

SEPTEMBER 2023: Pre-K - 8 Breakfast Menu

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

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

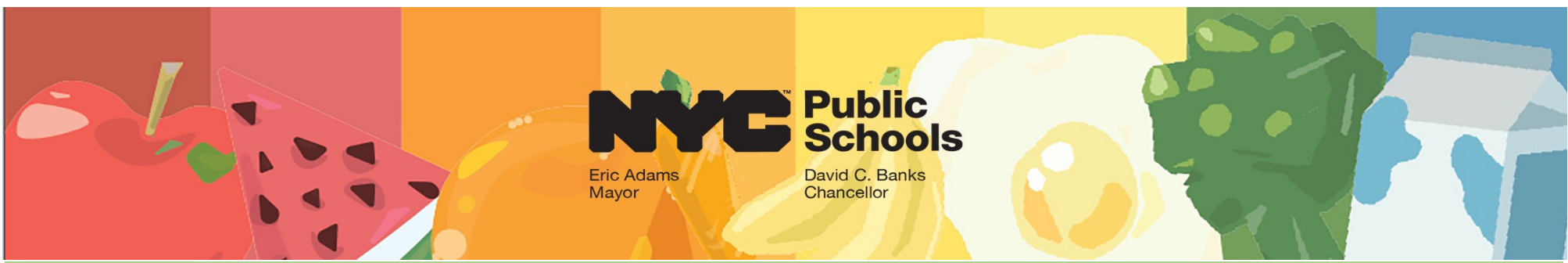
Condiments
Syrup (VE)

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



SEPTEMBER 2023: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)</p> <p><i>Fresh New York Bagel Stick Assortment</i> French Toast (VE) Cinnamon Raisin (VE) Plain (VE)</p> <p><i>Breakfast Bar</i> Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (V) Assorted Yogurts (V) Raisins (VE)</p>			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
Labor Day 4	5	6	First Day of Classes 7	8
<p style="text-align: center;">Honey Corn Breakfast Bread (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Raisins (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Mini Blueberry Waffles (V)</p> <p style="text-align: center;">Breakfast Bar</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Zucchini Carrot Breakfast Bread (V)</p> <p style="text-align: center;">Mozzarella Cheese Stick (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Whole Grain Croissant With Cheese (V)</p> <p style="text-align: center;">Breakfast Bar</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
11	12	13	14	15
<p style="text-align: center;">Banana Muffin (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Raisins (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Tasty Waffles (V)</p> <p style="text-align: center;">Breakfast Bar</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center;">Cheddar Cheese Stick (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Buttermilk Pancakes (V) Blueberry Topping (V)</p> <p style="text-align: center;">Breakfast Bar</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
18	19	20	21	22
<p style="text-align: center;">Blueberry Muffin (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Raisins (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Cinnamon Burst Pancakes (V)</p> <p style="text-align: center;">Breakfast Bar</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Apple Cinnamon Breakfast Bread (V)</p> <p style="text-align: center;">Colby Cheese Stick (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">French Toast Sticks (V) Peach Topping (V)</p> <p style="text-align: center;">Breakfast Bar</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
Yom Kippur 25	26	27	28	29
<p style="text-align: center;">Honey Corn Breakfast Bread (V)</p> <p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Raisins (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Mini Blueberry Waffles (V)</p> <p style="text-align: center;">Breakfast Bar</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Zucchini Carrot Breakfast Bread (V)</p> <p style="text-align: center;">Mozzarella Cheese Stick (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Whole Grain Croissant With Cheese (V)</p> <p style="text-align: center;">Breakfast Bar</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Seasonal 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>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p>	<p style="text-align: center;"><u>OFFERED DAILY</u></p> <p style="text-align: center;"><small>Options may vary by location</small></p> <p>Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)</p> <p>Condiments Syrup (VE)</p>
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OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



SEPTEMBER 2023: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
			<p style="font-size: small; color: green;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p style="color: green;">Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</p>
Labor Day	4	5	6	7
<p style="color: green;">Scooters (V)</p> <p style="color: green;">Blueberry Granola (V)</p> <p style="color: green;">Strawberry Banana Apple Sauce (VE)</p>	<p style="color: green;">Mini Blueberry Waffles (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Zucchini Carrot Breakfast Bread (V)</p> <p style="color: green;">Cheddar Cheese Stick (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Yogurt Choice (V)</p> <p style="color: green;">Assorted Granola (V)</p> <p style="color: green;">Raisins (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Whole Grain NY Bagel (VE)</p> <p style="color: green;">served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>
11	12	13	14	15
<p style="color: green;">Honey Cheerios (V)</p> <p style="color: green;">Honey Graham Cracker (V) or Animal Crackers (V)</p> <p style="color: green;">Applesauce (VE)</p>	<p style="color: green;">Blueberry Muffin (V)</p> <p style="color: green;">Mozzarella Cheese Stick (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Yogurt Choice (V)</p> <p style="color: green;">Assorted Granola (V)</p> <p style="color: green;">Raisins (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Sweet Potato Oatmeal Muffin (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Whole Grain NY Bagel (VE)</p> <p style="color: green;">served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>
18	19	20	21	22
<p style="color: green;">Honey Scooters (V)</p> <p style="color: green;">Blueberry Granola (V)</p> <p style="color: green;">Raisins (VE)</p>	<p style="color: green;">Cinnamon Burst Pancakes (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Apple Cinnamon Breakfast Bread (V)</p> <p style="color: green;">Colby Cheese Stick (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Frosted Mini Wheats</p> <p style="color: green;">Honey Graham Cracker (V)</p> <p style="color: green;">Strawberry Banana Applesauce (VE)</p>	<p style="color: green;">Whole Grain NY Bagel (VE)</p> <p style="color: green;">served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>
Yom Kippur	25	26	27	28
<p style="color: green;">Scooters (V)</p> <p style="color: green;">Blueberry Granola (V)</p> <p style="color: green;">Strawberry Banana Apple Sauce (VE)</p>	<p style="color: green;">Mini Blueberry Waffles (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Zucchini Carrot Breakfast Bread (V)</p> <p style="color: green;">Cheddar Cheese Stick (V)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Yogurt Choice (V)</p> <p style="color: green;">Assorted Granola (V)</p> <p style="color: green;">Raisins (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="color: green;">Whole Grain NY Bagel (VE)</p> <p style="color: green;">served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: purple;">Seasonal Fresh Fruit (VE)</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)
Cinnamon Flakes (VE)

