

OCTOBER 2024: Pre-K - 8 Breakfast Menu

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

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

Breakfast After the Bell Grab and Go
Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)

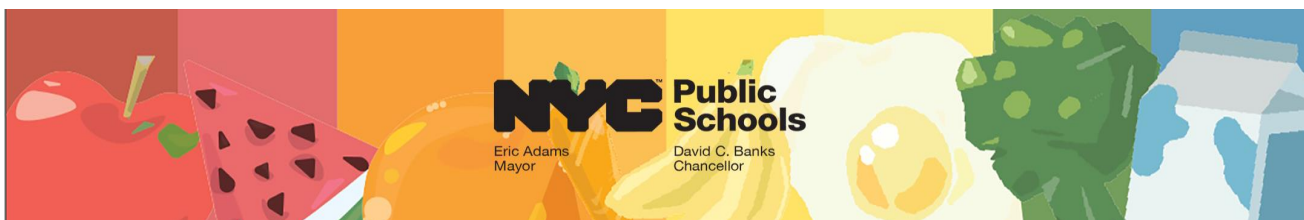
OFFERED DAILY
Options may vary by location
Cold Cereal Choices
Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)

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

OFNS has an extensive Prohibitive Ingredients List available at:

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

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



OCTOBER 2024: High School Breakfast Menu

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

Milk

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

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

OFFERED DAILY

Options may vary by location

Cold Cereal Choices

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)

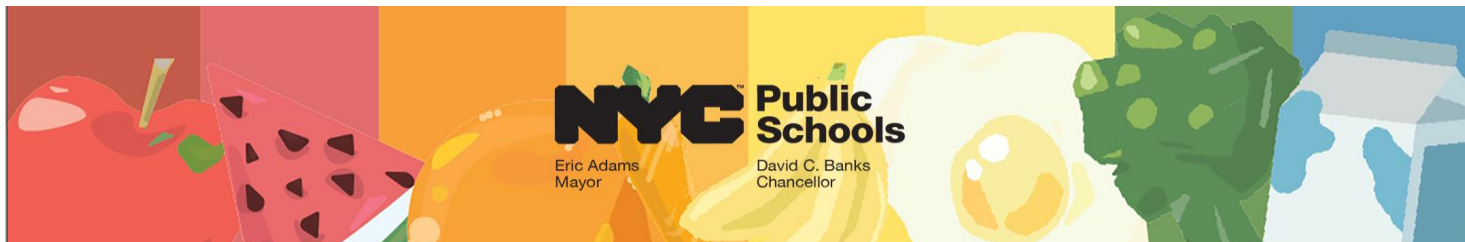
OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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

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



OCTOBER 2024: Breakfast Express Menu

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

OFFERED DAILY

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

Breakfast After the Bell Grab and Go

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

Options may vary by location

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

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

Condiments
 Syrup (VE)

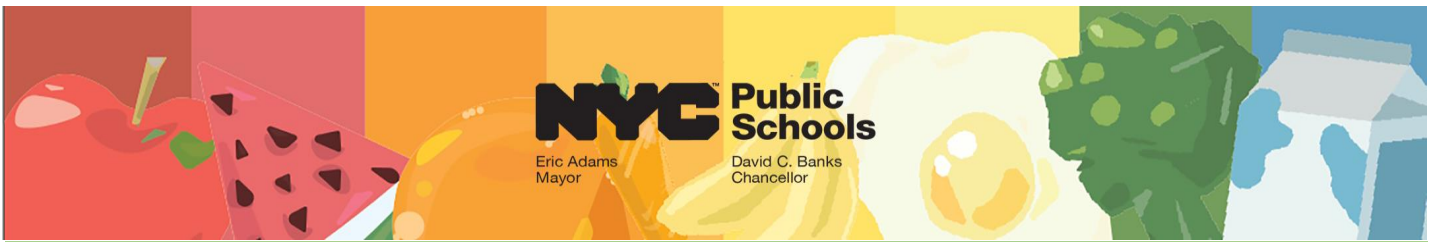
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ATTENTION:

• 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 3	Rosh Hashanah 4
<p style="font-size: small; color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p style="text-align: center;">Egg Omelet on a Soft Roll (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p style="text-align: center;">Croissant (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Pears (VE)</p>	<p style="text-align: center;">Egg Omelet on a Soft Roll (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Bananas (VE)</p>	<p style="text-align: center; color: green;">Blueberry Breakfast Bread (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (VE)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Apple Sauce (VE)</p>
7	8	9	10	11
<p style="text-align: center; color: green;">Apple Cinnamon Breakfast Bread (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Peaches (VE)</p>	<p style="text-align: center;">Egg Omelet on a Soft Roll (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p style="text-align: center;">Croissant (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Pears (VE)</p>	<p style="text-align: center;">Egg Omelet on a Soft Roll (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Bananas (VE)</p>	<p style="text-align: center; color: green;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (VE)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Apple Sauce (VE)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p style="text-align: center; color: green;">Banana Breakfast Bread (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Peaches (VE)</p>	<p style="text-align: center;">Egg Omelet on a Soft Roll (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p style="text-align: center;">Croissant (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Pears (VE)</p>	<p style="text-align: center;">Egg Omelet on a Soft Roll (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Bananas (VE)</p>	<p style="text-align: center; color: green;">Blueberry Breakfast Bread (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (VE)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Apple Sauce (VE)</p>
21	22	23	24	25
<p style="text-align: center; color: green;">Apple Cinnamon Breakfast Bread (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Peaches (VE)</p>	<p style="text-align: center;">Egg Omelet on a Soft Roll (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p style="text-align: center;">Croissant (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Pears (VE)</p>	<p style="text-align: center;">Egg Omelet on a Soft Roll (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Bananas (VE)</p>	<p style="text-align: center; color: green;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (VE)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Apple Sauce (VE)</p>
28	29	30	31	
<p style="text-align: center; color: green;">Banana Breakfast Bread (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Peaches (VE)</p>	<p style="text-align: center;">Egg Omelet on a Soft Roll (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p style="text-align: center;">Croissant (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Pears (VE)</p>	<p style="text-align: center;">Egg Omelet on a Soft Roll (V)</p> <p style="text-align: center;">Hot Oatmeal (V)</p> <p style="text-align: center; color: purple; font-size: small;">Fruit Offering Bananas (VE)</p>	

Milk

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

Fat Free Chocolate (V)

Alternative options are available upon request

Seasonal Fresh Fruit

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

Condiments

Syrup (VE)

OFFERED DAILY

Options may vary by location

Cold Cereal Choices

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

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:

- 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: Infant - Toddler Breakfast Menu

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

OFFERED DAILY

Milk

Whole Milk (V)

Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit

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

Other Fruits

Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

Cold Cereal Choices

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

Options may vary by location

Assorted Yogurts

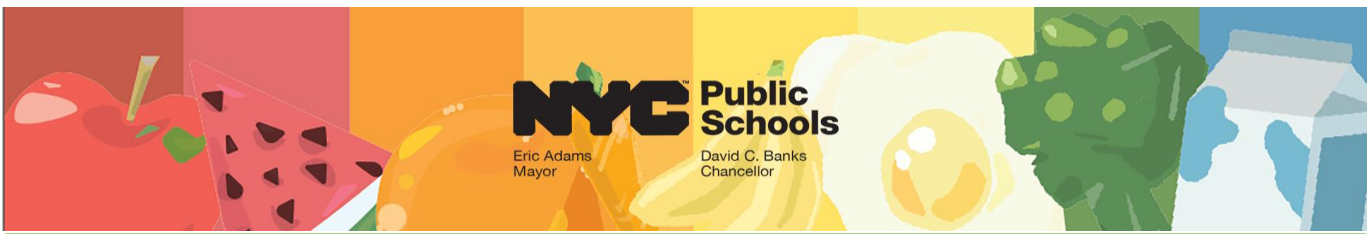
Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:




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

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



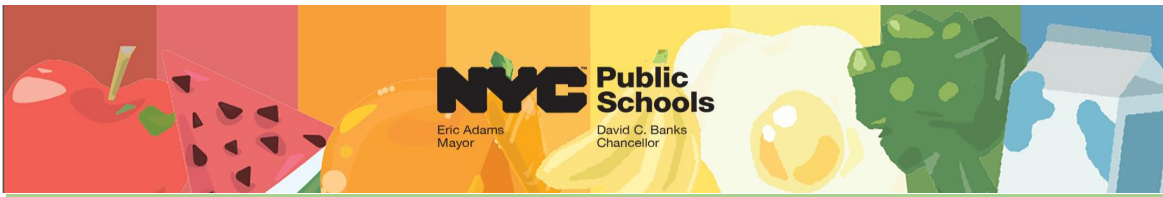
OCTOBER 2024: Pre-K - 8 Vegetarian Breakfast Menu

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

<p>Milk</p> <p>1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request</p>	<p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p>	<p>OFFERED DAILY</p> <p>Options may vary by location</p> <p>Cold Cereal Choices Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE)</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p> <p>Condiments Syrup (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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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.



