



SEPTEMBER 2023: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Fresh New York Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Labor Day 4	5	6	First Day of Classes 7	8
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Cheese (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
11	12	13	14	15
Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
18	19	20	21	22
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Yom Kippur 25	26	27	28	29
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Cheese (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
		OFFERED DAILY	Seasonal Fresh Fruit	OFNS has an extensive

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

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

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

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Options may vary by location

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

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

OFNS has an extensive **Prohibitive Ingredients List**



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
 - Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products







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Monday	Tuesday	Wednesday	Thursday	Friday
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Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Fresh New York Bagel Stick Assortment French Toast (VE) Cinnamon Raisin (VE) Plain (VE) Breakfast Bar Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (V) Assorted Yogurts (V) Raisins (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Labor Day 4	5	6	First Day of Classes 7	8
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Cheese (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
11	12	13	14	15
Banana Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
18	19	20	21	22
Blueberry Muffin (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Peach Topping (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Yom Kippur 25	26	27	28	29
Honey Corn Breakfast Bread (V) Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant With Cheese (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)

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) **Cinnamon Flakes (VE)**

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

Syrup (VE)

OFNS has an extensive **Prohibitive Ingredients List**



ATTENTION:

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



SEPTEMBER 2023: Breakfast Express Menu

	SEPTEMBER 2	2023: Breaktast	Express Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
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		OF THE WYOR	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Labor Day 4	5	6	First Day of Classes 7	8
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
11	12	13	14	15
Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)	Blueberry Muffin (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
18	19	20	21	22
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Frosted Mini Wheats Honey Graham Cracker (V) Strawberry Banana Applesauce (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Yom Kippur 25	26	27	28	29
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)

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

Fat Free Chocolate (V)

Alternative options are

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)
Cinnamon Flakes (VE)

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

OFNS has an extensive
Prohibitive Ingredients List
available at:



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
 - Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products







Monday Tuesday Wednesday **Thursday Friday** Fresh New York **Bagel Assortment Assorted** Cinnamon Raisin (VE) Fresh NY Bagels (VE) and Plain (VE) **Bagel Sticks (VE)** served with Fresh New York Cream Cheese (V) & Jelly (VE) **Bagel Stick Assortment WE'RE PROUDLY** French Toast (VE) **CELEBRATING Seasonal Fresh Fruit (VE)** Cinnamon Raisin (VE) **LOCALLY SOURCED &** Plain (VE) **PRODUCED FOOD ALL NEW YORK ITEMS** ARE HIGHLIGHED IN GREEN **Labor Day First Day of Classes Honey Corn Breakfast Bread (V) Zucchini Carrot Assorted** Mini Blueberry Fresh NY Bagels (VE) and **Breakfast Bread (V) Whole Grain Croissant Yogurt Choice (V)** Waffles (V) **Bagel Sticks (VE)** With Cheese (V) **Mozzarella Cheese** served with Assorted Granola (V) Stick (V) Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE) **Seasonal Fresh Fruit (VE)** Raisins (VE) **Seasonal Fresh Fruit (VE)** Seasonal Fresh Fruit (VE) **Seasonal Fresh Fruit (VE)** 11 12 13 14 15 **Banana Muffin (V) Assorted Sweet Potato** Fresh NY Bagels (VE) and Oatmeal Muffin (V) **Yogurt Choice (V)** Tasty Waffles (V) **Buttermilk Pancakes (V) Bagel Sticks (VE) Blueberry Topping** Assorted Granola (V) **Cheddar Cheese** served with Stick (V) Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Raisins (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) **Seasonal Fresh Fruit (VE)** 18 19 20 21 22 **Blueberry Muffin (V) Apple Cinnamon Assorted Breakfast Bread (V) Cinnamon Burst** Fresh NY Bagels (VE) and **Yogurt Choice (V)** French Toast Sticks (V) Pancakes (V) **Bagel Sticks (VE) Peach Topping** Assorted Granola (V) **Colby Cheese** served with Stick (V) Cream Cheese (V) & Jelly (VE) **Seasonal Fresh Fruit (VE)** Raisins (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Yom Kippur 27 28 29 25 26 **Honey Corn Breakfast Bread (V) Assorted Zucchini Carrot** Mini Blueberry Fresh NY Bagels (VE) and **Breakfast Bread (V) Whole Grain Croissant Yogurt Choice (V)** Waffles (V) **Bagel Sticks (VE)** With Cheese (V) **Mozzarella Cheese** served with Assorted Granola (V) Stick (V) Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE) **Seasonal Fresh Fruit (VE)** Raisins (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) **Seasonal Fresh Fruit (VE) OFFERED DAILY** Seasonal Fresh Fruit **OFNS** has an extensive Apples, Apple Slices, **Prohibitive Ingredients List** <u>Milk</u> **Options may vary** Blueberries, Grapes, **Breakfast After the Bell** 1% Low-fat (V)

Fat Free (V) **Fat Free Chocolate (V)**

Alternative options are available upon request **Grab and Go**

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

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

Grapefruit, Honeydew, **Nectarines Oranges,** Peaches, Pears, Plums, Bananas, Strawberries, and

Watermelon (VE) **Condiments** Syrup (VE)



ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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







SEPTEMBER 2023: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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		OF TOP	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Banana Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
Labor Day 4	5	6	First Day of Classes 7	8
New York Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) New York Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Bananas (VE)	New York Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
11	12	13	14	15
New York Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) New York Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
18	19	20	21	22
New York Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) New York Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
Yom Kippur 25	26	27	28	29
Blueberry Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) New York Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Soft Roll (VE) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)

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

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

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

OFFERED DAILY
Options may vary
by location

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

Assorted Yogurts

Alternate Fruit
Peaches, Pineapples
Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List available at:



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

ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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



SEPTEMBER 2023: Pre-K - 8 Lunch Menu					
Tuesday	Wednesday	Thursday			

WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD **ALL NEW YORK ITEMS**

Kidney Bean Rajma (VE) served with Naan (VE)

Friday

Kachumber Salad* (Spiced Cucumber and Tomato Salad) (VE)

Veggie Nuggets (VE) Dipping Sauce **Southwest Burrito (V)**

Heart Shaped Pretzels (VE) Salad Bar Roasted Broccoli & Cauliflower (VE)