Seasonal Fresh Fruit

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

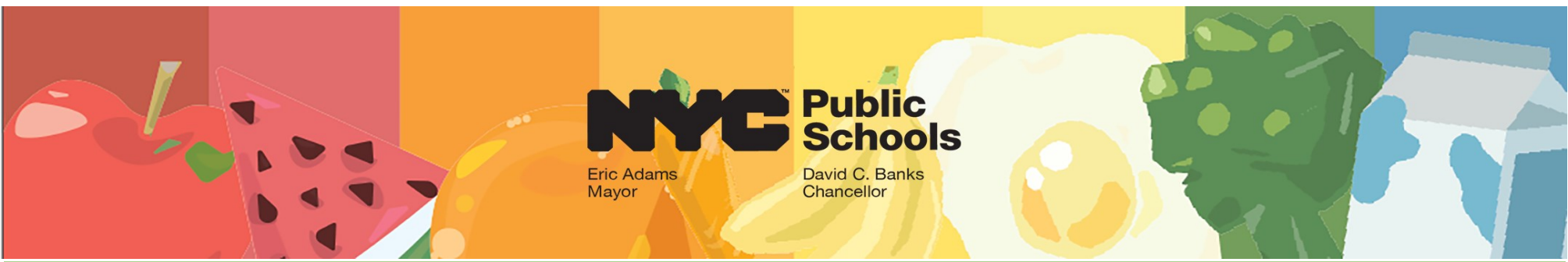
Condiments

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



SEPTEMBER 2023: Pre-K - 8 Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)</p> <p><i>Fresh New York Bagel Stick Assortment</i> French Toast (VE) Cinnamon Raisin (VE) Plain (VE)</p>			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
Labor Day 4	5	6	First Day of Classes 7	8
<p>Honey Corn Breakfast Bread (V)</p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Mini Blueberry Waffles (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Zucchini Carrot Breakfast Bread (V)</p> <p style="text-align: center;">Mozzarella Cheese Stick (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Whole Grain Croissant With Cheese (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
11	12	13	14	15
<p>Banana Muffin (V)</p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Tasty Waffles (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center;">Cheddar Cheese Stick (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Buttermilk Pancakes (V) Blueberry Topping</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
18	19	20	21	22
<p>Blueberry Muffin (V)</p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Cinnamon Burst Pancakes (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Apple Cinnamon Breakfast Bread (V)</p> <p style="text-align: center;">Colby Cheese Stick (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">French Toast Sticks (V) Peach Topping</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>
Yom Kippur 25	26	27	28	29
<p>Honey Corn Breakfast Bread (V)</p> <p>Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Mini Blueberry Waffles (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Zucchini Carrot Breakfast Bread (V)</p> <p style="text-align: center;">Mozzarella Cheese Stick (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Whole Grain Croissant With Cheese (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Assorted Fresh NY Bagels (VE) and Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Seasonal 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>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p>	<p style="text-align: center;"><u>OFFERED DAILY</u></p> <p style="text-align: center;">Options may vary by location</p> <p style="text-align: center;"><u>Cold Cereal Choices</u> Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)</p>	<p style="text-align: center;"><u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)</p> <p style="text-align: center;"><u>Condiments</u> Syrup (VE)</p>
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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



SEPTEMBER 2023: Puree Breakfast Menu

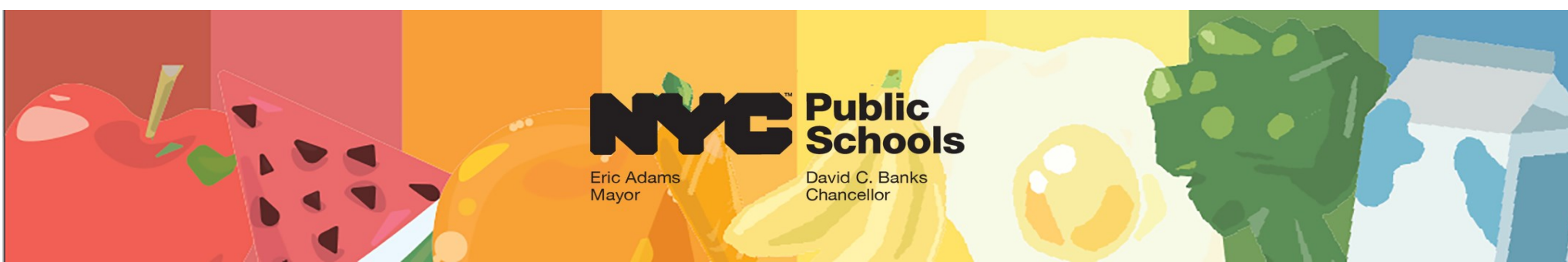
Monday	Tuesday	Wednesday	Thursday	Friday
				1
			<p style="color: green; font-weight: bold;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p style="color: green; font-weight: bold;">Banana Muffin (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (VE)</p> <p style="color: purple;">Fruit Offering Apple Sauce (VE)</p>
Labor Day 4	5	6	First Day of Classes 7	8
<p style="color: green; font-weight: bold;">Blueberry Muffin (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Peaches (VE)</p>	<p style="color: green; font-weight: bold;">Soft Roll (VE)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p style="color: green; font-weight: bold;">Croissant (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Pears (VE)</p>	<p style="color: green; font-weight: bold;">Soft Roll (VE)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Bananas (VE)</p>	<p style="color: green; font-weight: bold;">Banana Muffin (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (VE)</p> <p style="color: purple;">Fruit Offering Apple Sauce (VE)</p>
11	12	13	14	15
<p style="color: green; font-weight: bold;">Blueberry Muffin (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Peaches (VE)</p>	<p style="color: green; font-weight: bold;">Soft Roll (VE)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p style="color: green; font-weight: bold;">Croissant (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Pears (VE)</p>	<p style="color: green; font-weight: bold;">Soft Roll (VE)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Bananas (VE)</p>	<p style="color: green; font-weight: bold;">Banana Muffin (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (VE)</p> <p style="color: purple;">Fruit Offering Apple Sauce (VE)</p>
18	19	20	21	22
<p style="color: green; font-weight: bold;">Blueberry Muffin (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Peaches (VE)</p>	<p style="color: green; font-weight: bold;">Soft Roll (VE)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p style="color: green; font-weight: bold;">Croissant (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Pears (VE)</p>	<p style="color: green; font-weight: bold;">Soft Roll (VE)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Bananas (VE)</p>	<p style="color: green; font-weight: bold;">Banana Muffin (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (VE)</p> <p style="color: purple;">Fruit Offering Apple Sauce (VE)</p>
Yom Kippur 25	26	27	28	29
<p style="color: green; font-weight: bold;">Blueberry Muffin (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Peaches (VE)</p>	<p style="color: green; font-weight: bold;">Soft Roll (VE)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Flavored Apple Sauce (VE)</p>	<p style="color: green; font-weight: bold;">Croissant (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Pears (VE)</p>	<p style="color: green; font-weight: bold;">Soft Roll (VE)</p> <p style="color: green;">Hot Oatmeal (V)</p> <p style="color: purple;">Fruit Offering Bananas (VE)</p>	<p style="color: green; font-weight: bold;">Banana Muffin (V)</p> <p style="color: green;">New York Yogurt Choice (V)</p> <p style="color: green;">Hot Oatmeal (VE)</p> <p style="color: purple;">Fruit Offering Apple Sauce (VE)</p>

<p style="text-align: center;"><u>Milk</u></p> <p>1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) <small>Alternative options are available upon request</small></p>	<p style="text-align: center;"><u>Seasonal Fresh Fruit</u></p> <p>Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)</p> <p style="text-align: center;"><u>Condiments</u></p> <p>Syrup (VE)</p>	<p style="text-align: center;"><u>OFFERED DAILY</u></p> <p>Options may vary by location</p> <p style="text-align: center;"><u>Cold Cereal Choices</u></p> <p>Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)</p>	<p style="text-align: center;"><u>Assorted Yogurts</u></p> <p style="text-align: center;"><u>Alternate Fruit</u></p> <p>Peaches, Pineapples Pears, Applesauce</p>	<p style="color: yellow; font-weight: bold;">OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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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
- 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 Lunch Menu