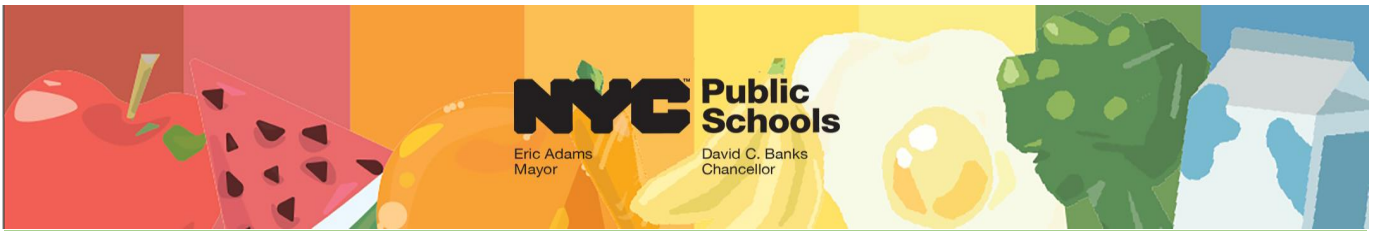
OCTOBER 2024: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p>Street Style Corn (V)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Veggie Nuggets (VE) Dipping Sauce</p> <p>Chicken Dumplings</p> <p>Garlic Teriyaki Green Beans (VE)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Turkey Cheeseburger <i>Whole Wheat Bun</i></p> <p>Turkey Burger <i>Whole Wheat Bun</i></p> <p>Fish and Cheese Sandwich <i>Whole Wheat Bun</i></p> <p>Herb Roasted Potatoes (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
7	8	9	10	11
<p>Pepper and Onion Pizza (V)</p> <p>French Bread Pizza (V)</p> <p>Seasoned Peas (VE)</p> <p>Mixed Green Salad (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><i>Plastic Free Lunch Day</i></p> <p>Chicken Tenders</p> <p>Corn on the Cob (VE)</p> <p><i>Dinner Roll (VE)</i></p> <p><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Mushroom Swiss Veggie Burger (V)* <i>Whole Wheat Bun</i></p> <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p><i>Salad Bar</i> Fiesta Bar With Diced Tomato (VE)</p>
14	15	16	17	18
<p>Italian Heritage/Indigenous Peoples Day</p> <p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Teriyaki Veggie Nuggets (VE)</p> <p>Sweet & Sour Chicken Bites</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p><i>Garlic Knot (V)</i></p> <p><i>Salad Bar</i> Pizza Bar</p>	<p>Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p><i>Curry Potato (VE)*</i></p> <p>Flat Bread (VE)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Sweet Potato Quesadilla Rollup (V)*</p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>
21	22	23	24	25
<p>Margherita Pizza (V)</p> <p>Pizza by the Slice (V)</p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p>Street Style Corn (V)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Veggie Nuggets (VE) Dipping Sauce</p> <p>Chicken Dumplings</p> <p>Garlic Teriyaki Green Beans (VE)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Turkey Cheeseburger <i>Whole Wheat Bun</i></p> <p>Turkey Burger <i>Whole Wheat Bun</i></p> <p>Fish and Cheese Sandwich <i>Whole Wheat Bun</i></p> <p>Herb Roasted Potatoes (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
28	29	30	31	
<p>Pepper and Onion Pizza (V)</p> <p>French Bread Pizza (V)</p> <p>Seasoned Peas (VE)</p> <p>Mixed Green Salad (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><i>Plastic Free Lunch Day</i></p> <p>Chicken Tenders</p> <p>Corn on the Cob (VE)</p> <p><i>Dinner Roll (VE)</i></p> <p><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Mushroom Swiss Veggie Burger (V)* <i>Whole Wheat Bun</i></p> <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p>Honey Graham Cracker (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

<p>Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) <small>Alternative options are available upon request</small></p>	<p>ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;">  </div>
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* 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.



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)</p>	<p>Chimichurri Chicken Wrap Confetti Corn Salad (VE)</p>	<p>Chicken Salad Hoagie Kid Friendly Kale Salad (V)</p>	<p>Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE)</p>
7	8	9	10	11
<p>Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)</p>	<p>Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)</p>	<p>Sesame Noodle Bowl Grab & Go Basil Corn Salad (VE)</p>	<p>Superhero Spinach Wrap (V) Broccoli Salad (V)</p>	<p>Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)</p>
14 <small>Italian Heritage/Indigenous Peoples Day</small>	15	16	17	18
<p>Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Served with Salsa (VE)</p>	<p>BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce Classic Coleslaw (V)</p>	<p>Mediterranean Chicken Pasta Salad Green Garden Salad (VE)</p>	<p>Chickpea and Pimento Wrap (VE) Classic Potato Salad (V)</p>
21	22	23	24	25
<p>Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)</p>	<p>Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)</p>	<p>Chimichurri Chicken Wrap Confetti Corn Salad (VE)</p>	<p>Chicken Salad Hoagie Kid Friendly Kale Salad (V)</p>	<p>Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE)</p>
28	29	30	31	
<p>Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)</p>	<p>Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)</p>	<p>Sesame Noodle Bowl Grab & Go Basil Corn Salad (VE)</p>	<p>Superhero Spinach Wrap (V) Broccoli Salad (V) Honey Graham Cracker (V)</p>	
<p>Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)</p>	<p>Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)</p>	<p>Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)</p>	<p>Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)</p>	<p>Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)</p>

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

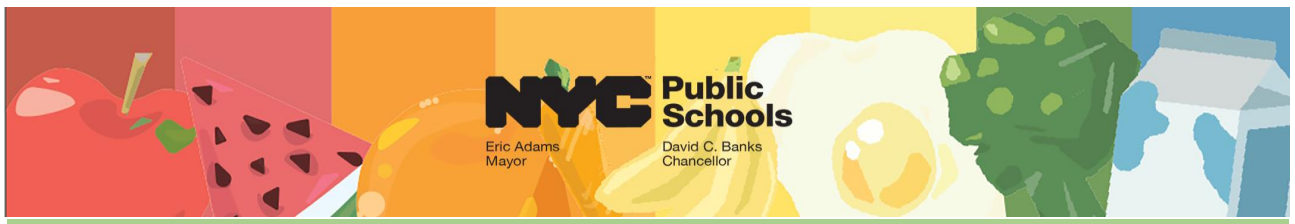
OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available

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:

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• **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: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	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) Sautéed 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)
14 <small>Italian Heritage/Indigenous Peoples Day</small>	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) Sautéed 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) 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

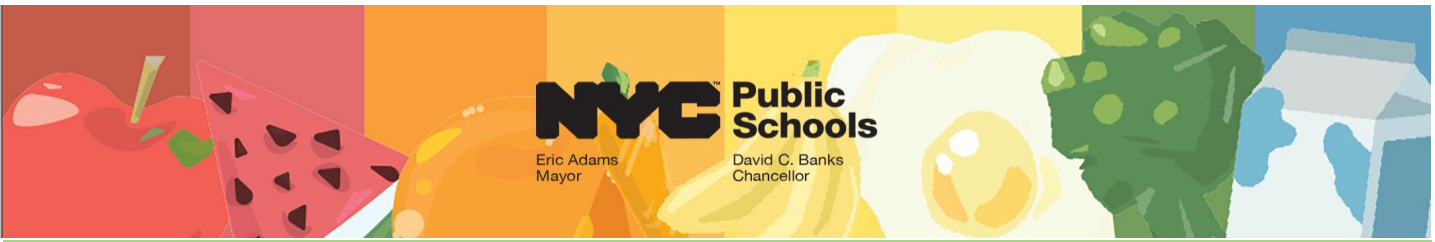
OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

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:

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• **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 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="text-align: center; color: green; font-weight: bold;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p style="text-align: center;">Chicken Tender Sandwich</p> <p style="text-align: center;">Sweet Plantains (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Pears (VE)</p>	<p style="text-align: center;">Turkey Burgers & Turkey Cheeseburgers</p> <p style="text-align: center;">Steamed Carrots (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Peaches (VE)</p>	<p style="text-align: center;">Ranch Chicken Tenders</p> <p style="text-align: center;">Soft Cooked Pasta (VE)</p> <p style="text-align: center;">Roasted Cauliflower (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p style="text-align: center; color: green;">Manicotti (V)</p> <p style="text-align: center;">Marinated White Beans (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Bananas (VE)</p>
7	8	9	10	11
<p style="text-align: center;">Fish & Cheese Sandwich</p> <p style="text-align: center;">Broccoli with Roasted Garlic (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p style="text-align: center;">Chicken Tender Sandwich</p> <p style="text-align: center;">Sweet Plantains (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Pears (VE)</p>	<p style="text-align: center;">Turkey Burgers & Turkey Cheeseburgers</p> <p style="text-align: center;">Spiced Sweet Potatoes (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Peaches (VE)</p>	<p style="text-align: center;">Italian Chicken Tenders</p> <p style="text-align: center;">Soft Cooked Pasta (VE)</p> <p style="text-align: center;">Roasted Cauliflower (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p style="text-align: center; color: green;">Manicotti (V)</p> <p style="text-align: center;">Marinated White Beans (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Bananas (VE)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p style="text-align: center;">Braised Tuna with Tomato Sauce</p> <p style="text-align: center;">Broccoli with Roasted Garlic (VE)</p> <p style="text-align: center;">Soft Roll (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p style="text-align: center;">Chicken Tender Sandwich</p> <p style="text-align: center;">Sweet Plantains (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Pears (VE)</p>	<p style="text-align: center;">Turkey Burgers & Turkey Cheeseburgers</p> <p style="text-align: center;">Steamed Carrots (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Peaches (VE)</p>	<p style="text-align: center;">Ranch Chicken Tenders</p> <p style="text-align: center;">Soft Cooked Pasta (VE)</p> <p style="text-align: center;">Roasted Cauliflower (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p style="text-align: center; color: green;">Manicotti (V)</p> <p style="text-align: center;">Marinated White Beans (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Bananas (VE)</p>
21	22	23	24	25
<p style="text-align: center;">Fish & Cheese Sandwich</p> <p style="text-align: center;">Broccoli with Roasted Garlic (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p style="text-align: center;">Chicken Tender Sandwich</p> <p style="text-align: center;">Sweet Plantains (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Pears (VE)</p>	<p style="text-align: center;">Turkey Burgers & Turkey Cheeseburgers</p> <p style="text-align: center;">Spiced Sweet Potatoes (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Peaches (VE)</p>	<p style="text-align: center;">Italian Chicken Tenders</p> <p style="text-align: center;">Soft Cooked Pasta (VE)</p> <p style="text-align: center;">Roasted Cauliflower (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p style="text-align: center; color: green;">Manicotti (V)</p> <p style="text-align: center;">Marinated White Beans (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Bananas (VE)</p>
28	29	30	31	
<p style="text-align: center;">Braised Tuna with Tomato Sauce</p> <p style="text-align: center;">Broccoli with Roasted Garlic (VE)</p> <p style="text-align: center;">Soft Roll (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p style="text-align: center;">Chicken Tender Sandwich</p> <p style="text-align: center;">Sweet Plantains (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Pears (VE)</p>	<p style="text-align: center;">Turkey Burgers & Turkey Cheeseburgers</p> <p style="text-align: center;">Steamed Carrots (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Peaches (VE)</p>	<p style="text-align: center;">Ranch Chicken Tenders</p> <p style="text-align: center;">Soft Cooked Pasta (VE)</p> <p style="text-align: center;">Roasted Cauliflower (VE)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p style="text-align: center; color: white;">Daily Lunch Specials</p> <ul style="list-style-type: none"> • Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna <p style="text-align: center; color: white; font-size: small;">Options may vary by location</p>

Milk

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

Alternative options are available upon request

OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

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

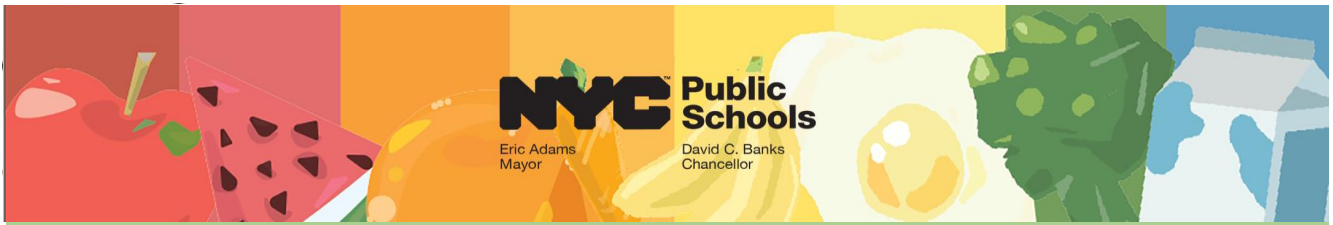
Seasonal Fresh Fruit
Apples, Apple Slices,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Oranges, Pears, Plums,
Bananas, Watermelon, and
Strawberries (VE)

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



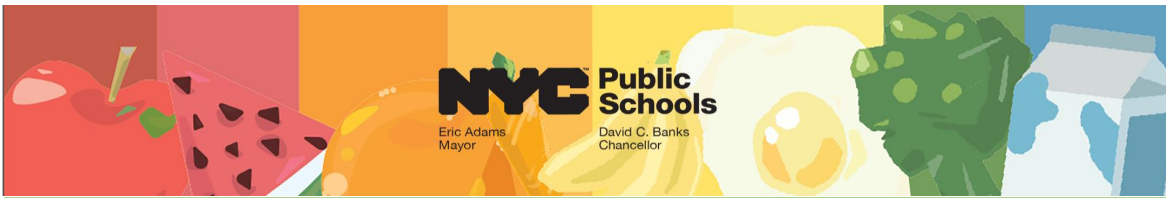
OCTOBER 2024: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p style="text-align: center;">Turkey Chili Southwest Pasta Bowl*</p> <p style="text-align: center;">Fresh Roasted Tomatoes (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center;">Turkey Burger Whole Wheat Bun</p> <p style="text-align: center; color: green;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center;">Rustic White Beans (VE)</p> <p style="text-align: center;">Penne Bruschetta (VE)*</p> <p style="text-align: center;">Italian Roasted Carrots (VE)*</p> <p style="text-align: center;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
7	8	9	10	11
<p>French Bread Pizza (V)</p> <p>Steamed Green Beans (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p style="text-align: center;">Chicken Tenders</p> <p style="text-align: center;">Steamed Carrots (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p style="text-align: center;">Caribbean Style Beef Patty</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center;">Chicken Bites</p> <p style="text-align: center;">Butternut Squash Mac and Cheese (V)*</p> <p style="text-align: center;">Steamed Broccoli (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center;">Veggie Nuggets (VE)</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit Applesauce (VE) Milk (V)</p>	<p style="text-align: center;">Chicken Bites</p> <p style="text-align: center;">Steamed Carrots (VE)</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini and Tomatoes (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center;">Chicken Shawarma*</p> <p style="text-align: center;">Curry Potato (VE)*</p> <p style="text-align: center;">Flat Bread (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center;">Sweet Potato Quesadilla Rollup (VE)*</p> <p style="text-align: center;">Steamed Broccoli (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
21	22	23	24	25
<p>Pizza by the Slice (V)</p> <p>Superhero Spinach (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p style="text-align: center;">Turkey Chili Southwest Pasta Bowl*</p> <p style="text-align: center;">Fresh Roasted Tomatoes (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center;">Turkey Burger Whole Wheat Bun</p> <p style="text-align: center; color: green;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center;">Rustic White Beans (VE)</p> <p style="text-align: center;">Penne Bruschetta (VE)*</p> <p style="text-align: center;">Italian Roasted Carrots (VE)*</p> <p style="text-align: center;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
28	29	30	31	
<p>French Bread Pizza (V)</p> <p>Steamed Green Beans (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p style="text-align: center;">Chicken Tenders</p> <p style="text-align: center;">Steamed Carrots (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p style="text-align: center;">Caribbean Style Beef Patty</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center;">Chicken Bites</p> <p style="text-align: center;">Butternut Squash Mac and Cheese (V)*</p> <p style="text-align: center;">Steamed Broccoli (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center; font-weight: bold;">Daily Lunch Specials</p> <ul style="list-style-type: none"> • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (V) • 4 oz. Yogurt (V) • Tuna Sandwich <p style="text-align: center; font-size: small;">Options may vary by location</p>
<p style="text-align: center; font-weight: bold;">Milk*</p> <p style="text-align: center;">Whole Milk (V)</p> <p style="font-size: x-small;">*Alternative options are available upon request</p>	<p style="text-align: center; font-weight: bold;">ATTENTION:</p> <p style="text-align: center;">All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p style="text-align: center;">OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="text-align: center; font-weight: bold;">Seasonal Fresh Fruit</p> <p style="font-size: x-small;">Apples, Apple Slices, Oranges, Mandarins, Pears, Peaches, Bananas, and Strawberries (VE)</p> <p style="text-align: center; font-weight: bold;">Other Fruits</p> <p style="font-size: x-small;">Apple Sauce, Sliced Peaches, Diced Pears, Pineapples (VE)</p>	<p style="text-align: center; font-size: x-small;">OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;"> </div>

