

OCTOBER	2024: Pre	-K - 8	Breakfast	Menu
----------------	-----------	--------	------------------	------

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
7	8	9	10	11
Honey Corn Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Blueberry Topping (VE) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
Italian Heritage/Indigenous	15	16	17	18
Peoples Day 14	, o	.0		10
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
21	22	23	24	25
Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
28	29	30	31	
Honey Corn Breakfast Bread (V) Mozzarella Cheese Stick (V)	Rise and Shine Waffles (V) Blueberry Topping (VE) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE)	Zucchini Carrot Breakfast Bread (V) Egg & Cheese on a Soft Roll (V)	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)

Seasonal Fresh Fruit (VE)

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

Fat Free Chocolate (V)

Alternative options are available upon request

Breakfast After the Bell Grab and Go

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk) Seasonal Fresh Fruit (VE)

Seasonal Fresh Fruit (VE)

OFFERED DAILY

Options may vary by location

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

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

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK



•	00 100LK 2024	. High School	Dieakiasi Meii	u
Monday	Tuesday	Wednesday	Thursday	Friday
Monday		_	_	_
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN. 7 Honey Corn Breakfast Bread (V) Mozzarella Cheese Stick (V)	Rise and Shine Waffles (V) Blueberry Topping (VE) Seasonal Fresh Fruit (VE)	Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE) 9 Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE)	Rosh Hashanah 3 Sweet Potato Oatmeal Muffin (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE) Breakfast Bar 10 Zucchini Carrot Breakfast Bread (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE) Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE)
Seasonal Fresh Fruit (VE)	Breakfast Bar	Seasonal Fresh Fruit (VE)	Breakfast Bar	Seasonal Fresh Fruit (VE)
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
21	22	23	24	25
Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
28	29	30	31	
Honey Corn Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Blueberry Topping (VE) Seasonal Fresh Fruit (VE) Breakfast Bar	Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Breakfast Bar Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (VE) Yogurts (V)
		OFFERED DAILY	Seasonal Fresh Fruit	OFNS has an extensive

Options may vary by location

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

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

Condiments Syrup (VE)

<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)

Alternative options are available upon request

Breakfast After the Bell Grab and Go

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



ATTENTION:
• All Pre-K Students CANNOT be Offered CHOCOLATE MILK







OCTOBER 2024: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Blueberry Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Apple Sauce (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
7	8	9	10	11
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	Honey Corn Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Assorted Granola (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Croissant (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
21	22	23	24	25
Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)	Blueberry Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Apple Sauce (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
28	29	30	31	
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	Honey Corn Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Assorted Granola (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)	
Milk		OFFERED DAILY Options may vary	Seasonal Fresh Fruit Apples, Apple Slices,	OFNS has an extensive Prohibitive Ingredients List

<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)

Alternative options are available upon request

Breakfast After the Bell Grab and Go

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

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

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

Condiments Syrup (VE)



ATTENTION:

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



OCTOBER	2024: Puree	Breakfast Menu
---------	-------------	-----------------------

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
7	8	9	10	11
Apple Cinnamon Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Sweet Potato Oatmeal Muffin (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
Italian Heritage/Indigenous Peoples Day 14	15	16	17	7 18
Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
21	22	23	24	1 25
Apple Cinnamon Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Sweet Potato Oatmeal Muffin (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
28	29	30	3	
Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	
	Seasonal Fresh Fruit	OFFERED DAILY		

Milk 1% Low-fat (V)

Fat Free (V) Fat Free Chocolate (V)

Alternative options are available upon request

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

> **Condiments** Syrup (VE)

Options may vary by location

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

Assorted Yogurts

Alternate Fruit Peaches, Pineapples Pears, Applesauce



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

ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK







OCTOBER 2024: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Egg Omelet on a Fresh NY Bagel Half (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
7	8	9	10	11
Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Rise and Shine Waffles (V) Blueberry Topping Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Egg and Cheese on a Whole Grain Croissant (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (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 14	15	16	17	18
Banana Breakfast Bread (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)	Egg and Cheese on a Soft Roll (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)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
21	22	23	24	25
Blueberry Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Egg Omelet on a Fresh NY Bagel Half (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE)
				Milk (V)
28	29	30	31	
Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Rise and Shine Waffles (V) Blueberry Topping Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Egg and Cheese on a Whole Grain Croissant (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	

Milk Whole Milk (V)

Alternative options are available upon request

(V) Indicates Vegetarian (VE) Indicates Vegan

Seasonal Fresh Fruit

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

Apple Sauce, Sliced Peaches, **Diced Pears, Pineapples**

OFFERED DAILY

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

Options may vary

Assorted Yogurts

Condiments Syrup (VE)

by location

OFNS has an extensive Prohibitive Ingredients List available at:



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

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









OCTOBER 2024: Pre-K - 8 Vegetarian Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	Rosh Hashanah 3	Rosh Hashanah 4
LOO GROV PF ALL	ROUDLY SUPPORT CALLY SOURCED, VN, HARVESTED OR RODUCED FOOD. NEW YORK ITEMS GHLIGHED IN GREEN.	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
	7	8	9	10	11
Bre:	Honey Corn akfast Bread (V) ezzarella Cheese Stick (V) onal Fresh Fruit (VE)	Rise and Shine Waffles (V) Blueberry Topping (VE) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
	Heritage/Indigenous es Day 14	15	16	17	18
C	nana Breakfast Bread (V) heddar Cheese Stick (V)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
	21	22	23	24	25
•	eberry Breakfast Bread (V) Colby Cheese Stick (V)	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Peanut Butter (VE) & Jelly (VE) Seasonal Fresh Fruit (VE)
	28	29	30	31	
Brea	Honey Corn akfast Bread (V) ozzarella Cheese Stick (V) onal Fresh Fruit (VE)	Rise and Shine Waffles (V) Blueberry Topping (VE) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Egg & Cheese on a Soft Roll (V) Seasonal Fresh Fruit (VE)	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)

<u>Milk</u> 1% Low-fat (V) Fat Free (V)