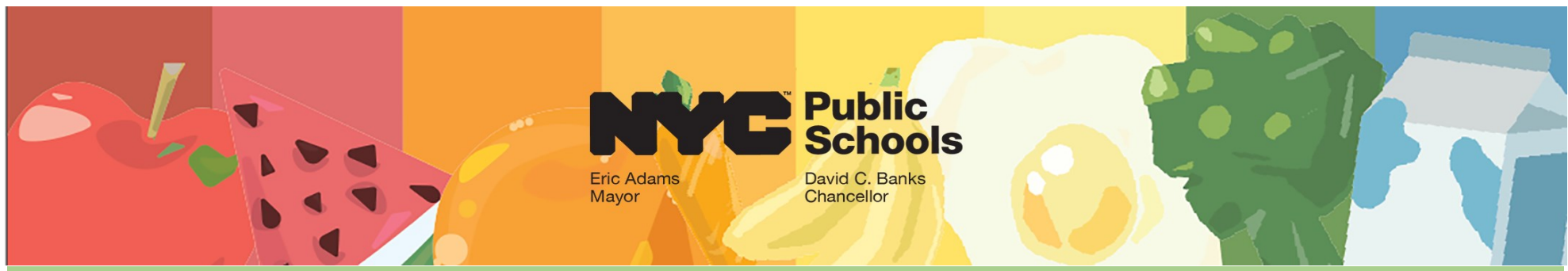
Monday	Tuesday	Wednesday	Thursday	Friday
				1
			 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	Kidney Bean Rajma (VE) served with Naan (VE) Kachumber Salad* (Spiced Cucumber and Tomato Salad) (VE) Veggie Nuggets (VE) Dipping Sauce Southwest Burrito (V) Heart Shaped Pretzels (VE) Salad Bar Roasted Broccoli & Cauliflower (VE)
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) Salad Bar Broccoli Salad (V)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Turkey Burger Turkey Cheeseburger Whole Wheat Bun Sweet Potato Waffle Fries (VE) Baked Beans (VE) Salad Bar Pickles, Lettuce and Tomato (VE)	Plastic Free Lunch Day Caribbean Style Beef Patty Fish and Cheese Sandwich Whole Wheat Bun Baby Carrots (VE) Salad Bar Veggie Dipper (VE)	International Roasted Chicken Drumsticks 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)
11	12	13	14	15
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)
18	19	20	21	22
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	27	28	29
Pizza by the Slice (V) Kid Friendly Kale Salad (VE) Frozen Fruit Ice (VE) Salad Bar Broccoli Salad (V)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Turkey Burger Turkey Cheeseburger Whole Wheat Bun Sweet Potato Waffle Fries (VE) Baked Beans (VE) Salad Bar Pickles, Lettuce and Tomato (VE)	Plastic Free Lunch Day Caribbean Style Beef Patty Fish and Cheese Sandwich Whole Wheat Bun Baby Carrots (VE) Salad Bar Veggie Dipper (VE)	International Roasted Chicken Drumsticks Grab & Go Salad Confetti Corn (VE) Buttermilk Biscuit (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)
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)

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

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

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

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

OFNS Menu 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)

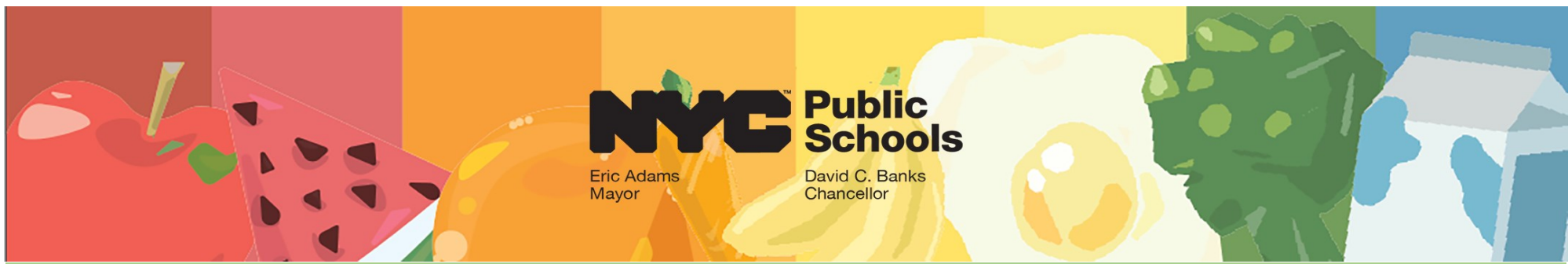
OFNS has an extensive Prohibitive Ingredients List available at:



* 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



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

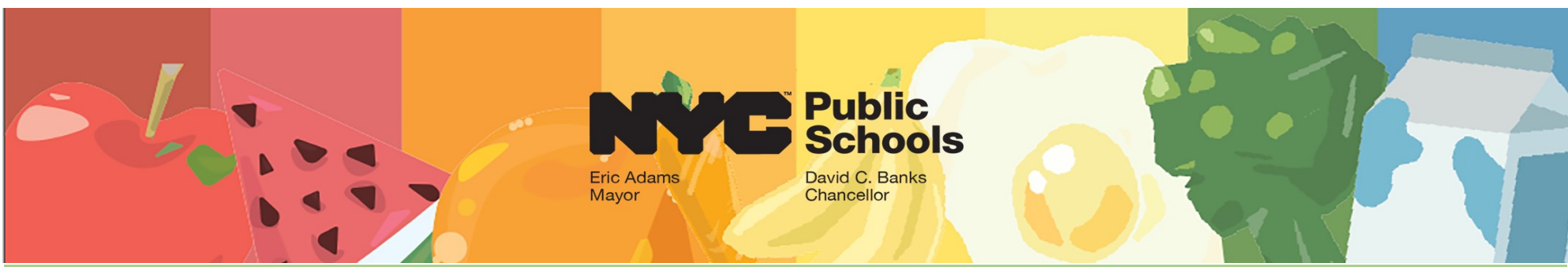
Monday	Tuesday	Wednesday	Thursday	Friday
				1
			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Kidney Bean Rajma (VE) served with Naan (VE) Crispy Broccoli (V) Three Cheese Grilled Cheese (V) Heart Shaped Pretzels (VE)
Labor Day 4	5	6	First Day of Classes 7	8
Sicilian Slice Pizza (V) Roasted Zucchini (VE)	Turkey Burger Turkey Cheeseburger <i>Whole Wheat Bun</i> 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) <i>New York Cookie Treat (V)</i>	Three Bean Chili (VE) Seasoned Wedge Fries (VE) Honey Corn Bread (V) Homemade Grilled Cheese (V) Crispy Tortillas (VE) Served with Salsa (VE)
11	12	13	14	15
Sicilian Slice Pizza (V) Garlicky Green Bean (VE)	Chicken Dumplings Pineapple Rice Medley (V)* Ginger Carrots (V)	Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Marinated White Beans (VE)	Crispy Chicken Tenders With Dipping Sauce Home Fries (VE) <i>Garlic Knot (V)</i>	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Plantains (VE) Southwest Burrito (V) <i>New York Cookie Treat (V)</i>
18	19	20	21	22
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Hot Bean Salad (VE)	Hamburgers Cheeseburgers <i>Whole Wheat Bun</i> Seasoned Wedge Fries (VE)	Crispy Chicken Bites Roasted Fresh Tomatoes (VE) <i>Garlic Knot (V)</i> Crispy Tortillas (VE) Served with Salsa (VE)	Caribbean Spiced Jerk Chicken Thigh* Jollof Cauliflower (V)* Dinner Roll (V)	Kidney Bean Rajma (VE) served with Naan (VE) Crispy Broccoli (V) Three Cheese Grilled Cheese (V) Heart Shaped Pretzels (VE)
Yom Kippur 25	26	27	28	29
Sicilian Slice Pizza (V) Roasted Zucchini (VE)	Turkey Burger Turkey Cheeseburger <i>Whole Wheat Bun</i> 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)

