>	<div><div>Caribbean Spiced Jerk Chicken Thigh*</div><div>Jollof Cauliflower (V)*</div><div>Dinner Roll (V)</div><div><div>Salad Bar</div><div>Carrot Raisin Salad (V)</div></div></div>	<div><div>Kidney Bean Rajma (VE) served with Naan (VE)</div><div>Kachumber Salad* (Spiced Cucumber and Tomato Salad) (VE)</div><div>Veggie Nuggets (VE) Dipping Sauce</div><div>Southwest Burrito (V) Heart Shaped Pretzels (VE) <div>Salad Bar</div></div><div>Roasted Broccoli & Cauliflower (VE)</div></div>
16	17	18	19	20
<div><div>Pizza by the Slice (V)</div><div>Kid Friendly Kale Salad (V)</div><div>Frozen Fruit Ice (VE)</div><div><div>Salad Bar</div><div>Broccoli Salad (V)</div></div></div>	<div><div>Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun</div><div>Turkey Burger Turkey Cheeseburger Whole Wheat Bun</div><div>Sweet Potato Waffle Fries (VE)</div><div>Baked Beans (VE)</div><div><div>Salad Bar</div><div>Pickles, Lettuce and Tomato (VE)</div></div></div>	<div><div>Plastic Free Lunch Day</div><div>Caribbean Style Beef Patty</div><div>Fish and Cheese Sandwich Whole Wheat Bun</div><div>Baby Carrots (VE)</div><div><div>Salad Bar</div><div>Veggie Dipper (VE)</div></div></div>	<div><div>International Roasted Chicken Drumsticks</div><div>Grab & Go Salad</div><div>Confetti Corn (VE)</div><div>Buttermilk Biscuit (V)</div><div><div>Salad Bar</div><div>Lemon Arugula Salad (V)</div></div></div>	<div><div>Three Bean Chili (VE) with or without Cheese (V)</div><div>Seasoned Wedge Fries (VE)</div><div>Honey Corn Bread (V)</div><div>Crispy Tortillas (VE) Served with Salsa (VE)</div><div>Southwest Burrito (V)</div><div><div>Salad Bar</div><div>Fresh Tomato Salad (VE)</div></div></div>
23	24	25	26	27
<div><div>French Bread Pizza (V)</div><div>Garlicky Green Bean (VE)</div><div>Frozen Fruit Ice (VE)</div><div><div>Salad Bar</div><div>Balsamic Chickpea Salad(V)</div></div></div>	<div><div>Teriyaki Veggie Nuggets (VE)</div><div>Chicken Dumplings</div><div>Ginger Carrots (V)</div><div>Pineapple Rice Medley (V)*</div><div><div>Salad Bar</div><div>Asian Red Cabbage Slaw (V)</div></div></div>	<div><div>White Bean and Pasta Primavera (VE)</div><div>Mozzarella Sticks (V) with marinara sauce (VE)</div><div>Crispy Broccoli (V)</div><div><div>Salad Bar</div><div>Kale Caesar Salad (V)</div></div></div>	<div><div>Chicken Tenders and Waffles</div><div>Grab & Go Salad</div><div>Home Fries (VE)</div><div><div>Salad Bar</div><div>Marinated Bean Salad (VE)</div></div></div>	<div><div>Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)*</div><div>Fresh Cilantro Healthy Coleslaw (V)</div><div>Sweet Plantains (VE)</div><div>Southwest Burrito (V)</div><div>New York Cookie Treat (V) <div>Salad Bar</div></div><div>Mixed Greens Salad (V)</div></div>
30	Halloween 31			
<div><div>Sicilian Slice Pizza (V)</div><div>Green Garden Salad (VE)</div><div>Frozen Fruit Ice (VE)</div><div><div>Salad Bar</div><div>Marinated White Beans (VE)</div></div></div>	<div><div>Big City Bean Taco (VE)</div><div>Soft Turkey Taco</div><div>Street Style Corn (V)</div><div>Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE)</div><div>New York Cookie Treat (V)</div><div><div>Salad Bar</div><div>Spinach, Tomato, Red Pepper Salad (V)</div></div></div>		<div><div> WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div></div>	
<div><div>Monday</div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Grab & Go (V)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Assorted Vegetarian Wraps (V)</div></div>	<div><div>Tuesday</div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Grab & Go (V)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Tuna Sandwich</div></div>	<div><div>Wednesday</div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Grab & Go (V)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Tuna Sandwich</div></div>	<div><div>Thursday</div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Grab & Go (V)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Tuna Sandwich</div></div>	<div><div>Friday</div><div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div><div>• Hummus Lunch Pack (VE)</div><div>• Assorted Vegan Wraps (VE)</div><div>• Hot or Cold Cheese Sandwich (V)</div></div>
<div><div>Milk</div><div>1% Low-fat (V)</div><div>Fat Free (V)</div><div>Fat Free Chocolate (V)</div><div>Alternative options are available upon request</div></div>	<div><div>ATTENTION:</div><div>All Pre-K Students CANNOT be Offered Chocolate Milk Chocolate Chip Cookies or Chicken with Bones</div><div>Pre-K Chicken Choices</div><div>Chicken Tenders Chicken Patty Chicken Bites</div></div>	<div>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</div>	<div><div>Seasonal Fresh Fruit</div><div>Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)</div></div>	<div><div>OFNS has an extensive Prohibitive Ingredients List available at:</div><div></div></div>
<div>* Recipes created in collaboration with OFNS and the Chef Council</div>				
<div>• 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</div> <div>• Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products</div>				
<div><div>O.F.N.S. OFFICE OF FOOD & NUTRITION SERVICES</div><div>SEAFORD SCHOOL DISTRICT</div><div>IFood ALLIANCE</div></div> <div>Menu subject to change. Our menus are pork free.</div>				