Fat Free Chocolate (V)

Alternative options are available upon request

Breakfast After the Bell Grab and Go

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

OFFERED DAILY

Options may vary by location

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

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

> Condiments Syrup (VE)

Strawberries (VE)

OFNS has an extensive



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK



OCTOBER 2024: Pre-K - 8 Lunch Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	Rosh Hashanah 3		
	Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*	Veggie Nuggets (VE) Dipping Sauce Chicken Dumplings Garlic Teriyaki Green Beans (VE)	Turkey Cheeseburger Whole Wheat Bun Turkey Burger Whole Wheat Bun Fish and Cheese Sandwich	Rustic White Beans (VE) Penne Bruschetta (VE)* Italian Roasted Carrots (VE)* Warm Breadstick (V)	
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD.	Street Style Corn (V)	Brown Rice (VE)	Whole Wheat Bun Herb Roasted Potatoes (VE)	Three Cheese Grilled Cheese (V)	
ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Salad Bar Fiesta Bar	Salad Bar Leafy Green Salad Bar	Salad Bar Classic Toppings	Salad Bar Mediterranean Bar	
7	8	9	10	11	
Pepper and Onion Pizza (V) French Bread Pizza (V)	<u>Plastic Free</u> <u>Lunch Day</u>	Mushroom Swiss Veggie Burger (V)* Whole Wheat Bun	BBQ Chicken Thighs Butternut Squash	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)	
Seasoned Peas (VE)	Chicken Tenders	Caribbean Style	Mac and Cheese (V)* Honey Corn Bread (V)	Sweet Potato Wedge Fries (VE)	
Mixed Green Salad (V)	Corn on the Cob (VE) Dinner Roll (VE)	Beef Patty	Crispy Broccoli (V)	Southwest Burrito (V)	
Salad Bar Pizza Bar With Balsamic	Salad Bar	Seasoned Wedge Fries (VE) Salad Bar	Salad Bar	Salad Bar Fiesta Bar	
Chickpea Salad (V) Italian Heritage/Indigenous	Plastic Free Lunch Bar	Classic Toppings	Leafy Green Salad Bar	With Diced Tomato (VE)	
Peoples Day 14	15	16	17	18 Sweet Potato	
	Teriyaki Veggie Nuggets (VE)	Mozzarella Sticks (V)	Chickpea Shawarma (VE)*	Quesadilla Rollup (V)* Tomato Vinaigrette	
Sicilian Slice Pizza (V)	Sweet & Sour Chicken Bites	with marinara sauce (VE)	or Chicken Shawarma*	Salad (VE)* Apple Citrus	
Parmigiana Spinach (V)	Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Curry Potato (VE)*	Pico de Gallo (VE)*	
Salad Bar	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (VE)	Guacamole (VE)	
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Salad Bar	Salad Bar Pizza Bar	Salad Bar Rainbow Bar	Veggie Burger (VE) Salad Bar Fiesta Bar	
21	22	23	24	25	
Margherita Pizza (V)	Three Bean Chili Southwest	Veggie Nuggets (VE) Dipping Sauce	Turkey Cheeseburger Whole Wheat Bun Turkey Burger	Rustic White Beans (VE) Penne Bruschetta (VE)*	
Pizza by the Slice (V)	Pasta Bowl (VE) or	Chicken Dumplings	Whole Wheat Bun	Italian Roasted Carrots (VE)*	
Superhero Spinach (VE)	Turkey Chili Southwest Pasta Bowl*	Garlic Teriyaki Green Beans (VE)	Fish and Cheese Sandwich Whole Wheat Bun	Warm Breadstick (V) Three Cheese Grilled	
Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Street Style Corn (V) Salad Bar Fiesta Bar	Brown Rice (VE) Salad Bar Leafy Green Salad Bar	Herb Roasted Potatoes (VE) Salad Bar Classic Toppings	Cheese (V) Salad Bar Mediterranean Bar	
28	29	30	31		
Pepper and Onion Pizza (V) French Bread Pizza (V)	<u>Plastic Free</u> <u>Lunch Day</u>	Mushroom Swiss Veggie Burger (V)*	BBQ Chicken Thighs Butternut Squash Mac and Cheese (V)*		
Seasoned Peas (VE)	Chicken Tenders	Whole Wheat Bun	Honey Corn Bread (V)		
Mixed Green Salad (V)	Corn on the Cob (VE)	Caribbean Style Beef Patty	Crispy Broccoli (V)		
Salad Bar Pizza Bar With Balsamic	Dinner Roll (VE) Salad Bar	Seasoned Wedge Fries (VE) Salad Bar	Honey Graham Cracker (V) Salad Bar		
Chickpea Salad (V) Monday	Plastic Free Lunch Bar Tuesday	Classic Toppings Wednesday	Leafy Green Salad Bar Thursday	<u>Friday</u>	
Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) + Hummus and Crackers (V) + Hot or Cold Cheese Sandwich (V) Southwest Burrito (V)	
				OFNS has an extensive	

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

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apples, Apple Slices,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Oranges, Pears, Plums,
Bananas, Watermelon, and
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List



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



OCTOBER 2024: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE)
7	8	9	10	11
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Sesame Noodle Bowl Grab & Go Basil Corn Salad (VE)	Superhero Spinach Wrap (V) Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Coleslaw (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Classic Potato Salad (V)
21	22	23	24	25
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE)
28	29	30	31	
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Sesame Noodle Bowl Grab & Go Basil Corn Salad (VE)	Superhero Spinach Wrap (V) Broccoli Salad (V) Honey Graham Cracker (V)	
Monday • Peanut Butter and/or	Tuesday • Peanut Butter and/or	Wednesday • Peanut Butter and/or	Thursday • Peanut Butter and/or	<u>Friday</u> • Peanut Butter and/or
Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)

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

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

OFNS has an extensive Prohibitive Ingredients List available at:



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



OCTOBER 2024: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Soft Turkey Taco Street Style Corn (V) Salsa (VE)	Chicken Dumplings Garlic Teriyaki Green Beans (VE)	Turkey Cheeseburger Whole Wheat Bun Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE)	Rustic White Beans (VE) Penne Bruschetta (VE)* Three Cheese Grilled Cheese (V) Italian Roasted Carrots (VE) Warm Breadstick (V)
7	8	9	10	11
Sicilian Slice Pizza (V) Sauteed Spinach (VE) Hot Bean Salad (VE)	Chicken Tenders Ranch Carrot Snackers (VE) Dinner Roll (VE)	Caribbean Style Beef Patty Seasoned Wedge Fries (VE)	BBQ Chicken Thighs Butternut Squash Mac and Cheese (V)* Honey Corn Bread (V) Crispy Broccoli (V)	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE) Southwest Burrito (V) Sweet Potato Wedge Fries (VE)
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Balsamic Chickpeas (V)	Sweet & Sour Chicken Bites Ginger Carrots (V) Brown Rice (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE)	Chickpea or Chicken Shawarma* Flat Bread (VE) Curry Potato (VE)*	Sweet Potato Quesadilla Rollup (V)* Veggie Burger (VE) Roasted Fresh Tomatoes (VE)
21	22	23	24	25
Sicilian Slice Pizza (V) Seasoned Chickpeas (VE) Superhero Spinach (VE)	Soft Turkey Taco Street Style Corn (V) Salsa (VE)	Chicken Dumplings Garlic Teriyaki Green Beans (VE)	Turkey Cheeseburger Whole Wheat Bun Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE)	Rustic White Beans (VE) Penne Bruschetta (VE)* Three Cheese Grilled Cheese (V) Italian Roasted Carrots (VE) Warm Breadstick (V)
28	29	30	31	
Sicilian Slice Pizza (V) Sauteed Spinach (VE) Hot Bean Salad (VE)	Chicken Tenders Ranch Carrot Snackers (VE) Dinner Roll (VE) Tuesday	Caribbean Style Beef Patty Seasoned Wedge Fries (VE)	BBQ Chicken Thighs Butternut Squash Mac and Cheese (V)* Honey Corn Bread (V) Crispy Broccoli (V) Honey Graham Cracker (V)	Friday
Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or
Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) + Hummus and Crackers (V) + Hot or Cold Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) - Hummus and Crackers (V) - Hot or Cold Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

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

Alternative options are available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apples, Apple Slices,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Oranges, Pears, Plums,
Bananas, Watermelon, and
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List



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







Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	Turkey Burgers & Turkey Cheeseburgers Steamed Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Pasta (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
7	8	9	10	11
Fish & Cheese Sandwich Broccoli with Roasted Garlic (VE) Fruit Offering Flavored Apple Sauce (VE)	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	Turkey Burgers & Turkey Cheeseburgers Spiced Sweet Potatoes (VE) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Pasta (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
Braised Tuna with Tomato Sauce Broccoli with Roasted Garlic (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	Turkey Burgers & Turkey Cheeseburgers Steamed Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Pasta (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
21	22	23	24	25
Fish & Cheese Sandwich Broccoli with Roasted Garlic (VE) Fruit Offering Flavored Apple Sauce (VE)	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	Turkey Burgers & Turkey Cheeseburgers Spiced Sweet Potatoes (VE) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Pasta (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
28	29	30	31	
Braised Tuna with Tomato Sauce Broccoli with Roasted Garlic (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	Turkey Burgers & Turkey Cheeseburgers Steamed Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Pasta (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	• Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna 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

(V) Indicates Vegetarian (VE) Indicates Vegan Assorted Dressings

All vegetable portions for K-8 are 3/4 cup. High School is 1 cup. Seasonal Fresh Fruit
Apples, Apple Slices,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Oranges, Pears, Plums,
Bananas, Watermelon, and
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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

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

O.F.N.S. TIFOOD







Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Turkey Chili Southwest Pasta Bowl* Fresh Roasted Tomatoes (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Chicken Dumplings Garlic Teriyaki Green Beans (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Rustic White Beans (VE) Penne Bruschetta (VE)* Italian Roasted Carrots (VE)* Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
7	8	9	10	11
French Bread Pizza (V) Steamed Green Beans (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Chicken Tenders Steamed Carrots (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Caribbean Style Beef Patty Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Bites Butternut Squash Mac and Cheese (V)* Steamed Broccoli (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Nuggets (VE) Sweet Potato Wedge Fries (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Seasonal Fresh Fruit Applesauce (VE) Milk (V)	Chicken Bites Steamed Carrots (VE) Brown Rice (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Shawarma* Curry Potato (VE)* Flat Bread (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Sweet Potato Quesadilla Rollup (VE)* Steamed Broccoli (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
21	22	23	24	25
Pizza by the Slice (V) Superhero Spinach (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Turkey Chili Southwest Pasta Bowl* Fresh Roasted Tomatoes (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Chicken Dumplings Garlic Teriyaki Green Beans (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Rustic White Beans (VE) Penne Bruschetta (VE)* Italian Roasted Carrots (VE)* Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
28	29	30	31	
French Bread Pizza (V) Steamed Green Beans (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Chicken Tenders Steamed Carrots (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Caribbean Style Beef Patty Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Bites Butternut Squash Mac and Cheese (V)* Steamed Broccoli (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Daily Lunch Specials • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (V) • 4 oz. Yogurt (V) • Tuna Sandwich Options may vary by location

ATTENTION:

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

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit

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

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

OFNS has an extensive Prohibitive Ingredients List available at:



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

Consistencies upon request: puree, mashed and finely chopped.