<p style="text-align: center;">Milk</p> <p style="text-align: center;">1% Low-fat (V) Fat Free (V)</p> <p style="text-align: center;">Fat Free Chocolate (V)</p> <p style="text-align: center; font-size: small;">Alternative options are available upon request</p>	<p style="text-align: center;">ATTENTION:</p> <p style="font-size: x-small;">All Pre-K Students CANNOT be Offered Chocolate Milk, Chocolate Chip Cookies or Chicken with Bones</p> <p style="text-align: center;">Pre-K Chicken Choices</p> <p style="font-size: x-small;">Chicken Tenders Chicken Patty Chicken Bites</p>	<p style="text-align: center;">OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="text-align: center;">Seasonal Fresh Fruit</p> <p style="font-size: x-small;">Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (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>
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* 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 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Kidney Bean Rajma (VE) served with Naan (VE) Kachumber Salad* (Spiced Cucumber and Tomato Salad) Heart Shaped Pretzels (VE) Salad Bar 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) Salad Bar Broccoli Salad (V)	Veggie Burger (VE) Veggie Cheeseburger (V) <i>Whole Wheat Bun</i> Baked Beans (VE) Cilantro Healthy Cole Slaw (V) Salad Bar Pickles, Lettuce and Tomato (VE)	<i>Plastic Free Lunch Day</i> Quesadillas (VE) Baby Carrots (VE) Salad Bar Veggie Dipper	Zucchini Parmigiana (V) Grab & Go Salad Spaghetti Marinara (VE) Basil Corn Salad (VE) Salad Bar Cucumber Salad (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) Salad Bar Diced Onions and Tomatoes (VE)
11	12	13	14	15
French Bread Pizza (V) Garlicky Green Bean (VE) Frozen Fruit Ice (VE) Salad Bar Balsamic Chickpeas (VE)	Teriyaki Veggie Nuggets (VE) Grab & Go Salad Ginger Carrots (V) Pineapple Rice Medley (V)* Salad Bar Asian Red Cabbage Slaw (V)	White Bean and Pasta Primavera (VE) Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Salad Bar Kale Caesar Salad (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) Salad Bar Marinated Bean Salad (VE)	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Healthy Cilantro Coleslaw (VE) Sweet Plantains (VE) Southwest Burrito (V) <i>New York Cookie Treat (V)</i> Salad Bar Mixed Greens Salad (VE)
18	19	20	21	22
Sicilian Slice Pizza (V) Green Garden Salad Frozen Fruit Ice (VE) Salad Bar Marinated White Beans (VE)	Big City Bean Taco (VE) Grab & Go Salad Roasted Fresh Tomatoes (VE) Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE) Salad Bar Spinach, Tomato, Red Pepper Salad (V)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Hot Confetti Corn (VE) Salad Bar Classic Potato Salad (V)	Manicotti (V) with Marinara Sauce (VE) Superhero Spinach (VE) Green Garden Salad (VE) Salad Bar Carrot Raisin Salad (V)	Kidney Bean Rajma (VE) served with Naan (VE) Kachumber Salad* (Spiced Cucumber and Tomato Salad) Heart Shaped Pretzels (VE) Salad Bar Roasted Broccoli & Cauliflower (VE)
Yom Kippur 25	26	27	28	29
Pizza by the Slice (V) Kid Friendly Kale Salad (VE) Frozen Fruit Ice (VE) Salad Bar Broccoli Salad (V)	Veggie Burger (VE) Veggie Cheeseburger (V) <i>Whole Wheat Bun</i> Baked Beans (VE) Cilantro Healthy Cole Slaw (V) Salad Bar Pickles, Lettuce and Tomato (VE)	<i>Plastic Free Lunch Day</i> Quesadillas (VE) Baby Carrots (VE) Salad Bar Veggie Dipper	Zucchini Parmigiana (V) Grab & Go Salad Spaghetti Marinara (VE) Basil Corn Salad (VE) Salad Bar Cucumber Salad (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) Salad Bar Diced Onions and Tomatoes (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) • Chickpea Wrap (V)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (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) • Southwest Burrito (V)

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, 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

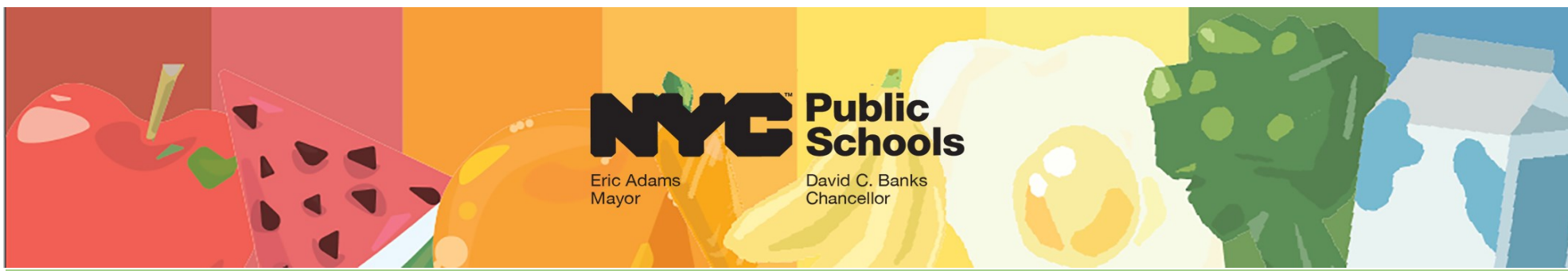


SEPTEMBER 2023: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>Daily Lunch Specials</i></p> <ul style="list-style-type: none"> • Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna <p>Options may vary by location</p>			<p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</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>
Labor Day 4	5	6	First Day of Classes 7	8
<p style="text-align: center;">Braised Tuna with Tomato Sauce</p> <p style="text-align: center;">Broccoli With Garlic & Oil (V)</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;">Crispy Chicken Sandwich</p> <p style="text-align: center;">Sweet Plantains (V)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Pears (VE)</p>	<p style="text-align: center;">100% Beef Hamburgers & Cheeseburgers</p> <p style="text-align: center;">Puree 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 Penne (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>
11	12	13	14	15
<p style="text-align: center;">Fish & Cheese Sandwich</p> <p style="text-align: center;">Broccoli With Garlic & Oil (V)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p style="text-align: center;">Crispy Chicken Sandwich</p> <p style="text-align: center;">Sweet Plantains (V)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Pears (VE)</p>	<p style="text-align: center;">100% Beef Hamburgers & Cheeseburgers</p> <p style="text-align: center;">Puree Carrots (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 Penne (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>
18	19	20	21	22
<p style="text-align: center;">Braised Tuna with Tomato Sauce</p> <p style="text-align: center;">Broccoli With Garlic & Oil (V)</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;">Crispy Chicken Sandwich</p> <p style="text-align: center;">Sweet Plantains (V)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Pears (VE)</p>	<p style="text-align: center;">100% Beef Hamburgers & Cheeseburgers</p> <p style="text-align: center;">Puree 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 Penne (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>
Yom Kippur 25	26	27	28	29
<p style="text-align: center;">Fish & Cheese Sandwich</p> <p style="text-align: center;">Broccoli With Garlic & Oil (V)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p style="text-align: center;">Crispy Chicken Sandwich</p> <p style="text-align: center;">Sweet Plantains (V)</p> <p style="text-align: center; color: purple;"><i>Fruit Offering</i> Pears (VE)</p>	<p style="text-align: center;">100% Beef Hamburgers & Cheeseburgers</p> <p style="text-align: center;">Puree Carrots (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 Penne (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>