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 HIGHLIGHTED 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	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) • Cheese Sandwich (V)

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

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

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
<div>Sicilian Slice Pizza (V)</div> <div>Garlicky Green Bean (VE)</div>	<div>Chicken Dumplings</div> <div>Pineapple Rice Medley (V)*</div> <div>Ginger Carrots (V)</div>	<div>Mozzarella Sticks (V) with marinara sauce (VE)</div> <div>Crispy Broccoli (V)</div> <div>Marinated White Beans (VE)</div>	<div>Crispy Chicken Tenders With Dipping Sauce</div> <div>Home Fries (VE)</div> <div>Garlic Knot (V)</div>	<div>Roasted Adobo Chickpeas (VE)*</div> <div>Sofrito Rice (VE)*</div> <div>Plantains (VE)</div> <div>Southwest Burrito (V)</div> <div>New York Cookie Treat (V)</div>
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
<div>Sicilian Slice Pizza (V)</div> <div>Hot Bean Salad (VE)</div>	<div>Hamburgers Cheeseburgers Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Crispy Chicken Bites</div> <div>Roasted Fresh Tomatoes (VE)</div> <div>Garlic Knot (V)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div>	<div>Caribbean Spiced Jerk Chicken Thigh*</div> <div>Jollof Cauliflower (V)*</div> <div>Dinner Roll (V)</div>	<div>Kidney Bean Rajma (VE) served with Naan (VE)</div> <div>Crispy Broccoli (V)</div> <div>3 Cheese Grilled Cheese (V)</div> <div>Heart Shaped Pretzels (VE)</div>
16	17	18	19	20
<div>Sicilian Slice Pizza (V)</div> <div>Roasted Zucchini (VE)</div>	<div>Turkey Burger Turkey Cheeseburger Whole Wheat Bun</div> <div>Crisp Sweet Potato Waffle Fries (VE)</div> <div>Baked Beans (VE)</div>	<div>Caribbean Style Beef Patty</div> <div>Sauteed Spinach (VE)</div>	<div>International Roasted Chicken Drumsticks</div> <div>Confetti Corn (VE)</div> <div>Buttermilk Biscuit (V)</div>	<div>Three Bean Chili (VE)</div> <div>Seasoned Wedge Fries (VE)</div> <div>Honey Corn Bread (V)</div> <div>Homemade Grilled Cheese (V)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div>
23	24	25	26	27
<div>Sicilian Slice Pizza (V)</div> <div>Garlicky Green Bean (VE)</div>	<div>Chicken Dumplings</div> <div>Pineapple Rice Medley (V)*</div> <div>Ginger Carrots (V)</div>	<div>Mozzarella Sticks (V) with marinara sauce (VE)</div> <div>Crispy Broccoli (V)</div> <div>Marinated White Beans (VE)</div>	<div>Crispy Chicken Tenders With Dipping Sauce</div> <div>Home Fries (VE)</div> <div>Garlic Knot (V)</div>	<div>Roasted Adobo Chickpeas (VE)*</div> <div>Sofrito Rice (VE)*</div> <div>Plantains (VE)</div> <div>Southwest Burrito (V)</div> <div>New York Cookie Treat (V)</div>
30	Halloween 31			
<div>Sicilian Slice Pizza (V)</div> <div>Hot Bean Salad (VE)</div>	<div>Hamburgers Cheeseburgers Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div> <div>New York Cookie Treat (V)</div>		<div></div> <div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div>	
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	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)