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



OCTOBER 2024: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Monay	1 40044	2		Rosh Hashanah 4
			1001111111111	Rustic White Beans (VE)
	Three Bean Chili			Penne Bruschetta (VE)*
	Southwest	Zesty Chickpea	Zucchini Parmigiana (V)	Italian Roasted Carrots (VE)*
	Pasta Bowl (VE)	Stew (VE)	Spaghetti Marinara (VE)	Warm Breadstick (V)
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR	Street Style Corn (V)	Roasted Zucchini (VE) Flatbread (VE)	Basil Corn Salad (VE)	Three Cheese Grilled Cheese (V)
PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Salad Bar Fiesta Bar With Diced Tomato (VE)	Salad Bar Mediterranean Bar	Salad Bar Leafy Green Salad Bar	Salad Bar Mediterranean Bar
7	8	9	10	11
Pepper and Onion Pizza (V)	<u>Plastic Free</u> <u>Lunch Day</u>			Black-Eyed Peas with
French Bread Pizza (V) Seasoned Peas (VE)	Garlic and Tomato Panini (V) with marinara sauce (VE)	Mushroom Swiss Veggie Burger (V)* Whole Wheat Bun	Big City Bean Taco (VE)	Tomato and Kale (VE) with Brown Rice (VE)
Mixed Green Salad (V) Salad Bar	Baby Carrots (VE)	Seasoned Wedge Fries (VE)	Corn on the Cob (VE)	Southwest Burrito (V) Sweet Potato
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Wedge Fries (VE) Salad Bar
Chickpea Salad (V)	Plastic Free Lunch Bar	Classic Toppings	Fiesta Bar	Fiesta Bar
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
				Sweet Potato Quesadilla Rollup (V)*
Sicilian Slice Pizza (V)	Teriyaki Veggie Nuggets (VE)	Mozzarella Sticks (V) with marinara sauce (VE)	Chickpea Shawarma (VE)*	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Curry Potato (VE)*	Apple Citrus Pico de Gallo (VE)*
	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (V)	Guacamole (VE)
Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Salad Bar	<i>Salad Bar</i> Pizza Bar	Salad Bar Rainbow Bar	Veggie Burger (VE) Salad Bar Fiesta Bar
21	22	23	24	25
				Rustic White Beans (VE)
Margherita Pizza (V)	Three Bean Chili Southwest	Zesty Chickpea	Zucchini Parmigiana (V)	Penne Bruschetta (VE)* Italian Roasted Carrots (VE)*
Pizza by the Slice (V)	Pasta Bowl (VE)	Stew (VE)	• , ,	Warm Breadstick (V)
Superhero Spinach (VE)	Street Style Corn (V)	Roasted Zucchini (VE)	Spaghetti Marinara (VE) Basil Corn Salad (VE)	Three Cheese Grilled
Salad Bar Pizza Bar	Salad Bar	Flatbread (VE)		Cheese (V)
With Balsamic Chickpea Salad (V)	Fiesta Bar With Diced Tomato (VE)	Salad Bar Mediterranean Bar	Salad Bar Leafy Green Salad Bar	Salad Bar Mediterranean Bar
Danner and Onion	Plactic Free	30	31	
Pepper and Onion Pizza (V)	<u>Plastic Free</u> <u>Lunch Day</u>			
French Bread Pizza (V)	Garlic and Tomato	Mushroom Swiss Veggie Burger (V)*	Big City Bean Taco (VE)	
Seasoned Peas (VE)	Panini (V) with marinara sauce (VE)	Whole Wheat Bun	Corn on the Cob (VE)	
Mixed Green Salad (V)	Baby Carrots (VE)	Seasoned Wedge Fries (VE)	Honey Graham Cracker (V)	
Salad Bar Pizza Bar	Octob De			
With Balsamic Chickpea Salad (V)	Salad Bar Plastic Free Lunch Bar	Salad Bar Classic Toppings	Salad Bar Fiesta Bar	
Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)

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

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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



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

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



RER OCTOBER 2024: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
	Three Bean Chili Southwest	Veggie Nuggets (VE) Dipping Sauce	Turkey Cheeseburger Whole Wheat Bun Turkey Burger	Rustic White Beans (VE) Penne Bruschetta (VE)*
	Pasta Bowl (VE)	Chicken Dumplings	Whole Wheat Bun	Italian Roasted Carrots (VE)*
	or	Onicken Bumpings		italiali Roasteu Gallots (VL)
WE PROUDLY SUPPORT LOCALLY SOURCED,	Turkey Chili Southwest Pasta Bowl*	Garlic Teriyaki Green Beans (VE)	Fish and Cheese Sandwich Whole Wheat Bun	Warm Breadstick (V) Three Cheese Grilled
GROWN, HARVESTED OR	Street Style Corn (V)	Brown Rice (VE)	H. J. B	Cheese (V)
PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Salad Bar Fiesta Bar	Salad Bar Leafy Green Salad Bar	Herb Roasted Potatoes (VE) Salad Bar Classic Toppings	<i>Salad Bar</i> Mediterranean Bar
7	8	9	10	11
Pepper and Onion Pizza (V)	<u>Plastic Free</u> <u>Lunch Day</u>	Mushroom Swiss Veggie Burger (V)*	BBQ Chicken Thighs	Black-Eyed Peas with Tomato and Kale (VE)
French Bread Pizza (V)	Chieken Tendere	Whole Wheat Bun	Butternut Squash	with Brown Rice (VE)
Seasoned Peas (VE)	Chicken Tenders Corn on the Cob (VE)	Caribbean Style	Mac and Cheese (V)* Honey Corn Bread (V)	Sweet Potato Wedge Fries (VE)
Mixed Green Salad (V)	Dinner Roll (VE)	Beef Patty	Crispy Broccoli (V)	Southwest Burrito (V)
Salad Bar	(/	Seasoned Wedge Fries (VE)	(-)	
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Plastic Free Lunch Bar	Salad Bar Classic Toppings	Salad Bar Leafy Green Salad Bar	Salad Bar Fiesta Bar With Diced Tomato (VE)
Italian Heritage/Indigenous	15	16	17	18
Peoples Day 14	-			Sweet Potato
	Teriyaki Veggie Nuggets (VE)		Chickpea	Quesadilla Rollup (V)*
Sicilian Slice Pizza (V)	Sweet & Sour	Mozzarella Sticks (V) with marinara sauce (VE)	Shawarma (VE)* or	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Chicken Bites Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Chicken Shawarma* Curry Potato (VE)*	Apple Citrus Pico de Gallo (VE)*
	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (VE)	Guacamole (VE)
Salad Bar	Blown Rice (VE)	Garile Kilot (V)	Flat Bleau (VE)	
Pizza Bar	Colod Por	Salad Bar	Salad Bar	Veggie Burger (VE) Salad Bar
With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Salad Bar	Pizza Bar	Rainbow Bar	Fiesta Bar
21	22	23	24	25
			Turkey	
	Three Pean Chili	Veggie Nuggets (VE)	Cheeseburger Whole Wheat Bun	Rustic White Beans (VE)
Margherita Pizza (V)	Three Bean Chili Southwest Pasta Bowl (VE)	Dipping Sauce Chicken Dumplings	Turkey Burger Whole Wheat Bun	Penne Bruschetta (VE)* Italian Roasted Carrots (VE)*
Pizza by the Slice (V) Superhero Spinach (VE)	or Turkey Chili Southwest Pasta Bowl*	Garlic Teriyaki	Fish and Cheese	Warm Breadstick (V)
Salad Bar	Street Style Corn (V)	Green Beans (VE) Brown Rice (VE)	Sandwich Whole Wheat Bun	Three Cheese Grilled Cheese (V)
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Herb Roasted Potatoes (VE) Salad Bar	Salad Bar
Chickpea Salad (V)	Fiesta Bar	Leafy Green Salad Bar	Classic Toppings	Mediterranean Bar
28	29	30	31	
Pepper and Onion	<u>Plastic Free</u>		BBQ Chicken Thighs	
Pizza (V) French Bread Pizza (V)	Lunch Day	Mushroom Swiss Veggie Burger (V)*	Butternut Squash Mac and Cheese (V)*	
Seasoned Peas (VE)	Chicken Tenders	Whole Wheat Bun	Honey Corn Bread (V)	
Mixed Green Salad (V)	Corn on the Cob (VE) Dinner Roll (VE)	Caribbean Style Beef Patty	Crispy Broccoli (V)	
Salad Bar	Dillion Roll (VE)	Seasoned Wedge Fries (VE)	Honey Graham Cracker (V)	
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Plastic Free Lunch Bar	Salad Bar Classic Toppings	Salad Bar Leafy Green Salad Bar	
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	Thursday	<u>Friday</u>
Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V)
Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)
(*)	• Tuna Sandwich	• Tuna Sandwich	• Tuna Sandwich	Southwest Burrito (V)