<p>Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)</p> <p>Alternative options are available upon request</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p> <p>(V) Indicates Vegetarian (VE) Indicates Vegan</p>	<p style="text-align: center;">Assorted Dressings</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)</p>	<p style="text-align: center; color: yellow;">OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;">  </div>
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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
				1
			 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	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)
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) Salad Bar Broccoli Salad (V)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Turkey Burger Turkey Cheeseburger Whole Wheat Bun Sweet Potato Waffle Fries (VE) Baked Beans (VE) Salad Bar Pickles, Lettuce and Tomato (VE)	Plastic Free Lunch Day Caribbean Style Beef Patty Fish and Cheese Sandwich Whole Wheat Bun Baby Carrots (VE) Salad Bar Veggie Dipper (VE)	International Roasted Chicken Drumsticks 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)
11	12	13	14	15
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)
18	19	20	21	22
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	27	28	29
Pizza by the Slice (V) Kid Friendly Kale Salad (VE) Frozen Fruit Ice (VE) Salad Bar Broccoli Salad (V)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Turkey Burger Turkey Cheeseburger Whole Wheat Bun Sweet Potato Waffle Fries (VE) Baked Beans (VE) Salad Bar Pickles, Lettuce and Tomato (VE)	Plastic Free Lunch Day Caribbean Style Beef Patty Fish and Cheese Sandwich Whole Wheat Bun Baby Carrots (VE) Salad Bar Veggie Dipper (VE)	International Roasted Chicken Drumsticks Grab & Go Salad Confetti Corn (VE) Buttermilk Biscuit (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)
Monday <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V) 	Tuesday <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	Wednesday <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	Thursday <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	Friday <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V)

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

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

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

OFNS Menu 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)

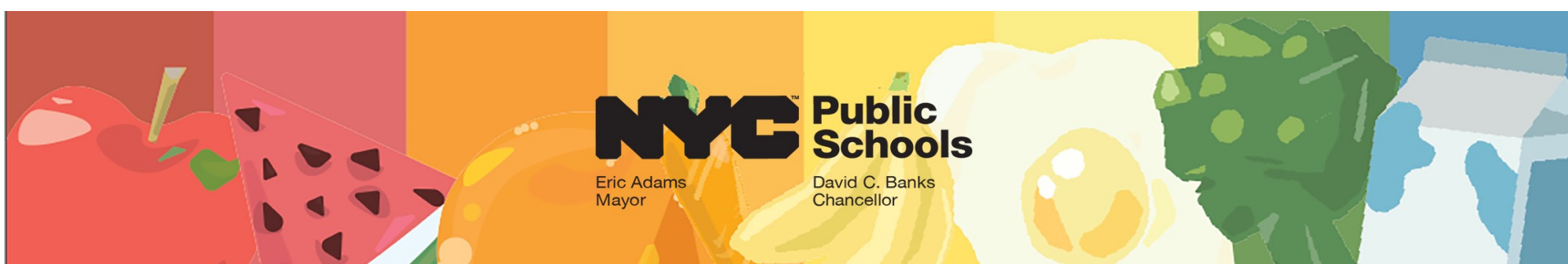
OFNS has an extensive Prohibitive Ingredients List available at:



* 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



SEPTEMBER 2023: High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	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)
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) Salad Bar Broccoli Salad (V)	Veggie Burger (VE) Veggie Cheeseburger (V) <i>Whole Wheat Bun</i> Turkey Burger Turkey Cheeseburger <i>Whole Wheat Bun</i> Sweet Potato Waffle Fries (VE) Baked Beans (VE) Salad Bar Pickles, Lettuce and Tomato (VE)	<i>Plastic Free Lunch Day</i> Caribbean Style Beef Patty Fish and Cheese Sandwich <i>Whole Wheat Bun</i> Baby Carrots (VE) Salad Bar Veggie Dipper (VE)	International Roasted Chicken Drumsticks Grab & Go Salad Confetti Corn (VE) Buttermilk Biscuit (V) <i>New York Cookie Treat (V)</i> Salad Bar Lemon Arugula Salad (V)	Three Bean Chili (VE) with or without Cheese (V) Seasoned Wedge Fries (VE) <i>Honey Corn Bread (V)</i> Crispy Tortillas (VE) Served with Salsa (VE) Southwest Burrito (V) Salad Bar Fresh Tomato Salad (VE)
11	12	13	14	15
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) <i>New York Cookie Treat (V)</i> Salad Bar Mixed Greens Salad (VE)
18	19	20	21	22
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) <i>Garlic Knot (V)</i> 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)
25	26	27	28	29
Yom Kippur				
Pizza by the Slice (V) Kid Friendly Kale Salad (VE) Frozen Fruit Ice (VE) Salad Bar Broccoli Salad (V)	Veggie Burger (VE) Veggie Cheeseburger (V) <i>Whole Wheat Bun</i> Turkey Burger Turkey Cheeseburger <i>Whole Wheat Bun</i> Sweet Potato Waffle Fries (VE) Baked Beans (VE) Salad Bar Pickles, Lettuce and Tomato (VE)	<i>Plastic Free Lunch Day</i> Caribbean Style Beef Patty Fish and Cheese Sandwich <i>Whole Wheat Bun</i> Baby Carrots (VE) Salad Bar Veggie Dipper (VE)	International Roasted Chicken Drumsticks Grab & Go Salad Confetti Corn (VE) Buttermilk Biscuit (V) Salad Bar Lemon Arugula Salad (V)	Three Bean Chili (VE) with or without Cheese (V) Seasoned Wedge Fries (VE) <i>Honey Corn Bread (V)</i> 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) • 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)

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)

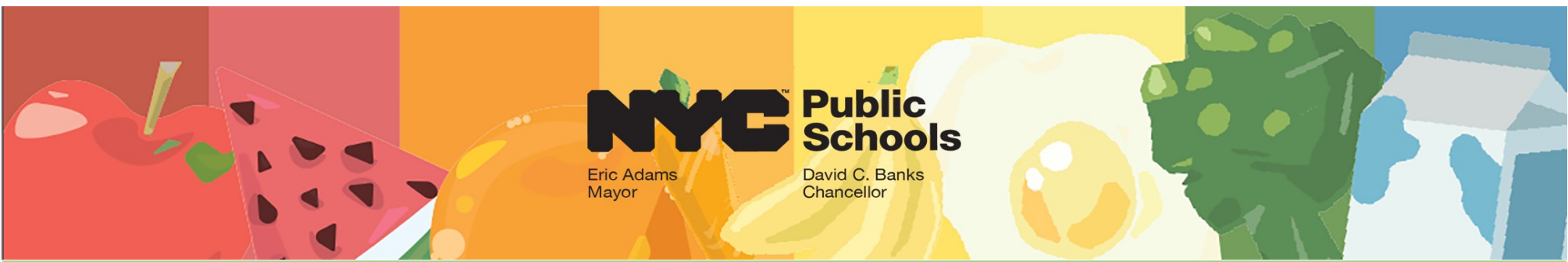
OFNS has an extensive Prohibitive Ingredients List available at:



* 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



SEPTEMBER 2023: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED 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