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

**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



OCTOBER 2023: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	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 HIGHLIGHTED IN GREEN	

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



OCTOBER 2023: After School Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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)		 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	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

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

OFFERED DAILY

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:



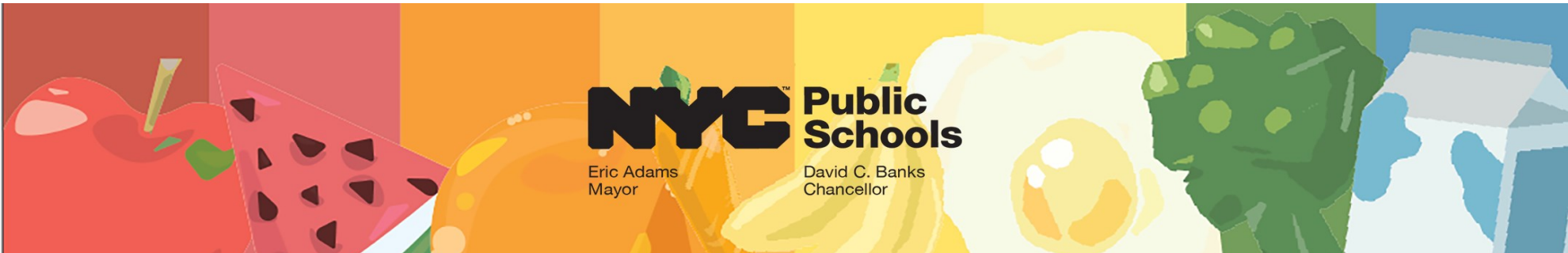
• **Vegan Item (VE):** A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey

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

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

THE FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.



OCTOBER 2023: After School Hot Menu

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

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:



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

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

O.F.N.S.

Office of Food & Nutrition Services

THE FOOD ALLIANCE

Menu subject to change. Our menus are pork free.