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

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

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



OCTOBER 2024: Pre-K - 8 Vegetarian Lunch Menu

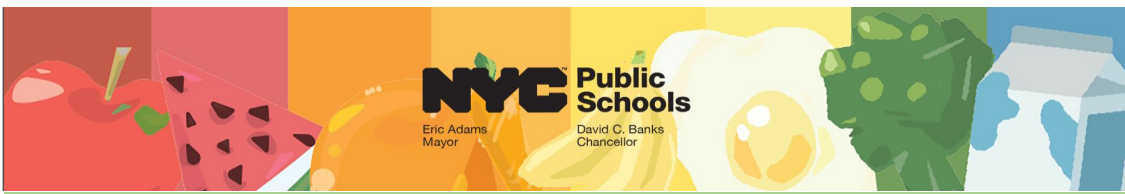
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p style="text-align: center;">Three Bean Chili Southwest Pasta Bowl (VE)</p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar With Diced Tomato (VE)</p>	<p style="text-align: center;">Zesty Chickpea Stew (VE)</p> <p style="text-align: center;">Roasted Zucchini (VE)</p> <p style="text-align: center;">Flatbread (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>	<p style="text-align: center;">Zucchini Parmigiana (V)</p> <p style="text-align: center;">Spaghetti Marinara (VE)</p> <p style="text-align: center;">Basil Corn Salad (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;">Rustic White Beans (VE)</p> <p style="text-align: center;">Penne Bruschetta (VE)*</p> <p style="text-align: center;">Italian Roasted Carrots (VE)*</p> <p style="text-align: center;">Warm Breadstick (V)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>
7	8	9	10	11
<p style="text-align: center;">Pepper and Onion Pizza (V)</p> <p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Seasoned Peas (VE)</p> <p style="text-align: center;">Mixed Green Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p style="text-align: center;">Garlic and Tomato Panini (V) with marinara sauce (VE)</p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p style="text-align: center;">Mushroom Swiss Veggie Burger (V)* <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p style="text-align: center;">Big City Bean Taco (VE)</p> <p style="text-align: center;">Corn on the Cob (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>	<p style="text-align: center;">Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center;">Salad Bar Fiesta Bar</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p style="text-align: center;">Sicilian Slice Pizza (V)</p> <p style="text-align: center;">Parmigiana Spinach (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">Teriyaki Veggie Nuggets (VE)</p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini and Tomatoes (VE)</p> <p style="text-align: center;"><i>Garlic Knot (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar</p>	<p style="text-align: center;">Chickpea Shawarma (VE)*</p> <p style="text-align: center;"><i>Curry Potato (VE)*</i></p> <p style="text-align: center;">Flat Bread (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center;">Sweet Potato Quesadilla Rollup (V)*</p> <p style="text-align: center;">Tomato Vinaigrette Salad (VE)*</p> <p style="text-align: center;">Apple Citrus Pico de Gallo (VE)*</p> <p style="text-align: center;">Guacamole (VE)</p> <p style="text-align: center;">Veggie Burger (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>
21	22	23	24	25
<p style="text-align: center;">Margherita Pizza (V)</p> <p style="text-align: center;">Pizza by the Slice (V)</p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">Three Bean Chili Southwest Pasta Bowl (VE)</p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar With Diced Tomato (VE)</p>	<p style="text-align: center;">Zesty Chickpea Stew (VE)</p> <p style="text-align: center;">Roasted Zucchini (VE)</p> <p style="text-align: center;">Flatbread (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>	<p style="text-align: center;">Zucchini Parmigiana (V)</p> <p style="text-align: center;">Spaghetti Marinara (VE)</p> <p style="text-align: center;">Basil Corn Salad (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;">Rustic White Beans (VE)</p> <p style="text-align: center;">Penne Bruschetta (VE)*</p> <p style="text-align: center;">Italian Roasted Carrots (VE)*</p> <p style="text-align: center;">Warm Breadstick (V)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>
28	29	30	31	
<p style="text-align: center;">Pepper and Onion Pizza (V)</p> <p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Seasoned Peas (VE)</p> <p style="text-align: center;">Mixed Green Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p style="text-align: center;">Garlic and Tomato Panini (V) with marinara sauce (VE)</p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p style="text-align: center;">Mushroom Swiss Veggie Burger (V)* <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p style="text-align: center;">Big City Bean Taco (VE)</p> <p style="text-align: center;">Corn on the Cob (VE)</p> <p style="text-align: center;">Honey Graham Cracker (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>	
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

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

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

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p style="text-align: center;">Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>	<p style="text-align: center;">Veggie Nuggets (VE) Dipping Sauce</p> <p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (VE)</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;">Turkey Cheeseburger Whole Wheat Bun</p> <p style="text-align: center;">Turkey Burger Whole Wheat Bun</p> <p style="text-align: center;">Fish and Cheese Sandwich Whole Wheat Bun</p> <p style="text-align: center;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p style="text-align: center;">Rustic White Beans (VE)</p> <p style="text-align: center;">Penne Bruschetta (VE)*</p> <p style="text-align: center;">Italian Roasted Carrots (VE)*</p> <p style="text-align: center;">Warm Breadstick (V)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>
7	8	9	10	11
<p style="text-align: center;">Pepper and Onion Pizza (V)</p> <p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Seasoned Peas (VE)</p> <p style="text-align: center;">Mixed Green Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p> <p style="text-align: center;">Italian Heritage/Indigenous Peoples Day</p>	<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p style="text-align: center;">Chicken Tenders</p> <p style="text-align: center;">Corn on the Cob (VE)</p> <p style="text-align: center;">Dinner Roll (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p style="text-align: center;">Mushroom Swiss Veggie Burger (V)* Whole Wheat Bun</p> <p style="text-align: center;">Caribbean Style Beef Patty</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p style="text-align: center;">BBQ Chicken Thighs</p> <p style="text-align: center;">Butternut Squash Mac and Cheese (V)*</p> <p style="text-align: center;">Honey Corn Bread (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;">Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar With Diced Tomato (VE)</p>
14	15	16	17	18
<p style="text-align: center;">Sicilian Slice Pizza (V)</p> <p style="text-align: center;">Parmigiana Spinach (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">Teriyaki Veggie Nuggets (VE)</p> <p style="text-align: center;">Sweet & Sour Chicken Bites</p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini and Tomatoes (VE)</p> <p style="text-align: center;">Garlic Knot (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar</p>	<p style="text-align: center;">Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p style="text-align: center;">Curry Potato (VE)*</p> <p style="text-align: center;">Flat Bread (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p style="text-align: center;">Sweet Potato Quesadilla Rollup (V)*</p> <p style="text-align: center;">Tomato Vinaigrette Salad (VE)*</p> <p style="text-align: center;">Apple Citrus Pico de Gallo (VE)*</p> <p style="text-align: center;">Guacamole (VE)</p> <p style="text-align: center;">Veggie Burger (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>
21	22	23	24	25
<p style="text-align: center;">Margherita Pizza (V)</p> <p style="text-align: center;">Pizza by the Slice (V)</p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;">Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>	<p style="text-align: center;">Veggie Nuggets (VE) Dipping Sauce</p> <p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (VE)</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;">Turkey Cheeseburger Whole Wheat Bun</p> <p style="text-align: center;">Turkey Burger Whole Wheat Bun</p> <p style="text-align: center;">Fish and Cheese Sandwich Whole Wheat Bun</p> <p style="text-align: center;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p style="text-align: center;">Rustic White Beans (VE)</p> <p style="text-align: center;">Penne Bruschetta (VE)*</p> <p style="text-align: center;">Italian Roasted Carrots (VE)*</p> <p style="text-align: center;">Warm Breadstick (V)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>
28	29	30	31	
<p style="text-align: center;">Pepper and Onion Pizza (V)</p> <p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Seasoned Peas (VE)</p> <p style="text-align: center;">Mixed Green Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p style="text-align: center;">Chicken Tenders</p> <p style="text-align: center;">Corn on the Cob (VE)</p> <p style="text-align: center;">Dinner Roll (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p style="text-align: center;">Mushroom Swiss Veggie Burger (V)* Whole Wheat Bun</p> <p style="text-align: center;">Caribbean Style Beef Patty</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p style="text-align: center;">BBQ Chicken Thighs</p> <p style="text-align: center;">Butternut Squash Mac and Cheese (V)*</p> <p style="text-align: center;">Honey Corn Bread (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;">Honey Graham Cracker (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