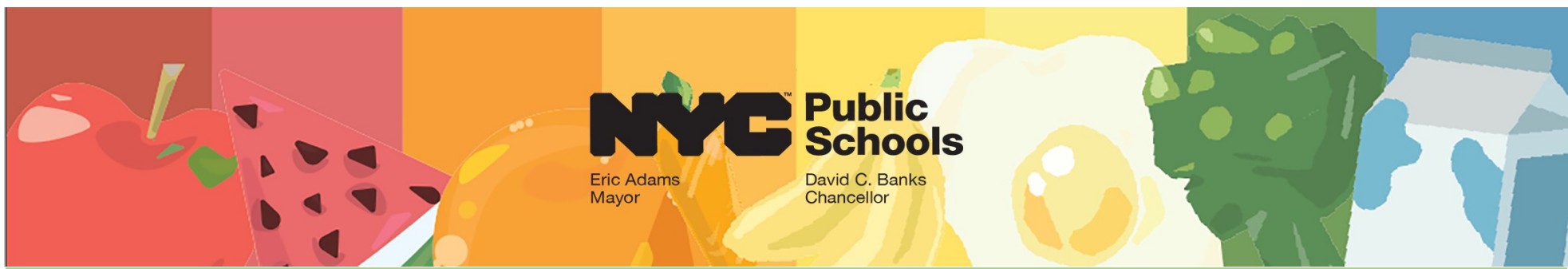
Seasonal Fresh Fruit
 Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List 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



SEPTEMBER 2023: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Kidney Bean Rajma (VE) served with Naan (VE) Crispy Broccoli (V) 3 Cheese Grilled Cheese (V) Heart Shaped Pretzels (VE)
Labor Day 4	5	6	First Day of Classes 7	8
Sicilian Slice Pizza (V) Roasted Zucchini (VE)	Turkey Burger Turkey Cheeseburger <i>Whole Wheat Bun</i> 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) <i>New York Cookie Treat (V)</i>	Three Bean Chili (VE) Seasoned Wedge Fries (VE) Honey Corn Bread (V) Homemade Grilled Cheese (V) Crispy Tortillas (VE) Served with Salsa (VE)
11	12	13	14	15
Sicilian Slice Pizza (V) Garlicky Green Bean (VE)	Chicken Dumplings Pineapple Rice Medley (V)* Ginger Carrots (V)	Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) Marinated White Beans (VE)	Crispy Chicken Tenders With Dipping Sauce Home Fries (VE) <i>Garlic Knot (V)</i>	Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)* Plantains (VE) Southwest Burrito (V) <i>New York Cookie Treat (V)</i>
18	19	20	21	22
Sicilian Slice Pizza (V) Hot Bean Salad (VE)	Hamburgers Cheeseburgers <i>Whole Wheat Bun</i> Seasoned Wedge Fries (VE)	Crispy Chicken Bites Roasted Fresh Tomatoes (VE) <i>Garlic Knot (V)</i> Crispy Tortillas (VE) Served with Salsa (VE)	Caribbean Spiced Jerk Chicken Thigh* Jollof Cauliflower (V)* Dinner Roll (V)	Kidney Bean Rajma (VE) served with Naan (VE) Crispy Broccoli (V) 3 Cheese Grilled Cheese (V) Heart Shaped Pretzels (VE)
Yom Kippur 25	26	27	28	29
Sicilian Slice Pizza (V) Roasted Zucchini (VE)	Turkey Burger Turkey Cheeseburger <i>Whole Wheat Bun</i> 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
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



SEPTEMBER 2023: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
			<p style="color: green; font-size: small;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
Labor Day 4	5	6	First Day of Classes 7	8
<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>	<p>Cinnamon Flakes (VE)</p> <p>Milk (V)</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>Fresh Fruit (VE)</p>
11	12	13	14	15
<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>Cheddar Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>
18	19	20	21	22
<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>
Yom Kippur 25	26	27	28	29
<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>	<p>Cinnamon Flakes (VE)</p> <p>Milk (V)</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>Fresh Fruit (VE)</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

All Fruit

Offerings are 1 cup

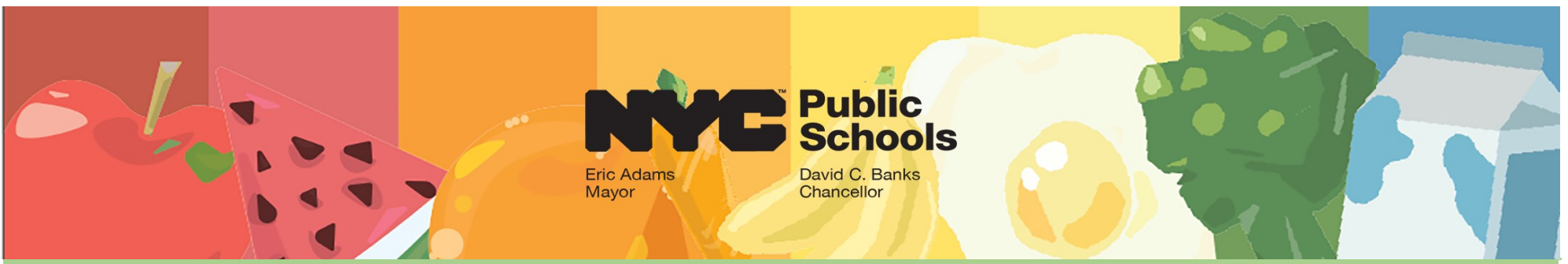
Seasonal Fresh Fruit

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

OFNS has an extensive
Prohibitive Ingredients List
available at:



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



SEPTEMBER 2023: After School Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Daily Supper Specials				
<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (V) Options may vary by location				
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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Chickpea and Pimento Wrap (VE) Healthy Cilantro Slaw (VE)
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)

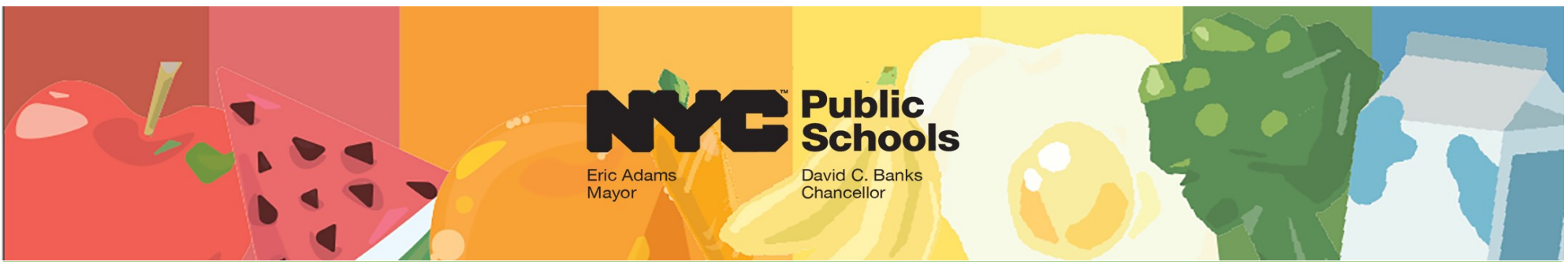
OFFERED DAILY

<p>Milk</p> <p>1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)</p> <p><small>Alternative options are available upon request</small></p>	<p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Assorted Dressings</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Peaches, Pears, Plums, Bananas, Strawberries, and Watermelon (VE)</p>
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OFNS has an extensive Prohibitive Ingredients List available at:

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

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



SEPTEMBER 2023: After School Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Daily Supper Specials				
<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (V) Options may vary by location				
Labor Day 4	5	6	First Day of Classes 7	8
11	12	13	14	15
18	19	20	21	22
Yom Kippur 25	26	27	28	29