OCTOBER 2023: After School Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<div>Homemade Grilled Cheese Sandwich (V)</div> <div>Baked Sweet Potato Wedge Fries (VE)</div>	<div>Vegetarian Quesadilla (V) served with Salsa (VE)</div> <div>Fiesta Black Beans (VE)</div>	<div>Big City Bean Taco (VE)</div> <div>Green Garden Salad (VE)</div>	<div>Pizza (V)</div> <div>Roasted Zucchini (VE)</div>	<div>Veggie Nuggets (VE) with Dipping Sauce (V)</div> <div>Seasoned Wedge Fries (VE)</div> <div>Dinner Roll (VE)</div>
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
<div>Mozzarella Sticks (V) Marinara Sauce (VE)</div> <div>Crispy Broccoli (V)</div>	<div>Super Hero Spinach Wrap (V)</div> <div>Baked Beans (VE)</div>	<div>Pizza (V)</div> <div>Roasted Chickpeas With Basil Pesto (V)</div>	<div>Southwest Burrito (V)</div> <div>Street Style Corn (V)</div> <div>New York Cookie Treat (V)</div>	<div>Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div>
16	17	18	19	20
<div>Red White and Green Panini (V)</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Manicotti (V) with marinara sauce (VE)</div> <div>Seasoned Fresh Green Beans (V)</div> <div>Dinner Roll (V)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Cilantro Rice (VE)</div> <div>Crispy Tortillas (VE)</div>	<div>Pizza (V)</div> <div>Crispy Broccoli (V)</div>	<div>White Bean and Pasta Primavera (VE)</div> <div>Roasted Fresh Tomatoes (VE)</div>
23	24	25	26	27
<div>Homemade Grilled Cheese Sandwich (V)</div> <div>Baked Sweet Potato Wedge Fries (VE)</div>	<div>Vegetarian Quesadilla (V) served with Salsa (VE)</div> <div>Fiesta Black Beans (VE)</div>	<div>Big City Bean Taco (VE)</div> <div>Green Garden Salad (VE)</div>	<div>Pizza (V)</div> <div>Roasted Zucchini (VE)</div>	<div>Veggie Nuggets (VE) with Dipping Sauce (V)</div> <div>Seasoned Wedge Fries (VE)</div> <div>Dinner Roll (VE)</div>
30	Halloween 31			
<div>Mozzarella Sticks (V) Marinara Sauce (VE)</div> <div>Crispy Broccoli (V)</div>	<div>Super Hero Spinach Wrap (V)</div> <div>Baked Beans (VE)</div>		<div><div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div></div>	<div>Daily Supper Specials</div> <div><ul style="list-style-type: none">• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)• Hot or Cold Cheese Sandwich (V)• Hummus and Pretzels Grab & Go (V)</div> <div>Options may vary by location</div>

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


OFFERED DAILY

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

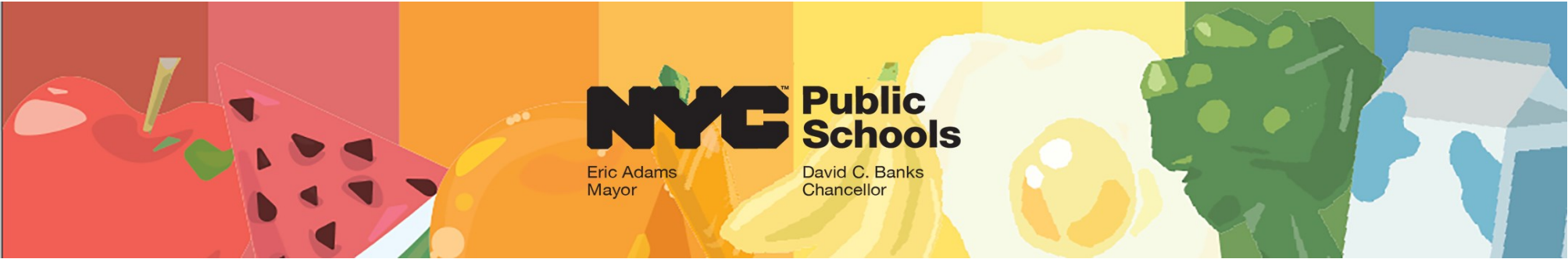
O.F.N.S.

Office of Food & Nutrition Services

URBAN SCHOOLS

THE FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.