Labor Day 5 First Day of Classes 7

Plastic Free

Lunch Day

Caribbean Style Beef

Patty

Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Turkey Burger Pizza by the Slice (V)

11

Whole Wheat Bun Sweet Potato Waffle Fries (VE)

Turkey Cheeseburger

Baked Beans (VE)

Salad Bar

Pickles, Lettuce and Tomato (VE)

12

19

26

Fish and Cheese Sandwich **Whole Wheat Bun**

> **Baby Carrots (VE)** Salad Bar

Veggie Dipper (VE)

13

20

27

International Roasted Chicken Drumsticks

ARE HIGHLIGHED IN GREEN

Grab & Go Salad Confetti Corn (VE)

Buttermilk Biscuit (V)

New York Cookie Treat (V)

Salad Bar

Lemon Arugula Salad (V)

Three Bean Chili (VE) with or without Cheese (V)

Seasoned Wedge Fries (VE)

Honey Corn Bread (V)

Crispy Tortillas (VE) Served with Salsa (VE)

Southwest Burrito (V)

Salad Bar Fresh Tomato Salad (VE)

> Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)*

Healthy Cilantro

Coleslaw (VE)

Sweet Plantains (VE)

15

French Bread Pizza (V) Garlicky Green Bean (VE)

Frozen Fruit Ice (VE)

Salad Bar

Balsamic Chickpea Salad(V)

Green Garden Salad (VE)

Frozen Fruit Ice (VE)

Salad Bar

Marinated White Beans (VE)

Yom Kippur

Kid Friendly Kale Salad (VE)

Frozen Fruit Ice (VE)

Salad Bar

Broccoli Salad (V)

Monday

Teriyaki Veggie Nuggets (VE)

Chicken Dumplings

Pineapple Rice Medley (V)

Salad Bar

Asian Red Cabbage Slaw (V)

Ginger Carrots (V)

White Bean and Pasta Primavera (VE)

Mozzarella Sticks (V) with marinara sauce (VE)

Crispy Broccoli (V)

Salad Bar

Kale Caesar Salad (V)

Chicken Tenders and Waffles

Grab & Go Salad

Home Fries (VE)

Salad Bar

Marinated Bean Salad (VE)

21

28

Southwest Burrito (V) **New York Cookie Treat (V)**

Salad Bar Mixed Greens Salad (VE) 22

Big City Bean Taco (VE) Soft Turkey Taco Sicilian Slice Pizza (V)

18

Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE)

> Salad Bar Spinach, Tomato, Red Pepper Salad (V)

Street Style Corn (V)

Crispy **Chicken Bites** With Dipping Sauce **Grab & Go Salad**

> **Roasted Fresh** Tomatoes (VE)

Garlic Knot (V)

Salad Bar

Classic Potato Salad (V)

Plastic Free

Lunch Day

Jollof Cauliflower (V)*

Dinner Roll (V)

Caribbean Spiced Jerk

Chicken Thigh*

Salad Bar Carrot Raisin Salad (V)

Rajma (VE) served with Naan (VE)

Kidney Bean

(Spiced Cucumber and Tomato Salad) (VE)

Kachumber Salad*

Veggie Nuggets (VE) Dipping Sauce

Southwest Burrito (V) **Heart Shaped** Pretzels (VE) Salad Bar **Roasted Broccoli & Cauliflower** (VE)

29

Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun

25

Turkey Burger Pizza by the Slice (V) **Turkey Cheeseburger Whole Wheat Bun** Kid Friendly Kale Salad (VE)

Sweet Potato Waffle Fries (VE)

Baked Beans (VE)

Caribbean Style Beef Patty

> **Fish and Cheese** Sandwich **Whole Wheat Bun**

Baby Carrots (VE)

Salad Bar

Veggie Dipper (VE)

Chicken Drumsticks

International Roasted

Grab & Go Salad

Confetti Corn (VE)

Salad Bar

Lemon Arugula Salad (V)

Buttermilk Biscuit (V)

Three Bean Chili (VE) with or without Cheese (V)

Seasoned Wedge Fries (VE)

Honey Corn Bread (V)

Crispy Tortillas (VE) Served with Salsa (VE)

Southwest Burrito (V)

Salad Bar Fresh Tomato Salad (VE)

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

Frozen Fruit Ice (VE)

Salad Bar

Broccoli Salad (V)

Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) **Assorted Vegetarian**

Wraps (V)

Pickles, Lettuce and Tomato (VE) Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly

Salad Bar

Hummus Grab & Go (V) **Hot or Cold Cheese** Sandwich (V) Tuna Sandwich

<u>Wednesday</u> Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V)

Hot or Cold Cheese

Sandwich (V)

Tuna Sandwich

<u>Thursday</u> Peanut Butter and/or (VE) Hummus Grab & Go (V)

Sandwich (V)

Tuna Sandwich

Sunflower Seed Butter & Jelly Hot or Cold Cheese

<u>Friday</u> Peanut Butter and/or **Sunflower Seed Butter & Jelly** (VE)

Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) **Hot or Cold Cheese** Sandwich (V)

(VE)

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

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

Pre-K Chicken Choices Chicken Tenders Chicken Patty Chicken Bites

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

Prohibitive Ingredients List

OFNS has an extensive



* Recipes created in collaboration with OFNS and the Chef Council

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
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			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Black Bean Wrap (VE) Fresh Tomato Salad (V) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
Labor Day 4	5	6	First Day of Classes 7	8
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Heart Shaped Pretzels (VE)
11	12	13	14	15
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Crispy Tortillas (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Healthy Cilantro Slaw (VE) New York Cookie Treat (V)
18	19	20	21	22
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) Pinto Bean Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
Yom Kippur 25	26	27	28	29
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Heart Shaped Pretzels (VE)
	Tuesday	Wednesday	Thursday	Friday
(VE)Hummus Grab & Go (V)Cheese Sandwich (V)Assorted Vegetarian	 Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich ATTENTION:	 Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Cheese Sandwich (V)