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

Alternative options are available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

OFNS has an extensive Prohibitive Ingredients List



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



	OCTOBER 202	24: High Schoo	i Lunch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2		
	Three Bean Chili Southwest Pasta Bowl (VE)	Veggie Nuggets (VE) Dipping Sauce Chicken Dumplings	Turkey Cheeseburger Whole Wheat Bun Turkey Burger Whole Wheat Bun	Rustic White Beans (VE) Penne Bruschetta (VE)*
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR	or Turkey Chili Southwest Pasta Bowl* Street Style Corn (V)	Garlic Teriyaki Green Beans (VE) Brown Rice (VE)	Fish and Cheese Sandwich Whole Wheat Bun	Warm Breadstick (V) Three Cheese Grilled Cheese (V)
PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Salad Bar Fiesta Bar	<i>Salad Bar</i> Leafy Green Salad Bar	Herb Roasted Potatoes (VE) Salad Bar Classic Toppings	<i>Salad Bar</i> Mediterranean Bar
7	8	9	10	11
Pepper and Onion Pizza (V)	<u>Plastic Free</u> <u>Lunch Day</u>	Mushroom Swiss Veggie Burger (V)*	BBQ Chicken Thighs	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)
French Bread Pizza (V) Seasoned Peas (VE)	Chicken Tenders	Whole Wheat Bun Caribbean Style	Butternut Squash Mac and Cheese (V)*	Sweet Potato Wedge Fries (VE)
Mixed Green Salad (V)	Baby Carrots (VE) Dinner Roll (VE)	Beef Patty	Honey Corn Bread (V) Crispy Broccoli (V)	Southwest Burrito (V)
Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Plastic Free Lunch Bar	Seasoned Wedge Fries (VE) Salad Bar Classic Toppings	<i>Salad Bar</i> Leafy Green Salad Bar	Salad Bar Fiesta Bar With Diced Tomato (VE)
Italian Heritage/Indigenous	15	16	17	18
Peoples Day 14	Teriyaki Veggie Nuggets (VE)		Chickpea	Sweet Potato Quesadilla Rollup (V)*
Sicilian Slice Pizza (V)	Sweet & Sour Chicken Bites	Mozzarella Sticks (V) with marinara sauce (VE)	Shawarma (VE)* or Chicken Shawarma*	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Curry Potato (VE)*	Apple Citrus Pico de Gallo (VE)*
	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (VE)	Guacamole (VE)
Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	<i>Salad Bar</i> Leafy Green Salad Bar	Salad Bar Pizza Bar	<i>Salad Bar</i> Rainbow Bar	Veggie Burger (VE) <i>Salad Bar</i> Fiesta Bar
21	22	23		25
Margherita Pizza (V)	Three Bean Chili	Veggie Nuggets (VE) Dipping Sauce	Turkey Cheeseburger Whole Wheat Bun	Rustic White Beans (VE) Penne Bruschetta (VE)*
Pizza by the Slice (V)	Southwest Pasta Bowl (VE) or	Chicken Dumplings	Turkey Burger Whole Wheat Bun	Italian Roasted Carrots (VE)*
Superhero Spinach (VE)	Turkey Chili Southwest Pasta Bowl*	Garlic Teriyaki Green Beans (VE)	Fish and Cheese Sandwich	Warm Breadstick (V)
Salad Bar Pizza Bar	Street Style Corn (V)	Brown Rice (VE)	Whole Wheat Bun Herb Roasted Potatoes (VE)	Three Cheese Grilled Cheese (V)
With Balsamic Chickpea Salad (V)	Salad Bar Fiesta Bar	<i>Salad Bar</i> Leafy Green Salad Bar	Salad Bar Classic Toppings	Salad Bar Mediterranean Bar
28	29	30	31	
Pepper and Onion Pizza (V)	<u>Plastic Free</u> Lunch Day	Mushroom Swiss	BBQ Chicken Thighs	
French Bread Pizza (V)	Chicken Tenders	Veggie Burger (V)* Whole Wheat Bun	Butternut Squash Mac and Cheese (V)*	
Seasoned Peas (VE)	Baby Carrots (VE)	Caribbean Style	Honey Corn Bread (V)	
Mixed Green Salad (V) Salad Bar	Dinner Roll (VE)	Beef Patty Seasoned Wedge Fries (VE)	Crispy Broccoli (V) Honey Graham Cracker (V)	
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Plastic Free Lunch Bar	Salad Bar Classic Toppings	Salad Bar Leafy Green Salad Bar	
Monday	Tuesday	<u>Wednesday</u>	Thursday	<u>Friday</u>
Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)
Grab and Go Salads (V)	Tuna Sandwich Grab and Go Salads	Tuna Sandwich Grab and Go Salads	Tuna Sandwich Grab and Go Salads	Grab and Go Salads (VE) 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 or
Cookies

OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

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

OFNS has an extensive Prohibitive Ingredients List



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







OCTOBER 2024. High School Express Cold Editor Wella					
Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2		-	
	1	2	Rosh Hashanah 3	Rosh Hashanah 4	
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	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) Crunchy Carrot Sticks (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE)	
7	8	9	10	11	
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE)	Sesame Noodle Bowl Grab & Go Basil Corn Salad (VE)	Superhero Spinach Wrap (V) Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)	
Italian Heritage/Indigenous Peoples Dav 14	15	16	17	18	
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Coleslaw (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Classic Potato Salad (V)	
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE)	
28	29	30	31		
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE)	Sesame Noodle Bowl Grab & Go Basil Corn Salad (VE)	Superhero Spinach Wrap (V) Broccoli Salad (V) Honey Graham Cracker (V)		
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Jelly Sandwich (VE)	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	

OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



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



OCTOBER 2024: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	_	
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Soft Turkey Taco Street Style Corn (V) Salsa (VE)	Chicken Dumplings Garlic Teriyaki Green Beans (VE)	Turkey Cheeseburger Whole Wheat Bun Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE)	Rustic White Beans (VE) Penne Bruschetta (VE)* Three Cheese Grilled Cheese (V) Italian Roasted Carrots (VE) Warm Breadstick (V)
7	8	9	10	11
Sicilian Slice Pizza (V) Hot Bean Salad (VE)	Chicken Tenders Sauteed Spinach (VE) Dinner Roll (VE)	Caribbean Style Beef Patty Seasoned Wedge Fries (VE)	BBQ Chicken Thighs Butternut Squash Mac and Cheese (V)* Honey Corn Bread (V) Crispy Broccoli (V)	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE) Southwest Burrito (V) Sweet Potato Wedge Fries (VE)
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Balsamic Chickpeas (VE)	Sweet & Sour Chicken Bites Ginger Carrots (V) Brown Rice (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE)	Chickpea or Chicken Shawarma* Flat Bread (VE) Curry Potato (VE)*	Sweet Potato Quesadilla Rollup (V)* Veggie Burger (VE) Roasted Fresh Tomatoes (VE)
21	22	23	24	25
Sicilian Slice Pizza (V) Seasoned Chickpeas (VE) Superhero Spinach (VE)	Soft Turkey Taco Street Style Corn (V) Salsa (VE)	Chicken Dumplings Garlic Teriyaki Green Beans (VE)	Turkey Cheeseburger Whole Wheat Bun Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE)	Rustic White Beans (VE) Penne Bruschetta (VE)* Three Cheese Grilled Cheese (V) Italian Roasted Carrots (VE) Warm Breadstick (V)
28	29	30	31	
Sicilian Slice Pizza (V) Hot Bean Salad (VE)	Chicken Tenders Sauteed Spinach (VE) Dinner Roll (VE)	Caribbean Style Beef Patty Seasoned Wedge Fries (VE)	BBQ Chicken Thighs Butternut Squash Mac and Cheese (V)* Honey Corn Bread (V) Crispy Broccoli (V) Honey Graham Cracker (V)	
Monday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)

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

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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