OCTOBER 2023: Saturday Cold Morning Snack Menu

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

Milk

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are available upon request

(V) Indicates Vegetarian

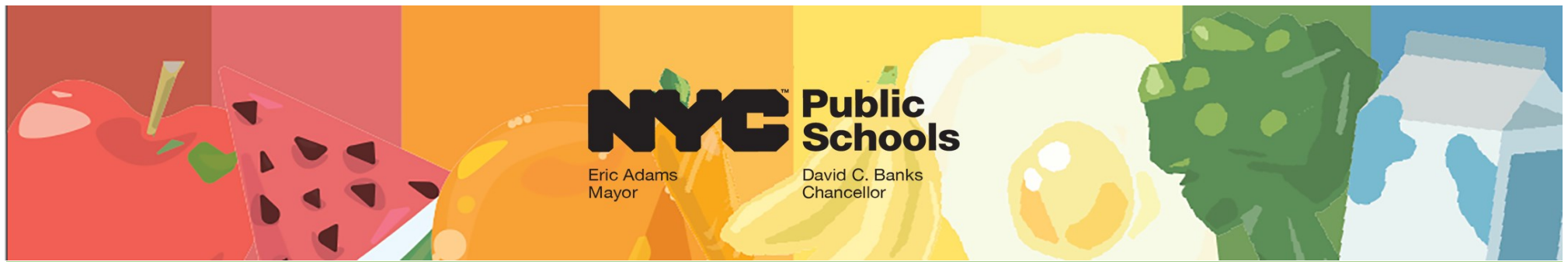
(VE) Indicates Vegan

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:





OCTOBER 2023: Saturday Hot Morning Snack Menu

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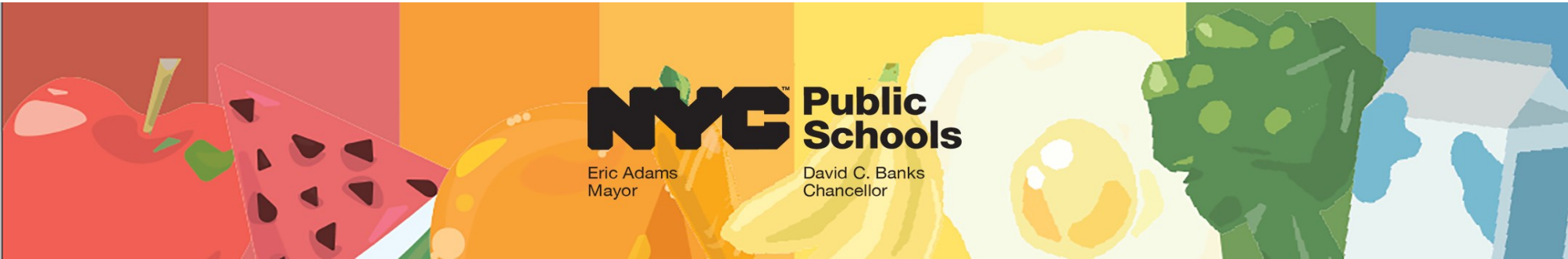
Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
 Alternative options are
 available upon request

(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:**





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)	


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

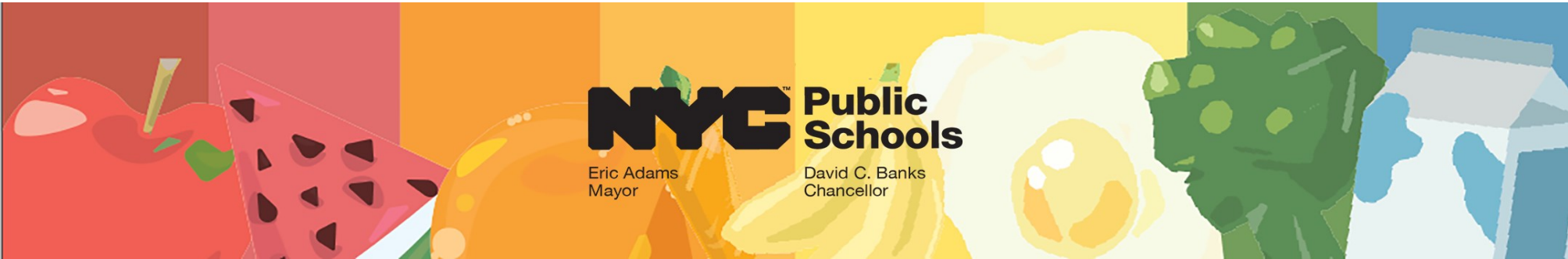
OFFERED DAILY

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:





OCTOBER 2023: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
<div>Grilled Cheese Sandwich (V)</div> <div>Seasoned Wedge Fries (VE)</div> <div>Fresh Fruit (VE)</div> <div>Milk (V)</div>	<div>Hamburgers & Cheeseburgers</div> <div>Baked Sweet Potato Waffle Fries (VE)</div> <div>Fresh Fruit (VE)</div> <div>Milk (V)</div>	<div>Baked Mozzarella Sticks (V)</div> <div>Marinara Sauce (VE)</div> <div>Crispy Broccoli (V)</div> <div>Fresh Fruit (VE)</div> <div>Milk (V)</div>	<div>Crispy Chicken Sandwich</div> <div>Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div> <div>Fresh Fruit (VE)</div> <div>Milk (V)</div>	

OFFERED DAILY

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

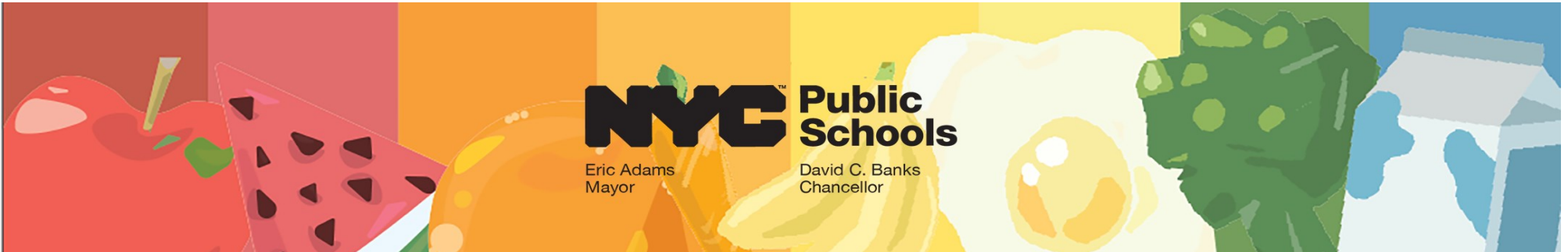
(V) Indicates Vegetarian
(VE) Indicates Vegan

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:





OCTOBER 2023: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<div>Veggie Nuggets (VE) With Dipping Sauce</div> <div>Marinated White Beans (VE)</div> <div>Bread Stick (VE)</div>	<div>Chicken Dumplings</div> <div>Pineapple Rice Medley (V)*</div> <div>Ginger Carrots (V)</div>	<div>Chicken Sliders</div> <div>Crispy Broccoli (V)</div>	<div>Hamburgers & Cheeseburgers on Ciabatta Bread</div> <div>Crisp Sweet Potato Wedge Fries (VE)</div>	<div>Roasted Adobo Chickpeas (VE)*</div> <div>Sofrito Rice (VE)*</div> <div>Sweet Plantains (VE)</div> <div>New York Cookie Treat (V)</div>
Italian Heritage Indigenous Peoples Day 9	10	11	12	13
<div>Cheese Quesadilla (V)</div> <div>Fiesta Black Beans (VE)</div> <div>Salsa (VE)</div>	<div>Spicy Chicken Sandwich Whole Wheat Bun</div> <div>Crisp Sweet Potato Wedge Fries (VE)</div>	<div>Fish and Cheese Sandwich Whole Wheat Bun</div> <div>Roasted Broccoli (VE)</div>	<div>Caribbean Spiced Jerk Chicken Thigh*</div> <div>Confetti Corn (VE)</div> <div>Dinner Roll (V)</div>	<div>Kidney Bean Rajma (VE) served with Naan (VE)</div> <div>Kachumber Salad (VE)* (Spiced Cucumber and Tomato Salad)</div>
16	17	18	19	20
<div>Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun</div> <div>Baked Beans (VE)</div>	<div>Chicken Parmigiana Sandwich on Ciabatta Bread</div> <div>Roasted Zucchini (VE)</div>	<div>Caribbean Style Beef Patty</div> <div>Glazed Carrots (VE)</div>	<div>International Roasted Chicken Drumsticks</div> <div>Superhero Spinach (VE)</div> <div>Buttermilk Biscuit (V)</div>	<div>Three Bean Chili (VE) with or without Cheese (V)</div> <div>Seasoned Wedge Fries (VE)</div> <div>Honey Corn Bread (V)</div>
23	24	25	26	27
<div>Veggie Nuggets (VE) With Dipping Sauce</div> <div>Marinated White Beans (VE)</div> <div>Bread Stick (VE)</div>	<div>Chicken Dumplings</div> <div>Pineapple Rice Medley (V)*</div> <div>Ginger Carrots (V)</div>	<div>Chicken Sliders</div> <div>Crispy Broccoli (VE)</div>	<div>Hamburgers & Cheeseburgers on Ciabatta Bread</div> <div>Crisp Sweet Potato Wedge Fries (VE)</div>	<div>Roasted Adobo Chickpeas (VE)*</div> <div>Sofrito Rice (VE)*</div> <div>Sweet Plantains (VE)</div> <div>New York Cookie Treat (V)</div>
30	Halloween 31			
<div>Cheese Quesadilla (V)</div> <div>Fiesta Black Beans (VE)</div> <div>Salsa (VE)</div>	<div>Spicy Chicken Sandwich Whole Wheat Bun</div> <div>Crisp Sweet Potato Wedge Fries (VE)</div> <div>New York Cookie Treat (V)</div>		<div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div>	
<div>Monday</div> <div>• Pizza (V)</div> <div>• Baked Mozzarella Sticks (V)</div> <div>• Southwest Burrito (V)</div> <div>• Grab and Go Salads (V)</div> <div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div> <div>• Hummus Grab & Go (V)</div> <div>• Hot or Cold Cheese Sandwich (V)</div> <div>• Assorted Vegetarian Wraps (V)</div> <div>•Seasoned Wedge Fries (VE)</div>	<div>Tuesday</div> <div>• Pizza (V)</div> <div>• Baked Mozzarella Sticks (V)</div> <div>• Chicken Tenders</div> <div>• Southwest Burrito (V)</div> <div>• Grab and Go Salads</div> <div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div> <div>• Hummus Grab & Go (V)</div> <div>• Hot or Cold Cheese Sandwich (V)</div> <div>• Tuna Sandwich</div> <div>• Assorted Wraps and Sandwiches</div> <div>•Seasoned Wedge Fries (VE)</div>	<div>Wednesday</div> <div>• Pizza (V)</div> <div>• Baked Mozzarella Sticks (V)</div> <div>• Chicken Tenders</div> <div>• Southwest Burrito (V)</div> <div>• Grab and Go Salads</div> <div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div> <div>• Hummus Grab & Go (V)</div> <div>• Hot or Cold Cheese Sandwich (V)</div> <div>• Tuna Sandwich</div> <div>• Assorted Wraps and Sandwiches</div> <div>•Seasoned Wedge Fries (VE)</div>	<div>Thursday</div> <div>• Pizza (V)</div> <div>• Baked Mozzarella Sticks (V)</div> <div>• Chicken Tenders</div> <div>• Southwest Burrito (V)</div> <div>• Grab and Go Salads</div> <div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div> <div>• Hummus Grab & Go (V)</div> <div>• Hot or Cold Cheese Sandwich (V)</div> <div>• Tuna Sandwich</div> <div>• Assorted Wraps and Sandwiches</div> <div>•Seasoned Wedge Fries (VE)</div>	<div>Friday</div> <div>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)</div> <div>• Hummus Lunch Pack (VE)</div> <div>• Assorted Vegan Wraps (VE)</div> <div>• Hot or Cold Cheese Sandwich (V)</div> <div>• Southwest Burrito (V)</div> <div>• Grab and Go Salads (VE)</div> <div>•Seasoned Wedge Fries (VE)</div>