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

OFNS has an extensive Prohibitive Ingredients List available at:

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



SEPTEMBER 2023: After School Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Daily Supper Specials				
<ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (V) 				
Options may vary by location				
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)	 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (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

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

OFNS Menu Support
 Seasonal Fresh Fruit and Vegetables when available

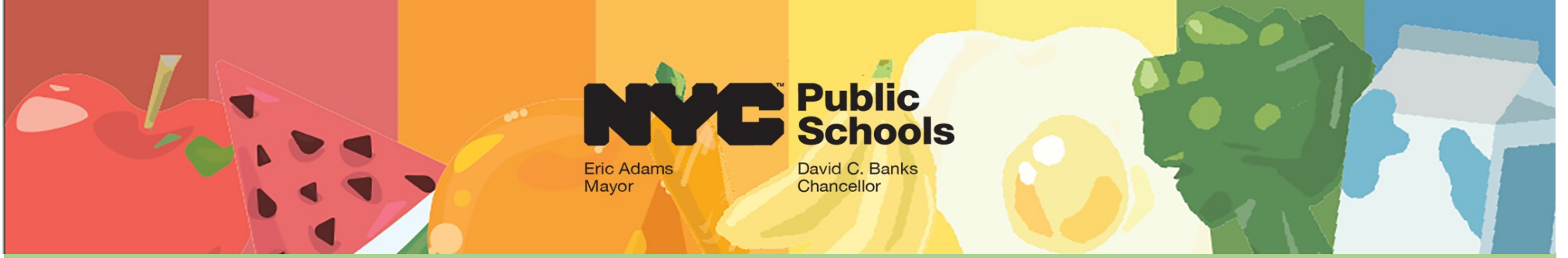
Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



• **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
<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>Mini Blueberry Waffles (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Blueberry Breakfast Bread (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Whole Grain Croissant (V) served with Jelly (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>

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
<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>Mini Blueberry Waffles (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Blueberry Breakfast Bread (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Whole Grain Croissant (V) served with Jelly (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>

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
<p>Assorted Cold Sandwiches and Wraps</p> <p>Confetti Corn Salad (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Italian Green Beans (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Carrot Sticks (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Broccoli Salad (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Italian Marinated Cucumber Salad (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>

OFFERED DAILY

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

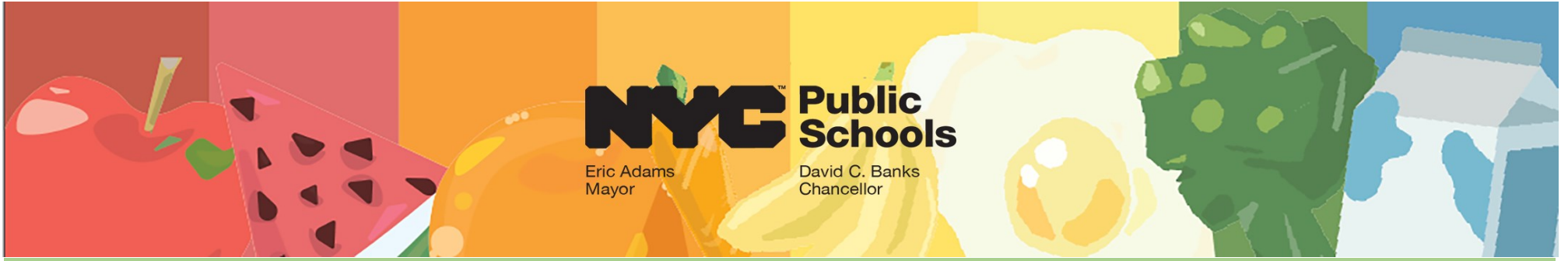
(V) Indicates Vegetarian
 (VE) Indicates Vegan

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:





SEPTEMBER 2023: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
2	9	16	23	30
<p>Grilled Cheese Sandwich (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Hamburgers & 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>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Pizza Choice (V)</p> <p>Roasted Zucchini (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>

OFFERED DAILY

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

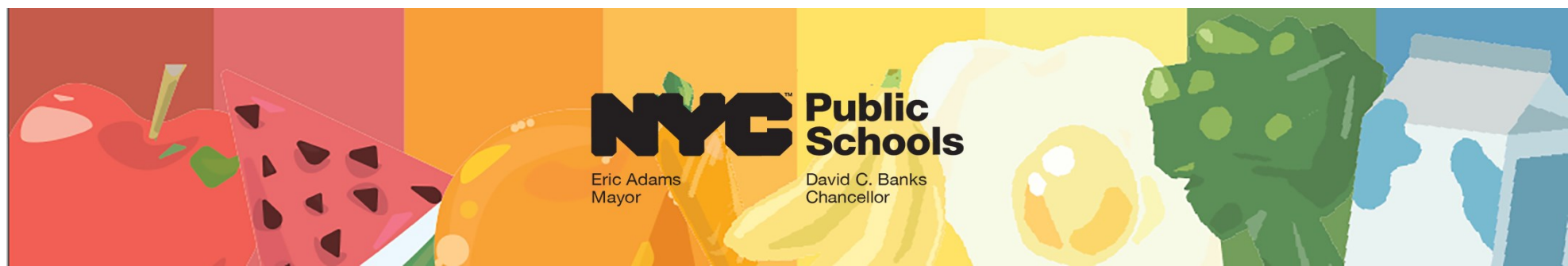
(V) Indicates Vegetarian
 (VE) Indicates Vegan

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:





SEPTEMBER 2023: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<p style="font-size: small; color: green;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Kidney Bean Rajma (VE) served with Naan (VE)</p> <p>Kachumber Salad* (Spiced Cucumber and Tomato Salad)</p>
Labor Day 4	5	6	First Day of Classes 7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

<p>Cold Cereal Choices</p> <ul style="list-style-type: none"> Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE) <p>Breakfast Bar</p> <ul style="list-style-type: none"> Assorted Berries (H) & Fresh Cut Fruit (VE) (H) Assorted Yogurts (V) (H) Raisins (VE) (H) <p style="font-size: x-small;">*Alternative options are available upon request</p>	<p>Daily Breakfast Offerings</p> <ul style="list-style-type: none"> Assorted Berries & Fresh Cut Fruit (VE) Yogurt (V) Granola (V) Raisins (VE) 	<p>Seasonal Fresh Fruit</p> <ul style="list-style-type: none"> Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Pears, Plums, Mandarins, Bananas, Strawberries, and Watermelon (VE) 	<p style="text-align: center;">Milk</p> <ul style="list-style-type: none"> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) <p style="font-size: x-small;">Assorted Condiments Dipping Sauces and Dressings are Available Daily</p>
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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



SEPTEMBER 2023: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
			<p style="color: green; font-weight: bold; font-size: small;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p style="color: green; font-weight: bold; font-size: small;">Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (VE)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
Labor Day 4	5	6	First Day of Classes 7	8
<p style="color: green; font-weight: bold; font-size: small;">Yogurt Choice (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Mini Blueberry Waffles (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Zucchini Carrot Breakfast Bread (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Whole Grain Croissant (V) with Jelly (VE)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (VE)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
11	12	13	14	15
<p style="color: green; font-weight: bold; font-size: small;">Banana Muffin (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Tasty Waffles (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Sweet Potato Oatmeal Muffin (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Buttermilk Pancakes (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Assorted Fruits and Applesauce (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (VE)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
18	19	20	21	22
<p style="color: green; font-weight: bold; font-size: small;">Blueberry Muffin (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Cinnamon Burst Pancakes (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Apple Cinnamon Breakfast Bread (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">French Toast Sticks (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (VE)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
Yom Kippur 25	26	27	28	29
<p style="color: green; font-weight: bold; font-size: small;">Yogurt Choice (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Mini Blueberry Waffles (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Zucchini Carrot Breakfast Bread (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Whole Grain Croissant (V) with Jelly (VE)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (V)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p style="color: green; font-weight: bold; font-size: small;">Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="color: green; font-weight: bold; font-size: small;">Hot Oatmeal (VE)</p> <p style="color: green; font-weight: bold; font-size: small;">Seasonal Fresh Fruit or Diced Pears (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