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



Mayor Chancellor					
		R 2024: Food C			
Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	Rosh Hashanah 3	Rosh Hashanah 4	
				Rustic White Beans (VE)	
	Three Bean Chili		Turkey	` '	
	Southwest Pasta Bowl (VE)	Chicken Dumplings	Cheeseburger Whole Wheat Bun	Penne Bruschetta (VE)*	
	or Turkey Chili Southwest	Garlic Teriyaki Green Beans (V)		Italian Roasted Carrots (VE)*	
WE PROUDLY SUPPORT	Pasta Bowl*		Turkey Burger Whole Wheat Bun	Warm Breadstick (V)	
LOCALLY SOURCED, GROWN, HARVESTED OR	Street Style Corn (V)	Brown Rice (VE)	Herb Roasted Potatoes (VE)	Three Cheese Grilled Cheese (V)	
PRODUCED FOOD. ALL NEW YORK ITEMS	Salad Bar	Salad Bar	Salad Bar	Salad Bar	
ARE HIGHLIGHED IN GREEN.	Fiesta Bar	Leafy Green Salad Bar	Classic Toppings	Mediterranean Bar	
7	8	9	10	11	
			BBQ	Black-Eyed Peas with	
		Fish and Cheese	Chicken Thighs	Tomato and Kale (VE)	
Garlic and Tomato	Chicken Tender Melt	Sandwich Whole Wheat Bun	Butternut Squash	with Brown Rice (VE) Sweet Potato	
Panini (V)	on Ciabatta Bread	Roasted Zucchini and	Mac and Cheese (V)*	Wedge Fries (VE)	
Seasoned Peas (VE)	Baby Carrots (VE)	Tomatoes (VE)	Honey Corn Bread (V)	Southwest Burrito (V)	
<i>Salad Bar</i> Pizza Bar		Garlic Knot (V)	Crispy Broccoli (V)	Salad Bar	
(With Balsamic Chickpea Salad)	Salad Bar Plastic Free Lunch Bar	Salad Bar Classic Toppings	Salad Bar Leafy Green Salad Bar	Fiesta Bar With Diced Tomato (VE)	
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18	
r eoples bay				Sweet Potato	
				Quesadilla	
			Chickpea	Rollup (V)*	
Veggie Burger (VE)	Sweet & Sour	Caribbean Style	Shawarma (VE)* or	Tomato Vinaigrette Salad (VE)*	
Veggie Cheeseburger (V)	Popcorn Chicken	Beef Patty	Chicken Shawarma*	Apple Citrus	
oncesebuiger (v)	Ginger Carrots (V)	Seasoned Wedge Fries (VE)	Curry Potato (VE)*	Pico de Gallo (VE)*	
Parmigiana Spinach (V)	Brown Rice (VE)	Geasoned Wedge Fries (VL)	Flat Bread (VE)	Guacamole (VE)	
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Veggie Burger (VE) Salad Bar	
Classic Toppings	Leafy Green Salad Bar	Classic Toppings	Rainbow Bar	Fiesta Bar	
21	22	23	24	25	
				Rustic White Beans (VE)	
	Three Bean Chili		Turkey	Penne Bruschetta (VE)*	
Fiesta Quesadilla (V)	Southwest Pasta Bowl (VE)	Chicken Dumplings	Cheeseburger Whole Wheat Bun	Italian Roasted Carrots (VE)*	
riesta Quesaullia (V)	or Turkey Chili Southwest	Garlic Teriyaki Green Beans (V)	Turkey Burger	Warm Breadstick (V)	
Superhero Spinach (VE)	Pasta Bowl*	Brown Rice (VE)	Whole Wheat Bun	Three Cheese Grilled	
	Street Style Corn (V)	Brown Nice (VL)	Herb Roasted Potatoes (VE)	Cheese (V)	
Salad Bar Fiesta Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	
(With Black Bean Salad)	Fiesta Bar 29	Leafy Green Salad Bar	Classic Toppings	Mediterranean Bar	
20	25	30	BBQ		
			Chicken Thighs		
		Fish and Cheese Sandwich	Butternut Squash Mac and Cheese (V)*		
Garlic and Tomato Panini (V)	Chicken Tender Melt on Ciabatta Bread	Whole Wheat Bun			
Seasoned Peas (VE)	on Glabatta Bread	Roasted Zucchini and	Honey Corn Bread (V) Crispy Broccoli (V)		
	Baby Carrots (VE)	Tomatoes (VE)			
Salad Bar Pizza Bar	Calad Day	Garlic Knot (V)	Honey Graham Cracker (V)		
(With Balsamic Chickpea Salad)	Salad Bar Plastic Free Lunch Bar	Salad Bar Classic Toppings	Salad Bar Leafy Green Salad Bar		
Monday • Pizza (V)	Tuesday • Pizza (V)	Wednesday • Pizza (V)	Thursday Pizza (V)	Friday - Peanut Butter and/or	
Mozzarella Sticks (V) Peanut Butter and/or	Chicken Tenders & Dinner Roll	Chicken Tenders & Dinner Roll	Chicken Tenders & Dinner Roll	Sunflower Seed Butter & Jelly Sandwich (VE)	
Sunflower Seed Butter & Jelly Sandwich (VE)	Mozzarella Sticks (V) Peanut Butter and/or	Mozzarella Sticks (V) Peanut Butter and/or	Mozzarella Sticks (V) Peanut Butter and/or	Hummus and Crackers (V) Hot or Cold Cheese	
Hummus and Crackers (V) Hot or Cold Cheese	Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter & Jelly Sandwich (VE)	Sandwich (V) • Grab and Go Salads (VE)	
Sandwich (V) • Grab and Go Salads (V)	Hummus and Crackers (V) Hot or Cold Cheese	Hummus and Crackers (V) Hot or Cold Cheese	Hummus and Crackers (V) Hot or Cold Cheese	Seasoned Wedge Fries (VE)	
• Seasoned Wedge Fries (VE)	Sandwich (V) • Grab and Go Salads	Sandwich (V) • Grab and Go Salads	Sandwich (V) • Grab and Go Salads	• Southwest Burrito (V)	
	Seasoned Wedge Fries (VE)	Seasoned Wedge Fries (VE)	Seasoned Wedge Fries (VE)		
		OFFEDED DAILY			

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

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

OFNS has an extensive
Prohibitive Ingredients List
available at:



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







Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	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)
7	8	9	10	11
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cheese Cubes (V) Applesauce (VE)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Milk (V)
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE) Fresh Fruit (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
21	22	23	24	25
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)
28	29	30	31	
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cheese Cubes (V) Applesauce (VE)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

All Fruit and Vegetable Offerings are 1 cup

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

OFNS has an extensive Prohibitive Ingredients List available at:







OCTOBER 2024: After School Infant - Toddler Snack Menu

OCTOBER 2024. Arter School Illiant - Toudier Shack Wenu				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Assorted Cereal (VE) Milk (V)	Apple Slices (VE) Milk (V)	Animal Crackers (V) Hummus Cup (VE)	Fresh Banana (VE) Milk (V)
7	8	9	10	11
Animal Crackers (V) Hummus Cup (VE)	Fresh Banana (VE) Milk (V)	Yogurt Choice (V) Diced Peaches (VE)	Assorted Cereal (VE) Milk (V)	Apple Slices (VE) Milk (V)
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
Yogurt Choice (V) Diced Peaches (VE)	Assorted Cereal (VE) Milk (V)	Apple Slices (VE) Milk (V)	Animal Crackers (V) Hummus Cup (VE)	Fresh Banana (VE) Milk (V)
21	22	23	24	25
Animal Crackers (V) Hummus Cup (VE)	Fresh Banana (VE) Milk (V)	Yogurt Choice (V) Diced Peaches (VE)	Assorted Cereal (VE) Milk (V)	Apple Slices (VE) Milk (V)
28	29	30	31	
Yogurt Choice (V) Diced Peaches (VE)	Assorted Cereal (VE) Milk (V)	Apple Slices (VE) Milk (V)	Animal Crackers (V) Hummus Cup (VE)	