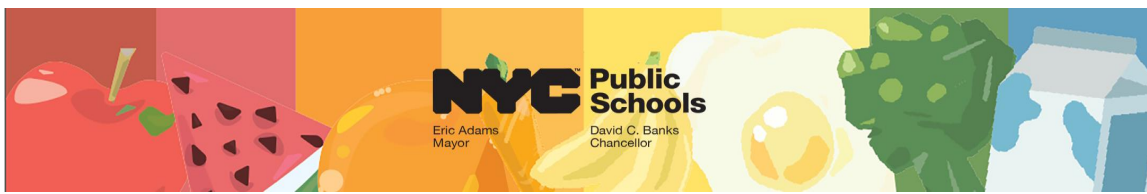
<p style="text-align: center;">Milk</p> <p style="text-align: center;">1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)</p> <p style="font-size: small;">Alternative options are available upon request</p>	<p style="text-align: center;">ATTENTION:</p> <p style="font-size: small;">All Pre-K Students CANNOT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



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

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



OCTOBER 2024: High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p>Street Style Corn (V)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Veggie Nuggets (VE) Dipping Sauce</p> <p>Chicken Dumplings</p> <p>Garlic Teriyaki Green Beans (VE)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Turkey Cheeseburger <i>Whole Wheat Bun</i></p> <p>Turkey Burger <i>Whole Wheat Bun</i></p> <p>Fish and Cheese Sandwich <i>Whole Wheat Bun</i></p> <p>Herb Roasted Potatoes (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
7	8	9	10	11
<p>Pepper and Onion Pizza (V)</p> <p>French Bread Pizza (V)</p> <p>Seasoned Peas (VE)</p> <p>Mixed Green Salad (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><i>Plastic Free Lunch Day</i></p> <p>Chicken Tenders</p> <p>Baby Carrots (VE)</p> <p><i>Dinner Roll (VE)</i></p> <p><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Mushroom Swiss Veggie Burger (V)* <i>Whole Wheat Bun</i></p> <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p><i>Salad Bar</i> Fiesta Bar With Diced Tomato (VE)</p>
14	15	16	17	18
<p>Italian Heritage/Indigenous Peoples Day</p> <p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Teriyaki Veggie Nuggets (VE)</p> <p>Sweet & Sour Chicken Bites</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p><i>Garlic Knot (V)</i></p> <p><i>Salad Bar</i> Pizza Bar</p>	<p>Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p><i>Curry Potato (VE)*</i></p> <p>Flat Bread (VE)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Sweet Potato Quesadilla Rollup (V)*</p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>
21	22	23	24	25
<p>Margherita Pizza (V)</p> <p>Pizza by the Slice (V)</p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p>Street Style Corn (V)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Veggie Nuggets (VE) Dipping Sauce</p> <p>Chicken Dumplings</p> <p>Garlic Teriyaki Green Beans (VE)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Turkey Cheeseburger <i>Whole Wheat Bun</i></p> <p>Turkey Burger <i>Whole Wheat Bun</i></p> <p>Fish and Cheese Sandwich <i>Whole Wheat Bun</i></p> <p>Herb Roasted Potatoes (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
28	29	30	31	
<p>Pepper and Onion Pizza (V)</p> <p>French Bread Pizza (V)</p> <p>Seasoned Peas (VE)</p> <p>Mixed Green Salad (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><i>Plastic Free Lunch Day</i></p> <p>Chicken Tenders</p> <p>Baby Carrots (VE)</p> <p><i>Dinner Roll (VE)</i></p> <p><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Mushroom Swiss Veggie Burger (V)* <i>Whole Wheat Bun</i></p> <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p>Honey Graham Cracker (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	
<p>Monday</p> <ul style="list-style-type: none"> • 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) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Grab and Go Salads 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Grab and Go Salads 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Grab and Go Salads 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (VE) • 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

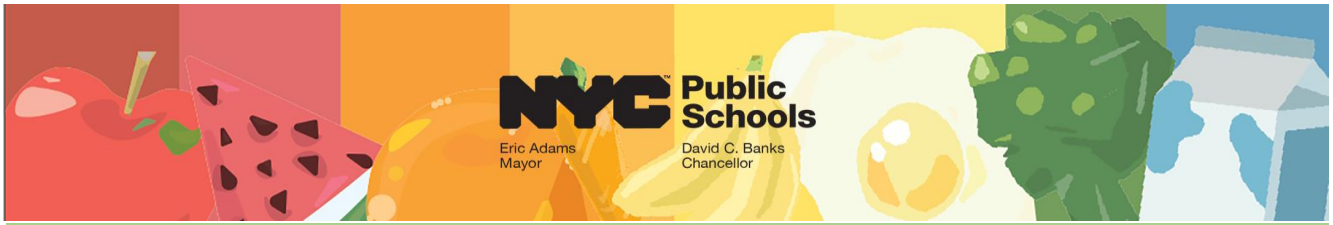
OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available

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

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OCTOBER 2024: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Crispy Chicken Grab and Go Salad</p> <p>Asian Red Cabbage Slaw (V)</p>	<p>Chimichurri Chicken Wrap</p> <p>Confetti Corn Salad (VE)</p>	<p>Chicken Salad Hoagie</p> <p>Kid Friendly Kale Salad (V)</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Black Bean Wrap (VE)</p> <p>Fresh Tomato Salad (V)</p> <p>Served with Salsa (VE)</p>
7	8	9	10	11
<p>Assorted Cold Vegetarian Option (V)</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Marinated Bean Salad (VE)</p>	<p>Sesame Noodle Bowl Grab & Go</p> <p>Basil Corn Salad (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Broccoli Salad (V)</p>	<p>Italian Veggie Grab & Go Salad (VE)</p> <p>Italian Marinated Cucumber Salad (VE)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p>Assorted Cold Vegetarian Option (V)</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>BBQ Crispy Chicken Grab and Go Salad</p> <p>Cilantro Black Bean Salad (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Classic Coleslaw (V)</p>	<p>Mediterranean Chicken Pasta Salad</p> <p>Green Garden Salad (VE)</p>	<p>Chickpea and Pimento Wrap (VE)</p> <p>Classic Potato Salad (V)</p>
21	22	23	24	25
<p>Assorted Cold Vegetarian Option (V)</p> <p>Balsamic Chickpea Salad (V)</p>	<p>Crispy Chicken Grab and Go Salad</p> <p>Asian Red Cabbage Slaw (V)</p>	<p>Chimichurri Chicken Wrap</p> <p>Confetti Corn Salad (VE)</p>	<p>Chicken Salad Hoagie</p> <p>Kid Friendly Kale Salad (V)</p>	<p>Black Bean Wrap (VE)</p> <p>Fresh Tomato Salad (V)</p> <p>Served with Salsa (VE)</p>
28	29	30	31	
<p>Assorted Cold Vegetarian Option (V)</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Marinated Bean Salad (VE)</p>	<p>Sesame Noodle Bowl Grab & Go</p> <p>Basil Corn Salad (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Broccoli Salad (V)</p> <p>Honey Graham Cracker (V)</p>	
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)

Milk

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

Alternative options are available upon request

OFFERED DAILY

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

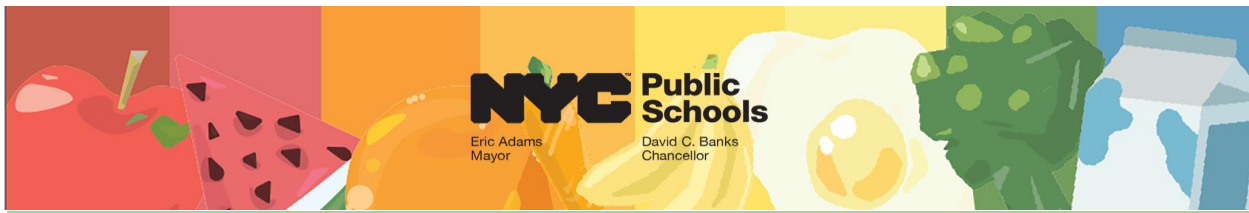
Apples, Apple Slices, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