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 available upon request

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:

* 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

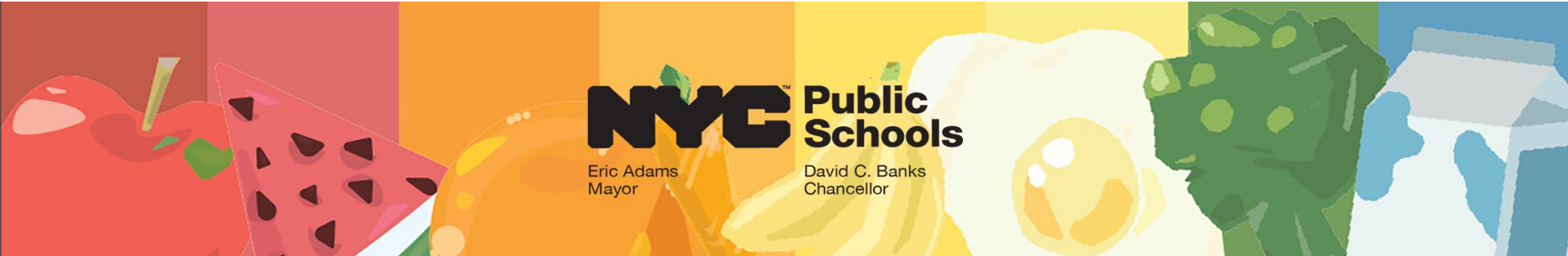
O.F.N.S.

Office of Food & Nutrition Services

DEBRA ROSE

THE FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.



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

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

(V) Indicates Vegetarian
(VE) Indicates Vegan

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

Other Fruits
Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

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

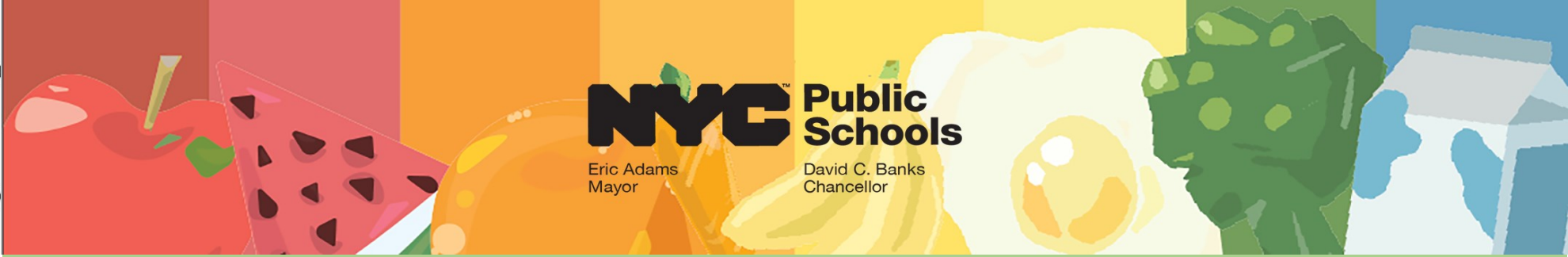
Options may vary by location

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.



OCTOBER 2023: Infant - Toddler Lunch Menu

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 ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Daily Lunch Specials • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (VE) • 4 oz. Yogurt (V) • Tuna Sandwich Options may vary by location

Milk*
Whole Milk (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

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)

OFNS has an extensive Prohibitive Ingredients List available at:



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

* Recipes created in collaboration with OFNS and 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: 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 HIGHLIGHTED IN GREEN	

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