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

Alternative options are available upon request

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

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

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

OFNS has an extensive Prohibitive Ingredients List



* Recipes created in collaboration with OFNS and the Chef Council

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
			OF THE WAY	Kidney Bean Rajma (VE) served with Naan (VE) Crispy Broccoli (V)
			WE'RE PROUDLY CELEBRATING	Three Cheese Grilled Cheese (V)
			LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Heart Shaped Pretzels (VE)
Labor Day 4	5	6	First Day of Classes 7	8
Oisilian Olias Birra (10)	Turkey Burger Turkey Cheeseburger	Caribbean	International Roasted Chicken Drumsticks	Three Bean Chili (VE) Seasoned Wedge Fries (VE)
Sicilian Slice Pizza (V)	Whole Wheat Bun	Style Beef Patty	Confetti Corn (VE)	Honey Corn Bread (V)
Roasted Zucchini (VE)	Crisp Sweet Potato Waffle Fries (VE)	Callaloo Spinach (V)	Buttermilk Biscuit (V)	Homemade Grilled Cheese (V)
	Baked Beans (VE)		New York Cookie Treat (V)	Crispy Tortillas (VE) Served with Salsa (VE)
11	12	13	14	15
	Chicken Dumplings	Mozzarella Sticks (V)	Crispy Chicken Tenders	Roasted Adobo Chickpeas (VE)*
Sicilian Slice Pizza (V)		with marinara sauce (VE)	With Dipping Sauce	Sofrito Rice (VE)*
Garlicky Green Bean (VE)	Pineapple Rice Medley (V)* Ginger Carrots (V)	Crispy Broccoli (V)	Home Fries (VE)	Plantains (VE)
	3 3 1 11 ()	Marinated White Beans (VE)	Garlic Knot (V)	Southwest Burrito (V)
				New York Cookie Treat (V)
18	19	20	21	22
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Hot Bean Salad (VE)	Hamburgers Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE)	Crispy Chicken Bites Roasted Fresh Tomatoes (VE) Garlic Knot (V)	Caribbean Spiced Jerk Chicken Thigh* Jollof Cauliflower (V)*	Kidney Bean Rajma (VE) served with Naan (VE) Crispy Broccoli (V) Three Cheese Grilled Cheese (V)
		Crispy Tortillas (VE) Served with Salsa (VE)	Dinner Roll (V)	Heart Shaped Pretzels (VE)
Yom Kippur 25	26	27	28	29
Sicilian Slice Pizza (V) Roasted Zucchini (VE)	Turkey Burger Turkey Cheeseburger Whole Wheat Bun Crisp Sweet Potato Waffle Fries (VE)	Caribbean Style Beef Patty Callaloo Spinach (V)	International Roasted Chicken Drumsticks Confetti Corn (VE) Buttermilk Biscuit (V)	Three Bean Chili (VE) Seasoned Wedge Fries (VE) Honey Corn Bread (V) Homemade Grilled Cheese (V)
	Baked Beans (VE)			Crispy Tortillas (VE) Served with Salsa (VE)
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Hot or Cold Cheese Sandwich (V) Southwest Burrito (V)
NA:IL	ATTENTION: All Pre-K Students CANNOT		Seasonal Fresh Fruit	OFNS has an extensive

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

available upon request

Fat Free Chocolate (V)

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

Pre-K Chicken Choices Chicken Tenders Chicken Patty Chicken Bites

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

Prohibitive Ingredients List



* Recipes created in collaboration with OFNS and the Chef Council

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



SEPTEMBER 2023: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Worlday	racoday	Wednesday	marcaay	1 11449
			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &	Kidney Bean Rajma (VE) served with Naan (VE) Kachumber Salad* (Spiced Cucumber and Tomato Salad) Heart Shaped Pretzels (VE)
			PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Salad Bar Roasted Broccoli & Cauliflower (VE)
Labor Day 4	5	6	First Day of Classes 7	8
Pizza by the Slice (V)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun	Plastic Free	Zucchini Parmigiana (V)	Three Bean Chili (VE) with or without Cheese (V) Seasoned Wedge Fries (VE)
Kid Friendly Kale Salad (VE)		<u>Lunch Day</u>	Grab & Go Salad	Honey Corn Bread (V)
Frozen Fruit Ice (VE)	Baked Beans (VE) Cilantro Healthy Cole Slaw (V)	Quesadillas (VE) Baby Carrots (VE)	Spaghetti Marinara (VE) Basil Corn Salad (VE)	Crispy Tortillas (VE) Served with Salsa (VE)
Salad Bar Broccoli Salad (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Veggie Dipper	Salad Bar Cucumber Salad (VE)	Salad Bar Diced Onions and Tomatoes (VE)
11	12	13	14	15 Roasted Adobo
French Bread Pizza (V)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad	White Bean and Pasta Primavera (VE)	Red White and Green Panini (V)	Chickpeas (VE)* Sofrito Rice (VE)* Healthy Cilantro
Garlicky Green Bean (VE)	Ginger Carrots (V)	Mozzarella Sticks (V) with marinara sauce (VE)	Seasoned Wedge Fries (VE)	Coleslaw (VE)
Frozen Fruit Ice (VE)	Pineapple Rice Medley (V)*	Crispy Broccoli (V)	Balsamic Chickpea Salad (V)	Sweet Plantains (VE) Southwest Burrito (V)
Salad Bar Balsamic Chickpeas (VE)	Salad Bar Asian Red Cabbage Slaw (V)	Salad Bar Kale Caesar Salad (V)	Salad Bar Marinated Bean Salad (VE)	New York Cookie Treat (V) Salad Bar Mixed Greens Salad (VE)
Sicilian Slice Pizza (V) Green Garden Salad Frozen Fruit Ice (VE)	Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)	Manicotti (V) with Marinara Sauce (VE) Superhero Spinach (VE) Green Garden Salad (VE)	Kidney Bean Rajma (VE) served with Naan (VE) Kachumber Salad* (Spiced Cucumber and Tomato Salad) Heart Shaped
Salad Bar	and Guacamole (VE) Salad Bar Spinach, Tomato,	Hot Confetti Corn (VE) Salad Bar	Salad Bar	Pretzels (VE) Salad Bar Roasted Broccoli &
Marinated White Beans (VE) Yom Kippur 25	Red Pepper Salad (V)	Classic Potato Salad (V)	Carrot Raisin Salad (V)	Cauliflower (VE)
i oni rippui 25	Veggie Burger (VE)	21	28	29
Pizza by the Slice (V) Kid Friendly Kale Salad (VE)	Veggie Cheeseburger (V) Whole Wheat Bun	<u>Plastic Free</u> <u>Lunch Day</u>	Zucchini Parmigiana (V) Grab & Go Salad	Three Bean Chili (VE) with or without Cheese (V) Seasoned Wedge Fries (VE)
Frozen Fruit Ice (VE)	Baked Beans (VE)	Quesadillas (VE)	Spaghetti Marinara (VE)	Honey Corn Bread (V)
, ,	Cilantro Healthy Cole Slaw (V)	Baby Carrots (VE)	Basil Corn Salad (VE)	Crispy Tortillas (VE) Served with Salsa (VE)
Salad Bar Broccoli Salad (V) Monday	Salad Bar Pickles, Lettuce and Tomato (VE) Tuesday	Salad Bar Veggie Dipper Wednesday	Salad Bar Cucumber Salad (VE) Thursday	Salad Bar Diced Onions and Tomatoes (VE) Friday
Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Assorted Vegetarian Wraps (V)	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Chickpea Wrap (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Hot or Cold Cheese Sandwich (V) Southwest Burrito (V)

OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



* Recipes created in collaboration with OFNS and the Chef Council

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







SEPTEMBER 2023: Puree Lunch Menu

	02: :2:::22:	1 _ 0 _ 0		
Monday	Tuesday	Wednesday	Thursday	Friday
				1
 Daily Lunch Specials Hummus and Soft Roll (VE) 8 oz. Yogurt (V) Tuna Options may vary by location 		OF O	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
Labor Day 4	5	6	First Day of Classes 7	8
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (V) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
11	12	13	14	15
Fish & Cheese Sandwich Broccoli With Garlic & Oil (V) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
18	19	20	21	22
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (V) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
Yom Kippur 25	26	27	28	29
Fish & Cheese Sandwich Broccoli With Garlic & Oil (V) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)

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

Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian(VE) Indicates Vegan

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



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



SEPTEMBER 2023: J.H.S. & Middle School Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	Kidney Bean Rajma (VE) served with Naan (VE)* Kachumber Salad* (Spiced Cucumber and Tomato Salad) (VE) Veggie Nuggets (VE) Dipping Sauce Southwest Burrito (V) Heart Shaped Pretzels (VE) Salad Bar
			ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Roasted Broccoli & Cauliflower (VE)
Labor Day 4	5	6	First Day of Classes 7	8
Pizza by the Slice (V) Kid Friendly Kale Salad (VE) Frozen Fruit Ice (VE)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Turkey Burger Turkey Cheeseburger Whole Wheat Bun Sweet Potato Waffle Fries (VE)	Plastic Free Lunch Day Caribbean Style Beef Patty Fish and Cheese Sandwich Whole Wheat Bun	International Roasted Chicken Drumsticks Grab & Go Salad Confetti Corn (VE)	Three Bean Chili (VE) with or without Cheese (V) Seasoned Wedge Fries (VE) Honey Corn Bread (V) Crispy Tortillas (VE) Served with Salsa (VE)
	Baked Beans (VE)	Baby Carrots (VE)	New York Cookie Treat (V)	Southwest Burrito (V)
Salad Bar Broccoli Salad (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Veggie Dipper (VE)	Salad Bar Lemon Arugula Salad (V)	Salad Bar Fresh Tomato Salad (VE)
French Bread Pizza (V)	Teriyaki Veggie Nuggets (VE)	White Bean and Pasta Primavera (VE)	Chicken Tenders and Waffles	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Healthy Cilantro Coleslaw (VE)
Garlicky Green Bean (VE)	Chicken Dumplings	Mozzarella Sticks (V) with marinara sauce (VE)	Grab & Go Salad	Sweet Plantains (VE)
Frozen Fruit Ice (VE)	Ginger Carrots (V)	Crispy Broccoli (V)	Home Fries (VE)	Southwest Burrito (V)
Salad Bar Balsamic Chickpea Salad(V)	Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V)	<i>Salad Bar</i> Kale Caesar Salad (V)	Salad Bar Marinated Bean Salad (VE)	New York Cookie Treat (V) Salad Bar Mixed Greens Salad (VE)
Sicilian Slice Pizza (V) Green Garden Salad (VE) Frozen Fruit Ice (VE) Salad Bar Marinated White Beans (VE)	Big City Bean Taco (VE) Soft Turkey Taco Street Style Corn (V) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) Salad Bar Spinach, Tomato, Red Pepper Salad (V)	Crispy Chicken Bites With Dipping Sauce Grab & Go Salad Roasted Fresh Tomatoes (VE) Garlic Knot (V) Salad Bar Classic Potato Salad (V)	Caribbean Spiced Jerk Chicken Thigh* Jollof Cauliflower (V)* Dinner Roll (V) Salad Bar Carrot Raisin Salad (V)	Kidney Bean Rajma (VE) served with Naan (VE) Kachumber Salad* (Spiced Cucumber and Tomato Salad) (VE) Veggie Nuggets (VE) Dipping Sauce Southwest Burrito (V) Heart Shaped Pretzels (VE) Salad Bar Roasted Broccoli & Cauliflower (VE)
Yom Kippur 25	26 Veggie Burger (VE)		28	29
Pizza by the Slice (V) Kid Friendly Kale Salad (VE) Frozen Fruit Ice (VE)	Veggie Cheeseburger (V) Whole Wheat Bun Turkey Burger Turkey Cheeseburger Whole Wheat Bun Sweet Potato Waffle Fries (VE) Baked Beans (VE)	Plastic Free Lunch Day Caribbean Style Beef Patty Fish and Cheese Sandwich Whole Wheat Bun	International Roasted Chicken Drumsticks Grab & Go Salad Confetti Corn (VE) Buttermilk Biscuit (V)	Three Bean Chili (VE) with or without Cheese (V) Seasoned Wedge Fries (VE) Honey Corn Bread (V) Crispy Tortillas (VE) Served with Salsa (VE)
	Salad Bar	Baby Carrots (VE)		Southwest Burrito (V)
Salad Bar Broccoli Salad (V)	Pickles, Lettuce and Tomato (VE)	Salad Bar Veggie Dipper (VE)	Salad Bar Lemon Arugula Salad (V)	Salad Bar Fresh Tomato Salad (VE)
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	 Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) 	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V)
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)	ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk Chocolate Chip Cookies or Chicken with Bones	OFNS Menus Support Seasonal Fresh Fruit and Vegetables	Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges	OFNS has an extensive Prohibitive Ingredients List available at:

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty **Chicken Bites**

Vegetables when available

Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)



* Recipes created in collaboration with OFNS and the Chef Council

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

Fat Free Chocolate (V)

Alternative options are

available upon request



SEPTEMBER 2023: High School Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Worlday	racoady	Wearlesday	marsaay	1
			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &	Kidney Bean Rajma (VE) served with Naan (VE) Kachumber Salad* (Spiced Cucumber and Tomato Salad) (VE) Veggie Nuggets (VE) Dipping Sauce Southwest Burrito (V) Heart Shaped Pretzels (VE)
			PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Salad Bar Roasted Broccoli & Cauliflower (VE)
Labor Day 4	5	6		8
Pizza by the Slice (V) Kid Friendly Kale Salad (VE) Frozen Fruit Ice (VE)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Turkey Burger Turkey Cheeseburger Whole Wheat Bun Sweet Potato Waffle Fries (VE) Baked Beans (VE)	Plastic Free Lunch Day Caribbean Style Beef Patty Fish and Cheese Sandwich Whole Wheat Bun	International Roasted Chicken Drumsticks Grab & Go Salad Confetti Corn (VE) Buttermilk Biscuit (V)	Three Bean Chili (VE) with or without Cheese (V) Seasoned Wedge Fries (VE) Honey Corn Bread (V) Crispy Tortillas (VE) Served with Salsa (VE)
	Salad Bar	Baby Carrots (VE)	New York Cookie Treat (V)	Southwest Burrito (V)
Salad Bar Broccoli Salad (V)	Pickles, Lettuce and Tomato (VE)	Salad Bar Veggie Dipper (VE)	Salad Bar Lemon Arugula Salad (V)	Salad Bar Fresh Tomato Salad (VE)
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpea Salad(V)	Teriyaki Veggie Nuggets (VE) Chicken Dumplings Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Salad Bar Kale Caesar Salad (V)	Chicken Tenders and Waffles Grab & Go Salad Home Fries (VE) Salad Bar Marinated Bean Salad (VE)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Healthy Cilantro Coleslaw (VE) Sweet Plantains (VE) Southwest Burrito (V) New York Cookie Treat (V) Salad Bar Mixed Greens Salad (VE)
Sicilian Slice Pizza (V) Green Garden Salad (VE) Frozen Fruit Ice (VE)	Big City Bean Taco (VE) Soft Turkey Taco Street Style Corn (V) Crispy Tortillas (VE) Served with Salsa (VE)	Crispy Chicken Bites With Dipping Sauce Grab & Go Salad Roasted Fresh Tomatoes (VE)	Caribbean Spiced Jerk Chicken Thigh* Jollof Cauliflower (V)* Dinner Roll (V)	Kidney Bean Rajma (VE) served with Naan (VE) Kachumber Salad* (Spiced Cucumber and Tomato Salad) (VE) Veggie Nuggets (VE) Dipping Sauce Southwest Burrito (V)
Salad Bar Marinated White Beans (VE) Yom Kippur 25	and Guacamole (VE) Salad Bar Spinach, Tomato, Red Pepper Salad (V)	Garlic Knot (V) Salad Bar Classic Potato Salad (V)	<i>Salad Bar</i> Carrot Raisin Salad (V) 28	Heart Shaped Pretzels (VE) Salad Bar Roasted Broccoli & Cauliflower (VE)
τοπ πιρραί 29	Veggie Burger (VE)	21	20	29
Pizza by the Slice (V) Kid Friendly Kale Salad (VE) Frozen Fruit Ice (VE)	Veggie Cheeseburger (V) Whole Wheat Bun Turkey Burger Turkey Cheeseburger Whole Wheat Bun Sweet Potato Waffle Fries (VE) Baked Beans (VE)	Plastic Free Lunch Day Caribbean Style Beef Patty Fish and Cheese Sandwich Whole Wheat Bun Baby Carrots (VE)	International Roasted Chicken Drumsticks Grab & Go Salad Confetti Corn (VE) Buttermilk Biscuit (V)	Three Bean Chili (VE) with or without Cheese (V) Seasoned Wedge Fries (VE) Honey Corn Bread (V) Crispy Tortillas (VE) Served with Salsa (VE) Southwest Burrito (V)
Salad Bar Broccoli Salad (V)	Salad Bar Pickles, Lettuce and Tomato (VF)	Salad Bar	Salad Bar	Salad Bar Fresh Tomato Salad (VF)
Monday • Peanut Butter and/or	and Tomato (VE) Tuesday Peanut Butter and/or	Veggie Dipper (VE) Wednesday Peanut Butter and/or	Lemon Arugula Salad (V) Thursday Peanut Butter and/or	Friday • Peanut Butter and/or
 Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Assorted Vegetarian Wraps (V) 	 Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V)	 Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) 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 Chocolate Chip Cookies or Chicken with Bones Pre-K Chicken Choices Chicken Tenders Chicken Patty Chicken Bites	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)	OFNS has an extensive Prohibitive Ingredients List available at:

* Recipes created in collaboration with OFNS and the Chef Council

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







Monday	Tuesday	Wednesday	Thursday	Friday
			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Black Bean Wrap (VE) Fresh Tomato Salad (V) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
Labor Day 4	5	6	First Day of Classes 7	8
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Heart Shaped Pretzels (VE)
11	12	13	14	15
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Crispy Tortillas (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Mediterranean Chicken Pasta Salad Green Garden (VE)	Chickpea and Pimento Wrap (VE) Healthy Cilantro Slaw (VE) New York Cookie Treat (V)
18	19	20	21	22
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
Yom Kippur 25	26	27	28	29
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Balsamic Chicken Grab and Go Salad Basil Corn Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Heart Shaped Pretzels (VE)
Monday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Cheese Sandwich (V) Assorted Vegetarian Wraps (V)	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Cheese Sandwich (V)

OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List



* Recipes created in collaboration with OFNS and the Chef Council

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







Manday	Tuesday	Madpaaday	Thursday	Fridov
Monday	Tuesday	Wednesday	Thursday	Friday
			*	1
			SE OFFICE	Kidney Bean Rajma (VE) served with Naan (VE)
			VEW 10	Crispy Broccoli (V)
			WE'RE PROUDLY CELEBRATING	3 Cheese Grilled Cheese (V)
			PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Heart Shaped Pretzels (VE)
Labor Day 4	5	6	First Day of Classes 7	8
	Turkey Burger		International Roasted	Three Bean Chili (VE) Seasoned Wedge Fries (VE)
Sicilian Slice Pizza (V)	Turkey Cheeseburger Whole Wheat Bun	Caribbean Style Beef Patty	Chicken Drumsticks Confetti Corn (VE)	Honey Corn Bread (V)
Roasted Zucchini (VE)	Crisp Sweet Potato Waffle Fries (VE)	Callaloo Spinach (V)	Buttermilk Biscuit (V)	Homemade Grilled Cheese (V)
	Baked Beans (VE)		New York Cookie Treat (V)	Crispy Tortillas (VE) Served with Salsa (VE)
11	12	13	14	15
Sigilian Sliga Dizza (V)	Chicken Dumplings	Mozzarella Sticks (V)	Crispy Chicken Tenders	Roasted Adobo Chickpeas (VE)*
Sicilian Slice Pizza (V)	Pineapple Rice Medley (V)*	with marinara sauce (VE) Crispy Broccoli (V)	With Dipping Sauce	Sofrito Rice (VE)* Plantains (VE)
Garlicky Green Bean (VE)	Ginger Carrots (V)	Marinated White Beans (VE)	Home Fries (VE)	· <i>'</i>
		marmatoa viinto Doano (v 2)	Garlic Knot (V)	Southwest Burrito (V) New York Cookie Treat (V)
				` '
18	19	20	21	22
Sicilian Slice Pizza (V) Hot Bean Salad (VE)	Hamburgers Cheeseburgers Whole Wheat Bun	Crispy Chicken Bites Roasted Fresh Tomatoes (VE) Garlic Knot (V)	Caribbean Spiced Jerk Chicken Thigh* Jollof Cauliflower (V)*	Kidney Bean Rajma (VE) served with Naan (VE) Crispy Broccoli (V) 3 Cheese
	Seasoned Wedge Fries (VE)	Crispy Tortillas (VE) Served with Salsa (VE)	Dinner Roll (V)	Grilled Cheese (V) Heart Shaped Pretzels (VE)
Yom Kippur 25	26	27	28	29
Sicilian Slice Pizza (V) Roasted Zucchini (VE)	Turkey Burger Turkey Cheeseburger Whole Wheat Bun Crisp Sweet Potato Waffle Fries (VE) Baked Beans (VE)	Caribbean Style Beef Patty Callaloo Spinach (V)	International Roasted Chicken Drumsticks Confetti Corn (VE) Buttermilk Biscuit (V)	Three Bean Chili (VE) Seasoned Wedge Fries (VE) Honey Corn Bread (V) Homemade Grilled Cheese (V) Crispy Tortillas (VE)
				Served with Salsa (VE)
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)
Milk	ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk		Seasonal Fresh Fruit	OFNS has an extensive Prohibitive Ingredients List

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

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

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

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

OFNS has an extensive Prohibitive Ingredients List available at:



* Recipes created in collaboration with OFNS and the Chef Council

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







Monday	Tuesday	Wednesday	Thursday	Friday
Worlday	racoady	Wednesday	maroday	1 11 day
		OR O	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Multi-Grain Oats (VE) Milk (V)
Labor Day 4	5	6	First Day of Classes 7	8
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cinnamon Flakes (VE) Milk (V)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)
11	12	13	14	15
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
18	19	20	21	22
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Yogurt Choice (V) Blueberry Granola (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)
Yom Kippur 25	26	27	28	29
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cinnamon Flakes (VE) Milk (V)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

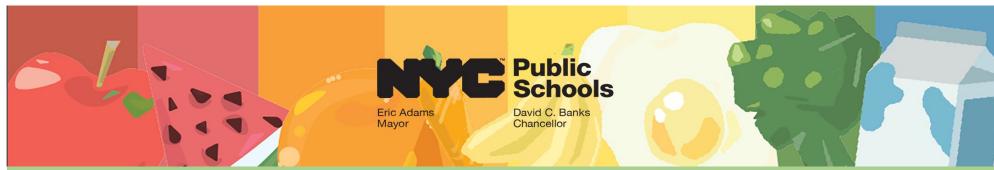
All Fruit
Offerings are 1 cup

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

OFNS has an extensive Prohibitive Ingredients List



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



SEPTEMBER 2023: After School Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (V) Options may vary by location		OF OR A STATE OF THE WAY	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Chickpea and Pimento Wrap (VE) Healthy Cilantro Slaw (VE)
Labor Day 4	5	6	First Day of Classes 7	8
Superhero Spinach Wrap (V) Broccoli Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V)
11	12	13	14	15
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Balsamic Chicken Grab and Go Salad Crispy Tortillas (VE) Served with Salsa (VE)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Heart Shaped Pretzels (VE)
18	19	20	21	22
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Mediterranean Chicken Pasta Salad Green Garden (V)	Chickpea and Pimento Wrap (VE) Healthy Cilantro Slaw (VE) New York Cookie Treat (V)
Yom Kippur 25	26	27	28	29
Superhero Spinach Wrap (V) Broccoli Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V)

OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List



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



SEDTEN	IRED	2023-	After	School	l Hot Menu
SEFIE	VIDER	ZUZJ.	Aller	20100	ı noı menu

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Supper Specials • Peanut Butter and/or			QE QA	1
Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V)			WE'RE PROUDLY CELEBRATING	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
Hummus and Pretzels Grab & Go (V) Options may vary by location			LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	couconou trougo i mos (+2)
Labor Day 4	5	6	First Day of Classes 7	8
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Chicken Dumplings Seasoned Fresh Green Beans (V)	Turkey Burger Whole Wheat Bun Crisp Sweet Potato Waffle Fries (VE)	Pizza (V) Superhero Spinach (VE)	Southwest Burrito (V) Street Style Corn (V) Crispy Tortillas (VE)
11	12	13	14	15
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Fish and Cheese Sandwich Whole Wheat Bun Confetti Corn (VE) New York Cookie Treat (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Pizza (V) Green Garden Salad (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
18	19	20	21	22
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Crispy Chicken Sandwich on Kaiser Roll Seasoned Wedge Fries (VE)	Pizza (V) Roasted Zucchini (VE)	Chicken Tenders Slow Roasted Baby Carrots (V) Dinner Roll (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
Yom Kippur 25	26	27	28	29
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Chicken Dumplings Seasoned Fresh Green Beans (V)	Turkey Burger Whole Wheat Bun Crisp Sweet Potato Waffle Fries (VE)	Pizza (V) Superhero Spinach (VE)	Southwest Burrito (V) Street Style Corn (V) Crispy Tortillas (VE)

OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List



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



SEPTEMBER 2023: After School Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			* \	1
 Daily Supper Specials Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Hot or Cold Cheese Sandwich (V) Hummus and Pretzels Grab & Go (V) Options may vary by location 			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
Labor Day 4	5	6	First Day of Classes 7	8
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V) Dinner Roll (V)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) Crispy Tortillas (VE)	Pizza (V) Crispy Broccoli (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
11	12	13	14	15
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Big City Bean Taco (VE) Green Garden Salad (VE)	Pizza (V) Roasted Zucchini (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
18	19	20	21	22
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Super Hero Spinach Wrap (V) Baked Beans (VE)	Pizza (V) Roasted Chickpeas With Basil Pesto (V)	Southwest Burrito (V) Street Style Corn (V) New York Cookie Treat (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
Yom Kippur 25	26	27	28	29
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V) Dinner Roll (V)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) Crispy Tortillas (VE)	Pizza (V) Crispy Broccoli (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
		OFFERED DAILY		OFNS has an extensive

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

Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive **Prohibitive Ingredients List**



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

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







SEPTEMBER 2023: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
Honey Corn Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Mini Blueberry Waffles (V) Fresh Fruit (VE) Milk (V)	Blueberry Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Whole Grain Croissant (V) served with Jelly (VE) Fresh Fruit (VE) Milk (V)

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

(V) Indicates Vegetarian(VE) Indicates Vegan

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

OFNS has an extensive Prohibitive Ingredients List available at:











SEPTEMBER 2023: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
Honey Corn Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Mini Blueberry Waffles (V) Fresh Fruit (VE) Milk (V)	Blueberry Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Whole Grain Croissant (V) served with Jelly (VE) Fresh Fruit (VE) Milk (V)

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

(V) Indicates Vegetarian(VE) Indicates Vegan

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

OFNS has an extensive Prohibitive Ingredients List available at:











SEPTEMBER 2023: Saturday Cold Lunch Menu

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

OFFERED DAILY

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

(V) Indicates Vegetarian(VE) Indicates Vegan

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List



O.F.N.S. TIFOOD ALLLIANEE







SEPTEMBER 2023: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
Grilled Cheese Sandwich (V) Seasoned Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Hamburgers & Cheeseburgers Baked Sweet Potato Waffle Fries (VE) Fresh Fruit (VE) Milk (V)	Baked Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V) Fresh Fruit (VE) Milk (V)	Crispy Chicken Sandwich Whole Wheat Bun Seasoned Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Pizza Choice (V) Roasted Zucchini (VE) Fresh Fruit (VE) Milk (V)

OFFERED DAILY

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

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

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

OFNS has an extensive Prohibitive Ingredients List available at:



O.F.N.S. TIFOOD ALLLIANEE



SEPTEMBER 2023: Food Court Menu					
Tuesday	Wednesday	Thursday			

Kidney Bean Rajma (VE) served with Naan (VE) **WE'RE PROUDLY**

CELEBRATING Kachumber Salad* **LOCALLY SOURCED &** (Spiced Cucumber PRODUCED FOOD and Tomato Salad) **ALL NEW YORK ITEMS** ARE HIGHLIGHED IN GREEN

14

21

28

Veggie Burger (VE) Veggie

Labor Day

Cheeseburger (V) **Whole Wheat Bun**

Monday

Baked Beans (VE)

11

18

Chicken Parmigiana Sandwich on Ciabatta Bread

5

12

19

26

Roasted Zucchini (V)

Caribbean Style Beef Patty

Glazed Carrots (VE)

International Roasted Chicken Drumsticks

First Day of Classes 7

Confetti Corn (VE)

Buttermilk Biscuit (V)

New York Cookie Treat (V)

Three Bean Chili (VE) with or without Cheese (V)

Friday

Seasoned Wedge Fries (VE)

Honey Corn Bread (V)

Veggie Nuggets (VE) With Dipping Sauce

Marinated White Beans (VE)

Bread Stick (VE)

Chicken Dumplings

Ginger Carrots (VE)

Pineapple Rice Medley (VE)*

White Bean and Pasta Primavera (VE)

Crispy Broccoli (VE)

20

27

Hamburgers & Cheeseburgers on Ciabatta Bread

Crisp Sweet Potato Wedge Fries (VE)

Roasted Adobo Chickpeas (VE)* 15

29

Sofrito Rice (VE)*

Sweet Plantains (VE)

New York Cookie Treat (V)

Cheese Quesadilla (V)

Fiesta Black Beans (VE)

Salsa (VE)

Yom Kippur

Spicy Chicken Sandwich

Whole Wheat Bun

Crisp Sweet Potato Wedge Fries (VE)

Fish and Cheese Sandwich

Roasted Broccoli (VE)

Whole Wheat Bun

Caribbean Spiced Jerk Chicken Thigh*

Confetti Corn (VE)

Dinner Roll (V)

Kidney Bean Rajma (VE) served with Naan (VE)

Kachumber Salad* (Spiced Cucumber and Tomato Salad)

Veggie Burger (VE) Veggie Cheeseburger (V)

Whole Wheat Bun

Baked Beans (VE)

Chicken Parmigiana Sandwich

on Ciabatta Bread

Roasted Zucchini (V)

Caribbean Style Beef **Patty**

Glazed Carrots (VE)

International Roasted **Chicken Drumsticks**

Superhero Spinach (VE)

Buttermilk Biscuit (V)

Three Bean Chili (VE) with or without Cheese (V)

Honey Corn Bread (V)

Pizza (V)

Baked Mozzarella Sticks (V)

Southwest Burrito (V) • Grab and Go Salads (V)

Peanut Butter and/or Sunflower Seed

Butter & Jelly (VE)

Hummus Grab & Go (V) Hot or Cold

Cheese Sandwich (V)

Assorted Vegetarian

Wraps (V)