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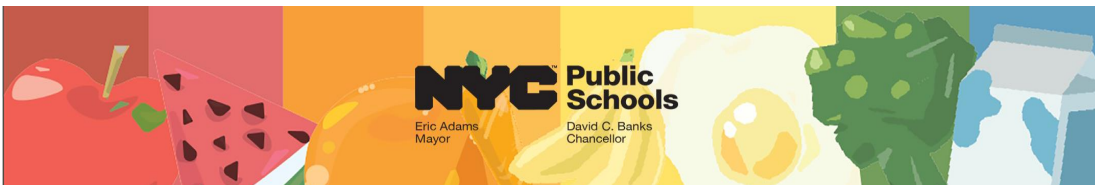
OCTOBER 2024: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Soft Turkey Taco</p> <p>Street Style Corn (V)</p> <p>Salsa (VE)</p>	<p>Chicken Dumplings</p> <p>Garlic Teriyaki</p> <p>Green Beans (VE)</p>	<p>Turkey Cheeseburger Whole Wheat Bun</p> <p>Turkey Burger Whole Wheat Bun</p> <p>Herb Roasted Potatoes (VE)</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Italian Roasted Carrots (VE)</p> <p>Warm Breadstick (V)</p>
	7	8	9	10
<p>Sicilian Slice Pizza (V)</p> <p>Hot Bean Salad (VE)</p>	<p>Chicken Tenders</p> <p>Sauteed Spinach (VE)</p> <p>Dinner Roll (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p>	<p>Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Sweet Potato Wedge Fries (VE)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p>Balsamic Chickpeas (VE)</p>	<p>Sweet & Sour Chicken Bites</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p>	<p>Chickpea or Chicken Shawarma*</p> <p>Fiat Bread (VE)</p> <p>Curry Potato (VE)*</p>	<p>Sweet Potato Quesadilla Rollup (V)*</p> <p>Veggie Burger (VE)</p> <p>Roasted Fresh Tomatoes (VE)</p>
21	22	23	24	25
<p>Sicilian Slice Pizza (V)</p> <p>Seasoned Chickpeas (VE)</p> <p>Superhero Spinach (VE)</p>	<p>Soft Turkey Taco</p> <p>Street Style Corn (V)</p> <p>Salsa (VE)</p>	<p>Chicken Dumplings</p> <p>Garlic Teriyaki</p> <p>Green Beans (VE)</p>	<p>Turkey Cheeseburger Whole Wheat Bun</p> <p>Turkey Burger Whole Wheat Bun</p> <p>Herb Roasted Potatoes (VE)</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Italian Roasted Carrots (VE)</p> <p>Warm Breadstick (V)</p>
28	29	30	31	
<p>Sicilian Slice Pizza (V)</p> <p>Hot Bean Salad (VE)</p>	<p>Chicken Tenders</p> <p>Sauteed Spinach (VE)</p> <p>Dinner Roll (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p>Honey Graham Cracker (V)</p>	
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

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



OCTOBER 2024: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p>Street Style Corn (V)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Chicken Dumplings</p> <p>Garlic Teriyaki Green Beans (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Turkey Cheeseburger <i>Whole Wheat Bun</i></p> <p>Turkey Burger <i>Whole Wheat Bun</i></p> <p><i>Herb Roasted Potatoes (VE)</i></p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
7	8	9	10	11
<p>Garlic and Tomato Panini (V)</p> <p>Seasoned Peas (VE)</p> <p><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p> <p>Italian Heritage/Indigenous Peoples Day 14</p>	<p>Chicken Tender Melt <i>on Ciabatta Bread</i></p> <p>Baby Carrots (VE)</p> <p><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Fish and Cheese Sandwich <i>Whole Wheat Bun</i></p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p><i>Garlic Knot (V)</i></p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p><i>Salad Bar</i> Fiesta Bar With Diced Tomato (VE)</p>
14	15	16	17	18
<p>Veggie Burger (VE)</p> <p>Veggie Cheeseburger (V)</p> <p>Parmigiana Spinach (V)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>Sweet & Sour Popcorn Chicken</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p><i>Curry Potato (VE)*</i></p> <p>Flat Bread (VE)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Sweet Potato Quesadilla Rollup (V)*</p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>
21	22	23	24	25
<p>Fiesta Quesadilla (V)</p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Fiesta Bar (With Black Bean Salad)</p>	<p>Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p>Street Style Corn (V)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Chicken Dumplings</p> <p>Garlic Teriyaki Green Beans (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Turkey Cheeseburger <i>Whole Wheat Bun</i></p> <p>Turkey Burger <i>Whole Wheat Bun</i></p> <p><i>Herb Roasted Potatoes (VE)</i></p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
28	29	30	31	
<p>Garlic and Tomato Panini (V)</p> <p>Seasoned Peas (VE)</p> <p><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Chicken Tender Melt <i>on Ciabatta Bread</i></p> <p>Baby Carrots (VE)</p> <p><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Fish and Cheese Sandwich <i>Whole Wheat Bun</i></p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p><i>Garlic Knot (V)</i></p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p>Honey Graham Cracker (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	

Monday • Pizza (V)
• Mozzarella Sticks (V)
• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)
• Hummus and Crackers (V)
• Hot or Cold Cheese Sandwich (V)
• Grab and Go Salads (V)
• Seasoned Wedge Fries (VE)

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

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

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

Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)
• Hummus and Crackers (V)
• Hot or Cold Cheese Sandwich (V)
• Grab and Go Salads (VE)
• Seasoned Wedge Fries (VE)
• Southwest Burrito (V)

Milk

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

OFFERED DAILY

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables
when available

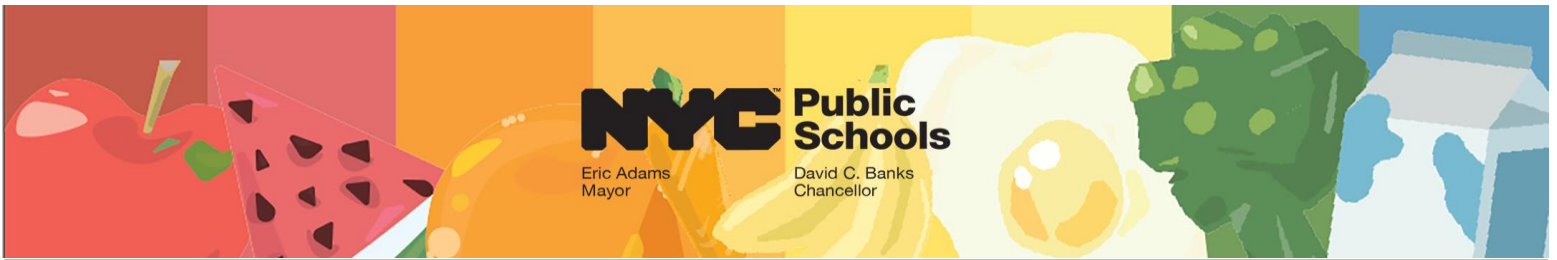
Seasonal Fresh Fruit

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

• **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 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Honey Graham Biscuits (V)</p> <p>Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Blueberry Granola (V)</p>	<p>Mozzarella Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
7	8	9	10	11
<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>	<p>Cheese Cubes (V)</p> <p>Applesauce (VE)</p>	<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Colby Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Honey Roasted Sunflower Seeds (V)</p> <p>Milk (V)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p>Honey Graham Crackers (V)</p> <p>Milk (V)</p>	<p>Assorted Granola (V)</p> <p>Milk (V)</p>	<p>Crispy Tortilla (VE)</p> <p>Salsa (VE)</p> <p>Fresh Fruit (VE)</p>	<p>Cheddar Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>
21	22	23	24	25
<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Honey Graham Biscuits (V)</p> <p>Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Blueberry Granola (V)</p>	<p>Mozzarella Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
28	29	30	31	
<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>	<p>Cheese Cubes (V)</p> <p>Applesauce (VE)</p>	<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Colby Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	