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apples, Apple Slices,
Oranges, Mandarins,
Pears, Peaches,
Bananas, and Strawberries
(VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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

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

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



OCTOBER 2024: After School Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Mediterranean Chicken Pasta Salad Green Garden Salad (V)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V)
7	8	9	10	11
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V)
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Asian Sesame Crispy Chicken Grab & Go Salad Basil Corn Salad (VE)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)
21	22	23	24	25
Superhero Spinach Wrap (V) Broccoli Salad (V)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Mediterranean Chicken Pasta Salad Green Garden Salad (V)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V)
28	29	30	31	
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Chicken Wrap Confetti Corn Salad (VE)	Daily Supper Specials • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) Options may vary by location

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

OFNS has an extensive Prohibitive Ingredients List available at:









Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Fish and Cheese Sandwich Whole Wheat Bun Baked Sweet Potato Wedge Fries (VE)	Crispy Chicken Bites with Dipping Sauce Seasoned Wedge Fries (VE)	Chickpea Shawarma (VE)* or Chicken Shawarma* Curry Potato (VE)* Flat Bread (V)	Pizza (V) Parmigiana Spinach (V)
7	8	9	10	11
Homemade Grilled Cheese Sandwich (V) Crispy Broccoli (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Chicken Tenders Garlicky Green Beans (VE) Bread Stick (V)	Pizza (V) Green Garden Salad (VE)	Rustic White Beans (VE) Pasta Bruschetta (VE)* Italian Roasted Carrots (VE)* Warm Breadstick (V) Three Cheese Grilled Cheese (V)
Italian Heritage/Indigenous Peoples Dav 14	15	16	17	18
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Garlic and Tomato Panini (V) Roasted Zucchini (VE)	Caribbean Style Beef Patty Slow Roasted Baby Carrots (V)	Pizza (V) Superhero Spinach (VE)	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE) Sweet Potato Wedge Fries (VE) Southwest Burrito (V)
21	22	23	24	25
Manicotti in Marinara Sauce (V) Italian Green Beans (VE)	Fish and Cheese Sandwich Whole Wheat Bun Baked Sweet Potato Wedge Fries (VE)	Crispy Chicken Bites with Dipping Sauce Seasoned Wedge Fries (VE)	Chickpea Shawarma (VE)* or Chicken Shawarma* Curry Potato (VE)* Flat Bread (V)	Pizza (V) Parmigiana Spinach (V)
28	29	30	31	
Homemade Grilled Cheese Sandwich (V) Crispy Broccoli (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Chicken Tenders Garlicky Green Beans (VE) Bread Stick (V)	Pizza (V) Green Garden Salad (VE)	Daily Supper Specials • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) Options may vary by location

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

OFNS has an extensive Prohibitive Ingredients List available at:





Monday





OCTOBER 2024: After School Vegetarian Supper Menu

Wednesday Thursday

Tuesday

wonday	ruesday	wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V)	Big City Bean Taco (VE) Green Garden Salad (VE)	Pizza (V) Crispy Broccoli (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
7	8	9	10	11
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Black Bean and Plantain Power Bowl (VE) with Brown Rice (VE)	Pizza (V) Roasted Zucchini (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Super Hero Spinach Wrap (V) Baked Beans (VE)	Pizza (V) Garlicky Green Beans (VE)	Three Cheese Grilled Cheese (V) Street Style Corn (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
21	22	23	24	25
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V)	Big City Bean Taco (VE) Green Garden Salad (VE)	Pizza (V) Crispy Broccoli (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Sweet Potato Waffle Fries (VE)
28	29	30	31	
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Black Bean and Plantain Power Bowl (VE) with Brown Rice (VE)	Pizza (V) Roasted Zucchini (VE)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) Options may vary by location

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

OFNS has an extensive Prohibitive Ingredients List available at:









OCTOBER 2024: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
5	12	19	26	
Honey Corn Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Banana Breakfast Bread (V) Milk (V)	Blueberry Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	

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

<u>Milk</u> 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,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Oranges, Pears, Plums,
Bananas, Watermelon, and
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



O.F.N.S. MFOOD







OCTOBER 2024: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
5	12	19	26	
French Toast Sticks (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Buttermilk Pancakes (V) Fresh Fruit (VE) Milk (V)	Rise and Shine Waffles (V) Fresh Fruit (VE) Milk (V)	

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

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

OFNS has an extensive
Prohibitive Ingredients List
available at:



O.F.N.S. TIFOOD







Saturday	Saturday	Saturday	Saturday	Saturday
5	12	19	26	
Assorted Cold Sandwiches and Wraps				
Confetti Corn Salad (VE)	Italian Green Beans (VE)	Carrot Sticks (VE)	Broccoli Salad (V)	
Fresh Fruit (VE) Milk (V)				

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

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

OFNS has an extensive Prohibitive Ingredients List available at:



O.F.N.S. TIFOOD





OCTOBER 2024: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
5	12	19	26	
Grilled Cheese Sandwich (V) Seasoned Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Turkey Burgers & Turkey Cheeseburgers Baked Sweet Potato Waffle Fries (VE) Fresh Fruit (VE) Milk (V)	Baked Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V) Fresh Fruit (VE) Milk (V)	Pizza by the Slice (V) Italian Roasted Carrots (VE) Fresh Fruit (VE) Milk (V)	

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

OFFERED DAILY

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

<u>Milk</u>

(V) Indicates Vegetarian(VE) Indicates Vegan

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List



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