Seasoned Wedge Fries (VE)

Pizza (V)

Baked Mozzarella Sticks (V)

Chicken Tenders

 Southwest Burrito (V) Grab and Go Salads

Peanut Butter and/or Sunflower

Butter & Jelly (VE)

Hot or Cold

Cheese Sandwich (V)

Seasoned Wedge Fries (VE)

Hummus Grab & Go (V)

 Tuna Sandwich Assorted Wraps and Sandwiches

Pizza (V)

Baked Mozzarella Sticks (V) **Chicken Tenders**

Southwest Burrito (V)

Grab and Go Salads Peanut Butter and/or Sunflower

Seed **Butter & Jelly (VE)**

Hummus Grab & Go (V)

Hot or Cold

Cheese Sandwich (V) Tuna Sandwich Assorted Wraps and

Sandwiches •Seasoned Wedge Fries (VE)

Pizza (V)

Baked Mozzarella Sticks (V) **Chicken Tenders**

Southwest Burrito (V)

Grab and Go Salads Peanut Butter and/or Sunflower

Seed Butter & Jelly (VE)

Hummus Grab & Go (V)

Hot or Cold

Cheese Sandwich (V) Tuna Sandwich

Assorted Wraps and **Sandwiches** Seasoned Wedge Fries (VE)

Peanut Butter and/or Sunflower Seed

Butter & Jelly (VE)

 Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE)

Hot or Cold

Cheese Sandwich (V) Southwest Burrito (V)

Grab and Go Salads (VE) Seasoned Wedge Fries (VE)

Cold Cereal Choices

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

Assorted Berries (H) & Fresh Cut Fruit (VE) (H) Assorted Yogurts (V) (H)

Raisins (VE) (H)

*Alternative options are available upon request

Breakfast Bar

Daily Breakfast Offerings

Assorted Berries & Fresh Cut Fruit (VE)

Yogurt (V)

Granola (V)

Raisins (VE)

Seasonal Fresh Fruit

Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Pears, Plums, Mandarins, Bananas, Strawberries, and Watermelon (VE)

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

Assorted Condiments Dipping Sauces and Dressings are Available Daily

OFNS has an extensive **Prohibitive Ingredients List** available at:



* Recipes created in collaboration with OFNS and the Chef Council

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





SEPTEMBER 2023: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
		OR YOU WANTED	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
Labor Day 4	5	6	First Day of Classes 7	8
Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced	Mini Blueberry Waffles (V) Hot Oatmeal (V)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V)	Whole Grain Croissant (V) with Jelly (VE) Hot Oatmeal (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE)
Pineapples (VE) Milk (V)	Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
11	12	13	14	15
Banana Muffin (V) Hot Oatmeal (V)	Tasty Waffles (V) Hot Oatmeal (V)	Sweet Potato Oatmeal Muffin (V)	Buttermilk Pancakes (V) Hot Oatmeal (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)
Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Assorted Fruits and Applesauce (VE) Milk (V)	Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
18	19	20	21	22
Blueberry Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	French Toast Sticks (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
Yom Kippur 25	26	27	28	29
Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Mini Blueberry Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Whole Grain Croissant (V) with Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE)
	Milk (V)	(*)	Milk (V)	Milk (V)
		OFFERED DAILY		OFNS has an extensive
Milk	Seasonal Fresh Fruit		Options may vary	Prohibitive Ingredients List

Milk ole Milk ()

Whole Milk (V) Alternative options are available upon request

(V) Indicates Vegetarian (VE) Indicates Vegan

Seasonal Fresh Fruit

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

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

Cold Cereal Choices

Multi-Grain Oats (VE)

Toasted Oats (VE)

Oat Circles (VE)

Cinnamon Flakes (VE)

Options may vary by location

Assorted Yogurts

Condiments Syrup (VE) Prohibitive Ingredients List available at:



PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 24 months.

Formula is to be provided by the parent.







SEPTEMBER 2023: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			*	1
• Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (VE) • 4 oz. Yogurt (V) • Tuna Sandwich Options may vary by location			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Veggie Nuggets (VE) with Dipping Sauce Cucumber Salad (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
Labor Day 4	5	6	First Day of Classes 7	0
Pizza by the Slice (V) Seasoned Pinto Beans (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Turkey Burger Whole Wheat Bun Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Caribbean Style Beef Patty Steamed Green Bean (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Crispy Chicken Sandwich Whole Wheat Bun Steamed Broccoli (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Burger (V) Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
11	12	13	14	15
French Bread Pizza (V) Garlicky Green Bean (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Steamed Chicken Dumplings Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Steamed Broccoli (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Tenders and Waffles Home Fries (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Homemade Grilled Cheese (VE) Seasoned Chickpeas (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
18	19	20	21	22
Sicilian Slice Pizza (V) Steamed Broccoli (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Soft Turkey Taco Black Bean Salsa (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Chicken Bites with Dipping Sauce Roasted Fresh Tomatoes (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Hamburger, Cheeseburger or Whole Wheat Bun Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Nuggets (VE) with Dipping Sauce Cucumber Salad (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
Yom Kippur 25	26	27	28	29
Pizza by the Slice (V) Seasoned Pinto Beans (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Turkey Burger Whole Wheat Bun Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Caribbean Style Beef Patty Steamed Green Bean (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Crispy Chicken Sandwich Whole Wheat Bun Steamed Broccoli (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Burger (V) Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
	ATTENTION:			

ATTENTION:

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

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit Apple Slices, Blueberries,

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

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

OFNS has an extensive Prohibitive Ingredients List



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

Consistencies upon request: puree, mashed and finely chopped.

* Recipes created in collaboration with OFNS and the Chef Council

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

Milk*

Whole Milk (V)

*Alternative options are

available upon request







OEI TEMBER 202017 (Itol Colloct Illiant Todalot Chack Mona					
Monday	Tuesday	Wednesday	Thursday	Friday	
				1	
		ANT TO SERVICE OF THE PARTY OF	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Multi-Grain Oats (VE) Milk (V)	
Labor Day 4	5	6	First Day of Classes 7	8	
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	Yogurt Choice (V) Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	
11	12	13	14	15	
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)	
18	19	20	21	22	
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	Yogurt Choice (V) Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	
Yom Kippur 25	26	27	28	29	
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)	

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available OFNS has an extensive Prohibitive Ingredients List available at:



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

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