<p>Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) <small>Alternative options are available upon request</small></p>	<p><small>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</small></p>	<p><small>All Fruit and Vegetable Offerings are 1 cup</small></p>	<p><small>OFNS has an extensive Prohibitive Ingredients List available at:</small></p> <div style="text-align: center;">  </div>
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• **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 Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: 0.8em; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Assorted Cereal (VE) Milk (V)</p>	<p>Apple Slices (VE) Milk (V)</p>	<p>Animal Crackers (V) Hummus Cup (VE)</p>	<p>Fresh Banana (VE) Milk (V)</p>
7	8	9	10	11
<p>Animal Crackers (V) Hummus Cup (VE)</p>	<p>Fresh Banana (VE) Milk (V)</p>	<p>Yogurt Choice (V) Diced Peaches (VE)</p>	<p>Assorted Cereal (VE) Milk (V)</p>	<p>Apple Slices (VE) Milk (V)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p>Yogurt Choice (V) Diced Peaches (VE)</p>	<p>Assorted Cereal (VE) Milk (V)</p>	<p>Apple Slices (VE) Milk (V)</p>	<p>Animal Crackers (V) Hummus Cup (VE)</p>	<p>Fresh Banana (VE) Milk (V)</p>
21	22	23	24	25
<p>Animal Crackers (V) Hummus Cup (VE)</p>	<p>Fresh Banana (VE) Milk (V)</p>	<p>Yogurt Choice (V) Diced Peaches (VE)</p>	<p>Assorted Cereal (VE) Milk (V)</p>	<p>Apple Slices (VE) Milk (V)</p>
28	29	30	31	
<p>Yogurt Choice (V) Diced Peaches (VE)</p>	<p>Assorted Cereal (VE) Milk (V)</p>	<p>Apple Slices (VE) Milk (V)</p>	<p>Animal Crackers (V) Hummus Cup (VE)</p>	

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

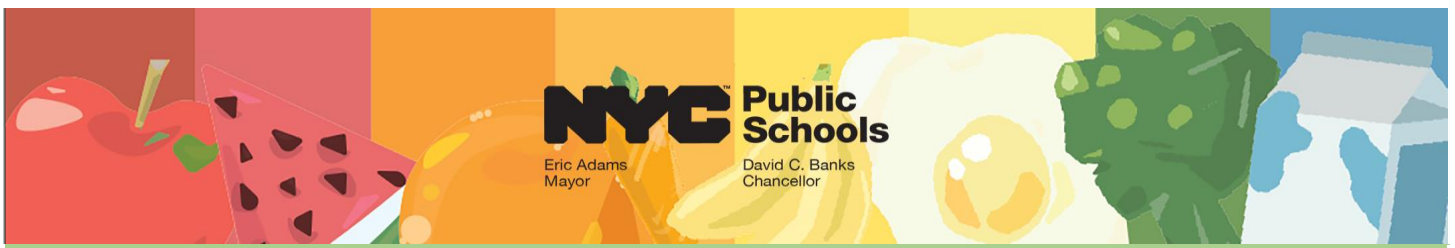
OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

OFNS has an extensive Prohibitive Ingredients List available at:

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

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



OCTOBER 2024: After School Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Classic Potato Salad (V)</p>	<p>BBQ Crispy Chicken Grab and Go Salad</p> <p>Cilantro Black Bean Salad (VE)</p>	<p>Mediterranean Chicken Pasta Salad</p> <p>Green Garden Salad (V)</p>	<p>Chickpea and Pimento Wrap (VE)</p> <p>Fresh Cilantro Healthy Coleslaw (V)</p>
7	8	9	10	11
<p>Grab and Go Cheese Plate (V)</p> <p>Italian Green Beans (VE)</p>	<p>Crispy Chicken Grab and Go Salad</p> <p>Asian Red Cabbage Slaw (V)</p>	<p>Chicken Salad Hoagie</p> <p>Kid Friendly Kale Salad (V)</p>	<p>Chimichurri Chicken Wrap</p> <p>Confetti Corn Salad (VE)</p>	<p>Black Bean Wrap (VE)</p> <p>Fresh Tomato Salad (V)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p>Red, White and Green Panini (V)</p> <p>Balsamic Chickpea Salad (V)</p>	<p>Chicken Caesar Wrap</p> <p>Marinated Bean Salad (VE)</p> <p>Lemon Arugula Salad (V)</p>	<p>Asian Sesame Crispy Chicken Grab & Go Salad</p> <p>Basil Corn Salad (VE)</p>	<p>Sesame Noodle Bowl</p> <p>Broccoli Salad (V)</p>	<p>Italian Veggie Grab & Go Salad (VE)</p> <p>Italian Marinated Cucumber Salad (VE)</p>
21	22	23	24	25
<p>Superhero Spinach Wrap (V)</p> <p>Broccoli Salad (V)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Classic Potato Salad (V)</p>	<p>BBQ Crispy Chicken Grab and Go Salad</p> <p>Cilantro Black Bean Salad (VE)</p>	<p>Mediterranean Chicken Pasta Salad</p> <p>Green Garden Salad (V)</p>	<p>Chickpea and Pimento Wrap (VE)</p> <p>Fresh Cilantro Healthy Coleslaw (V)</p>
28	29	30	31	
<p>Grab and Go Cheese Plate (V)</p> <p>Italian Green Beans (VE)</p>	<p>Crispy Chicken Grab and Go Salad</p> <p>Asian Red Cabbage Slaw (V)</p>	<p>Chicken Salad Hoagie</p> <p>Kid Friendly Kale Salad (V)</p>	<p>Chimichurri Chicken Wrap</p> <p>Confetti Corn Salad (VE)</p>	<p style="text-align: center; font-weight: bold; margin: 0;">Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) <p style="font-size: x-small; margin-top: 5px;">Options may vary by location</p>

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

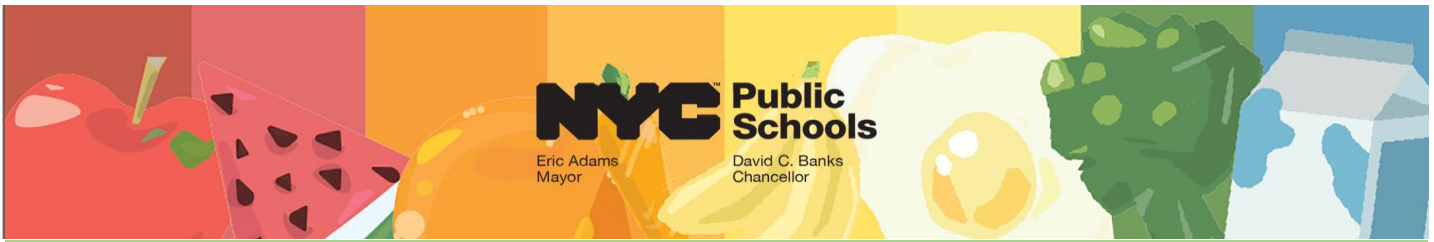
Assorted Dressings

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:



• **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 Hot Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Crispy Chicken Bites with Dipping Sauce</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p>Curry Potato (VE)*</p> <p>Flat Bread (V)</p>	<p>Pizza (V)</p> <p>Parmigiana Spinach (V)</p>
7	8	9	10	11
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Crispy Broccoli (V)</p>	<p>Hamburgers & Cheeseburgers Whole Wheat Bun</p> <p>Cilantro Healthy Coleslaw (V)</p>	<p>Chicken Tenders</p> <p>Garlicky Green Beans (VE)</p> <p>Bread Stick (V)</p>	<p>Pizza (V)</p> <p>Green Garden Salad (VE)</p>	<p>Rustic White Beans (VE)</p> <p>Pasta Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p>Mozzarella Sticks (V) Marinara Sauce (VE)</p> <p>Crispy Broccoli (V)</p>	<p>Garlic and Tomato Panini (V)</p> <p>Roasted Zucchini (VE)</p>	<p>Caribbean Style Beef Patty</p> <p>Slow Roasted Baby Carrots (V)</p>	<p>Pizza (V)</p> <p>Superhero Spinach (VE)</p>	<p>Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p>
21	22	23	24	25
<p>Manicotti in Marinara Sauce (V)</p> <p>Italian Green Beans (VE)</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Crispy Chicken Bites with Dipping Sauce</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p>Curry Potato (VE)*</p> <p>Flat Bread (V)</p>	<p>Pizza (V)</p> <p>Parmigiana Spinach (V)</p>
28	29	30	31	
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Crispy Broccoli (V)</p>	<p>Hamburgers & Cheeseburgers Whole Wheat Bun</p> <p>Cilantro Healthy Coleslaw (V)</p>	<p>Chicken Tenders</p> <p>Garlicky Green Beans (VE)</p> <p>Bread Stick (V)</p>	<p>Pizza (V)</p> <p>Green Garden Salad (VE)</p>	<p>Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) <p>Options may vary by location</p>

OFFERED DAILY

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, 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.