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

Other Fruits

Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

Cold Cereal Choices

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

Options may vary by location

Assorted Yogurts

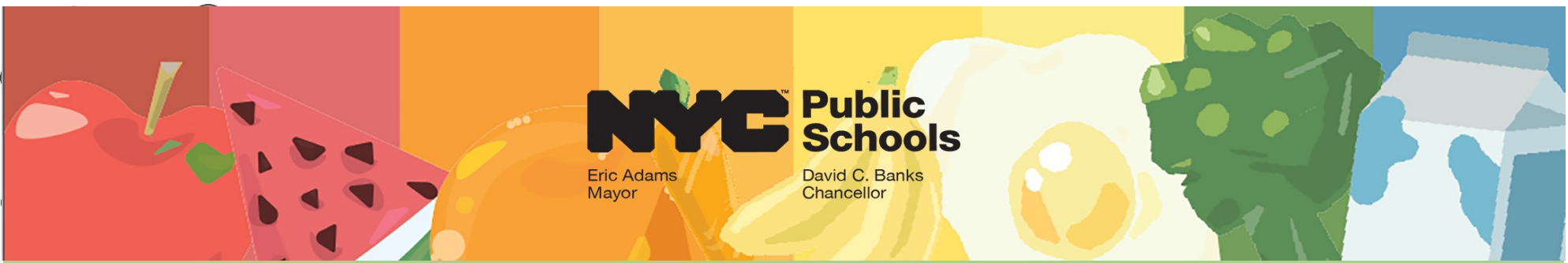
Condiments

Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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



SEPTEMBER 2023: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p><i>Daily Lunch Specials</i></p> <ul style="list-style-type: none"> • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (VE) • 4 oz. Yogurt (V) • Tuna Sandwich <p>Options may vary by location</p>			 <p style="text-align: center; font-size: small; color: green;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Veggie Nuggets (VE) with Dipping Sauce</p> <p>Cucumber Salad (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
Labor Day 4	5	6	First Day of Classes 7	8
<p>Pizza by the Slice (V)</p> <p>Seasoned Pinto Beans (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Turkey Burger <i>Whole Wheat Bun</i></p> <p>Steamed Carrot Coins (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p>Caribbean Style Beef Patty</p> <p>Steamed Green Bean (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Crispy Chicken Sandwich <i>Whole Wheat Bun</i></p> <p>Steamed Broccoli (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Veggie Burger (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
11	12	13	14	15
<p>French Bread Pizza (V)</p> <p>Garlicky Green Bean (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Steamed Chicken Dumplings</p> <p>Steamed Carrot Coins (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Steamed Broccoli (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Chicken Tenders and Waffles</p> <p>Home Fries (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Homemade Grilled Cheese (VE)</p> <p>Seasoned Chickpeas (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
18	19	20	21	22
<p>Sicilian Slice Pizza (V)</p> <p>Steamed Broccoli (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Soft Turkey Taco</p> <p>Black Bean Salsa (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p>Chicken Bites with Dipping Sauce</p> <p>Roasted Fresh Tomatoes (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Hamburger, Cheeseburger or <i>Whole Wheat Bun</i></p> <p>Seasoned Wedge Fries (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Veggie Nuggets (VE) with Dipping Sauce</p> <p>Cucumber Salad (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
Yom Kippur 25	26	27	28	29
<p>Pizza by the Slice (V)</p> <p>Seasoned Pinto Beans (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p>Turkey Burger <i>Whole Wheat Bun</i></p> <p>Steamed Carrot Coins (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p>Caribbean Style Beef Patty</p> <p>Steamed Green Bean (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p>Crispy Chicken Sandwich <i>Whole Wheat Bun</i></p> <p>Steamed Broccoli (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p>Veggie Burger (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>

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

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

Pre-K Chicken Choices
Chicken Tenders
Chicken Patty
Chicken Bites

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

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

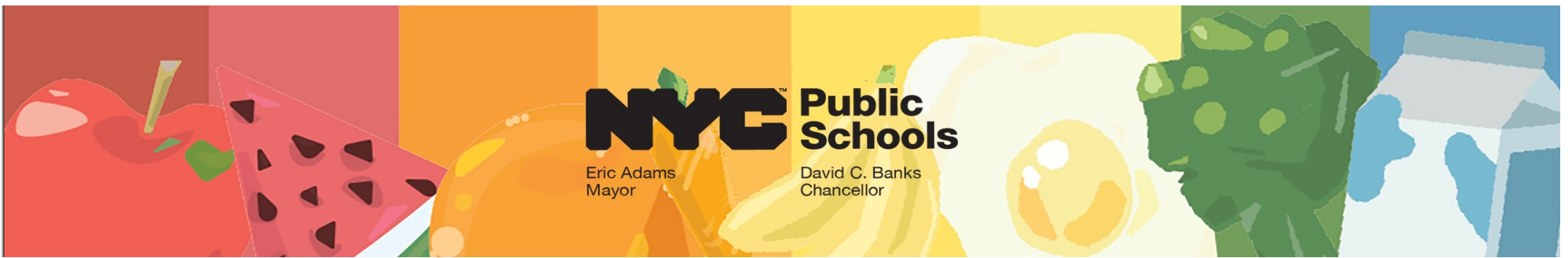
OFNS has an extensive Prohibitive Ingredients List available at:



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

*** Recipes created in collaboration with OFNS and the Chef Council**

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



SEPTEMBER 2023: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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			<p style="font-size: small; color: green;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
Labor Day 4	5	6	First Day of Classes 7	8
<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Fresh Banana (VE)</p> <p>Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Diced Peaches (VE)</p>	<p>Cinnamon Flakes (VE)</p> <p>Milk (V)</p>	<p>Whole Wheat Crackers (VE)</p> <p>Hummus Cup (VE)</p>
11	12	13	14	15
<p>Cinnamon Flakes (VE)</p> <p>Milk (V)</p>	<p>Apple Slices (VE)</p> <p>Milk (V)</p>	<p>Whole Wheat Crackers (VE)</p> <p>Hummus Cup (VE)</p>	<p>Yogurt Choice (V)</p> <p>Diced Peaches (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
18	19	20	21	22
<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Fresh Banana (VE)</p> <p>Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Diced Peaches (VE)</p>	<p>Cinnamon Flakes (VE)</p> <p>Milk (V)</p>	<p>Whole Wheat Crackers (VE)</p> <p>Hummus Cup (VE)</p>
Yom Kippur 25	26	27	28	29
<p>Cinnamon Flakes (VE)</p> <p>Milk (V)</p>	<p>Apple Slices (VE)</p> <p>Milk (V)</p>	<p>Whole Wheat Crackers (VE)</p> <p>Hummus Cup (VE)</p>	<p>Yogurt Choice (V)</p> <p>Diced Peaches (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>

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

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables
when available

OFNS has an extensive Prohibitive Ingredients List available at:



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

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