OCTOBER 2024: After School Vegetarian Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Manicotti (V) with marinara sauce (VE)</p> <p>Seasoned Fresh Green Beans (V)</p>	<p>Big City Bean Taco (VE)</p> <p>Green Garden Salad (VE)</p>	<p>Pizza (V)</p> <p>Crispy Broccoli (V)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Roasted Fresh Tomatoes (VE)</p>
7	8	9	10	11
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Vegetarian Quesadilla (V) served with Salsa (VE)</p> <p>Fiesta Black Beans (VE)</p>	<p>Black Bean and Plantain Power Bowl (VE) with Brown Rice (VE)</p>	<p>Pizza (V)</p> <p>Roasted Zucchini (VE)</p>	<p>Veggie Nuggets (VE) with Dipping Sauce (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Dinner Roll (VE)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p>Mozzarella Sticks (V) Marinara Sauce (VE)</p> <p>Crispy Broccoli (V)</p>	<p>Super Hero Spinach Wrap (V)</p> <p>Baked Beans (VE)</p>	<p>Pizza (V)</p> <p>Garlicky Green Beans (VE)</p>	<p>Three Cheese Grilled Cheese (V)</p> <p style="color: green;">Street Style Corn (V)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Roasted Fresh Tomatoes (VE)</p>
21	22	23	24	25
<p>Red White and Green Panini (V)</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Manicotti (V) with marinara sauce (VE)</p> <p>Seasoned Fresh Green Beans (V)</p>	<p>Big City Bean Taco (VE)</p> <p>Green Garden Salad (VE)</p>	<p>Pizza (V)</p> <p>Crispy Broccoli (V)</p>	<p>Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun</p> <p>Sweet Potato Waffle Fries (VE)</p>
28	29	30	31	
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Vegetarian Quesadilla (V) served with Salsa (VE)</p> <p>Fiesta Black Beans (VE)</p>	<p>Black Bean and Plantain Power Bowl (VE) with Brown Rice (VE)</p>	<p>Pizza (V)</p> <p>Roasted Zucchini (VE)</p>	<p>Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) <p>Options may vary by location</p>

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

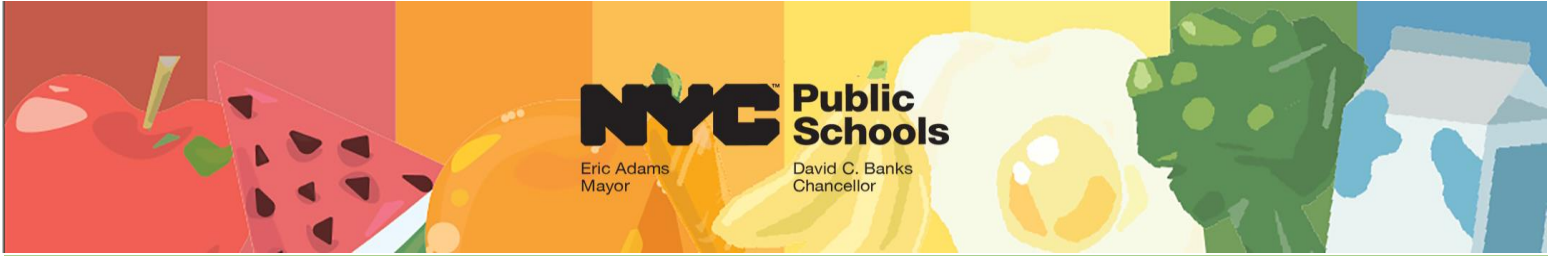
Assorted Dressings

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:



• **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.

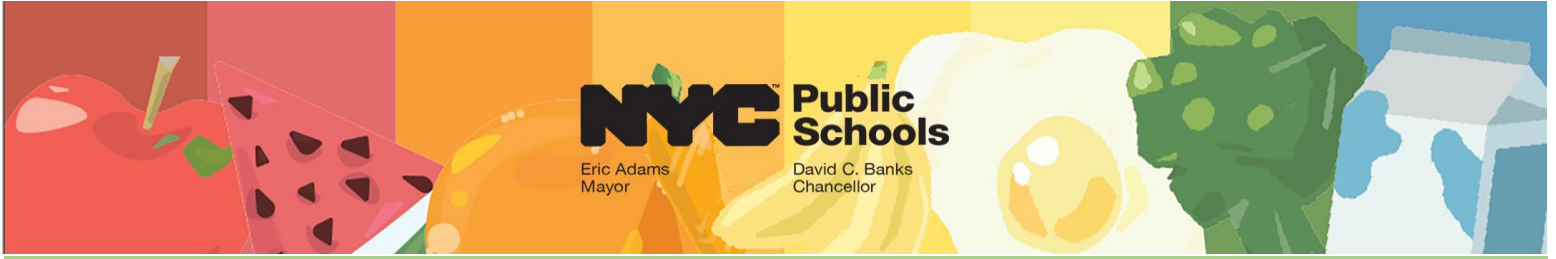


OCTOBER 2024: Saturday Cold Morning Snack Menu

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

• **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.

<p><u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request</p>	<p>(V) Indicates Vegetarian (VE) Indicates Vegan</p>	<p><u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p>	
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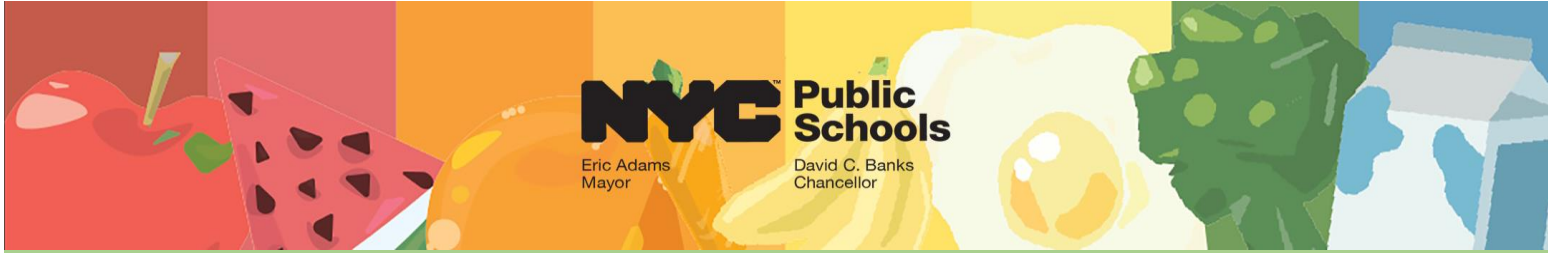


OCTOBER 2024: Saturday Hot Morning Snack Menu

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)	

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

<p>Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request</p>	<p>(V) Indicates Vegetarian (VE) Indicates Vegan</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p>	<p style="color: orange; text-align: center;">OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;">  </div>
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OCTOBER 2024: Saturday Cold Lunch Menu

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

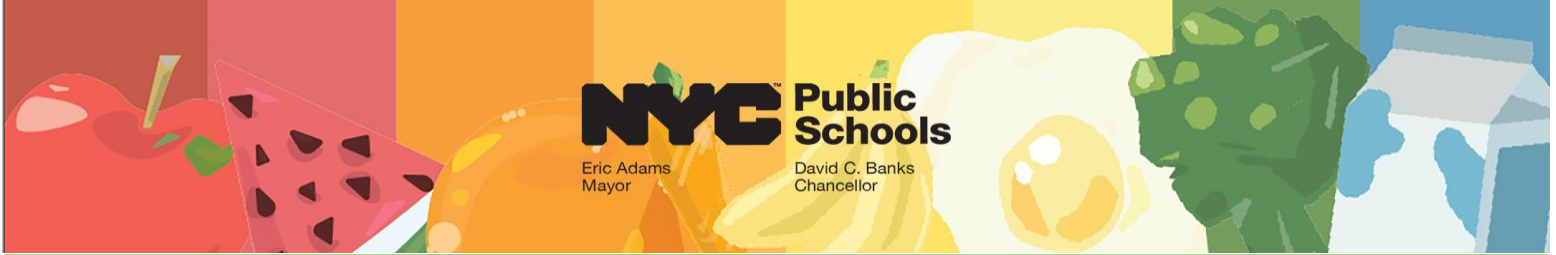
(V) Indicates Vegetarian
 (VE) Indicates Vegan

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:





OCTOBER 2024: Saturday Hot Lunch Menu

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

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

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:

