





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

ATTENTION:

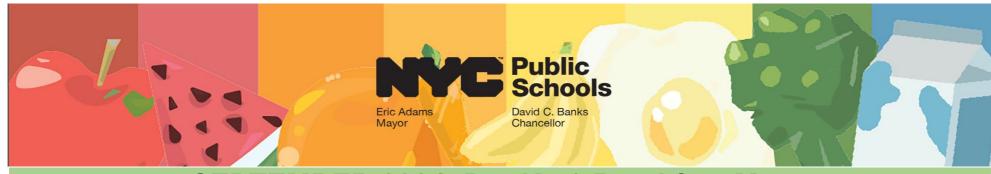
All Pre-K Students CANNOT be Offered Chocolate Milk

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

OFNS has an extensive
Prohibitive Ingredients List
available at:



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



SEPTEMBER 2	2024: Pre-K - 8	8 Brea	kfast Menu
--------------------	-----------------	--------	------------

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2		4 veunesuay		1 Huay
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) 9 Blueberry Breakfast		Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Peanut Butter (VE) Seasonal Fresh Fruit (VE) Assorted
Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Peanut Butter (VE) Seasonal Fresh Fruit (VE)
16	17	18	19	20
Honey Corn Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Blueberry Topping Seasonal Fresh Fruit (VE)	Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Peanut Butter (VE) Seasonal Fresh Fruit (VE)
23	24	25	26	27
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Peanut Butter (VE) Seasonal Fresh Fruit (VE)
30				
Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)
		OFFERED DAILY	Sassanal Frach Fruit	OFNS has an extensive

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

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

Breakfast After the Bell Grab and Go

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

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

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

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List



ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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

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



SEPTEMBER	2024: High School Breakfa	st Menu

JL	PIEWIDER 202	4. mgn schoo	o Dieakiast Me	ilu
Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2		4		6
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Peanut Butter (VE) Seasonal Fresh Fruit (VE)
9	10	11	12	13
Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Peanut Butter (VE) Seasonal Fresh Fruit (VE)
16	17	18	19	20
Honey Corn Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Blueberry Topping Seasonal Fresh Fruit (VE)	Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Peanut Butter (VE) Seasonal Fresh Fruit (VE)
23	24	25	26	27
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Seasonal Fresh Fruit (VE) Breakfast Bar	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Peanut Butter (VE) Seasonal Fresh Fruit (VE)
30				
Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) Breakfast Bar Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (VE) Yogurts (V)
		OFFERED DAILY	Seasonal Fresh Fruit	OFNS has an extensive
Milk 1% Low-fat (V) Fat Free (V)	Breakfast After the Bell Grab and Go	Options may vary by location	Apples, Apple Slices, Oranges, Mandarins, Pears, Peaches,	Prohibitive Ingredients List available at:

Fat Free (V) Fat Free Chocolate (V)

> Alternative options are available upon request

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk) **Cold Cereal Choices Shredded Wheat** Multi-Grain Oats (VE) **Toasted Oats (VE)** Oat Circles (VE) Cinnamon Flakes (VE)

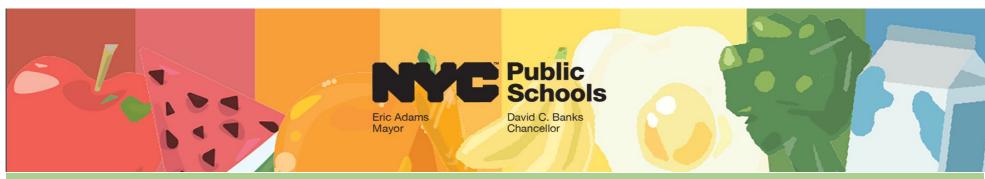
Pears, Peaches, **Bananas, and Strawberries** (VE)

> **Condiments** Syrup (VE)



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK



SEPTEMBER 202	4: Breakfast	Express Menu
----------------------	--------------	---------------------

Honey Scooters (V) Blueberry Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE)	Monday	Tuesday	Wednesday	Thursday	Friday
Honey Scooters (V) Blueberry Granola (V) Ralsins (VE) 9 10 11 11 12 13 13 14 Honey Chedro Cheese Sitck (V) Seasonal Fresh Fruit (VE) 15 Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE) 16 17 18 19 19 10 11 12 12 13 13 14 15 15 Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE) 16 17 18 19 19 20 19 10 11 11 12 13 13 13 14 15 15 15 16 17 18 18 19 20 Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE)	Labor Day 2	3	4	First Day of Classes 5	6
Honey Crahemos (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE) 16 17 18 19 20 Scooters (V) Blueberry Granola (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) 18 Honey Corn Breakfast Bread (V) Starwborry Banana Apple Sauce (VE) Seasonal Fresh Fruit (VE) 19 Honey Corn Breakfast Bread (V) Starwborry Banana Apple Sauce (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) 19 Honey Corn Breakfast Bread (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Croissant (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (V	Blueberry Granola (V) Raisins (VE)	Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Pancakes (V) Seasonal Fresh Fruit (VE)	Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Honey Crahemos (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE) 16 17 18 19 20 Scooters (V) Blueberry Granola (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) 18 Honey Corn Breakfast Bread (V) Starwborry Banana Apple Sauce (VE) Seasonal Fresh Fruit (VE) 19 Honey Corn Breakfast Bread (V) Starwborry Banana Apple Sauce (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) 19 Honey Corn Breakfast Bread (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Croissant (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (V					
Scooters (V) Blueberry Granola (V) Strawborry Banana Apple Sauce (VE) 23 24 Honey Scooters (V) Blueberry Granola (V) Seasonal Fresh Fruit (VE) 25 Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE) Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Croissant (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) We product y Support Locally support Responded to the support Locally suppo	Honey Graham Cracker (V) or Animal Crackers (V)	Bread (V) Mozzarella Cheese Stick (V)	Honey Graham Cracker (V) Plain or Strawberry Banana	Oatmeal Muffin (V)	NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)
Blueberry Granola (V) Strawberry Banana Apple Sauce (VE) 23 24 25 Coisy Cheese Stick (V) Seasonal Fresh Fruit (VE) Banana Breakfast Bread (V) Seasonal Fresh Fruit (VE) Coiby Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) 23 24 25 Croissant (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Applesauce (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) We PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	16	17	18	19	20
Honey Scooters (V) Blueberry Granola (V) Raisins (VE) Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) Served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE) We proudly support Locally Sourced, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Blueberry Granola (V) Strawberry Banana	Breakfast Bread (V) Colby Cheese Stick (V)	Assorted Granola (V)	Breakfast Bread (V)	NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)
Honey Scooters (V) Blueberry Granola (V) Raisins (VE) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Thoney Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE) Applesauce (VE) Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE) We PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	23	24	25	26	27
Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE) WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Blueberry Granola (V)	Bread (V) Cheddar Cheese Stick (V)	Pancakes (V)	Cheddar Cheese Stick (V)	NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)
Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE) WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	30				
	Honey Graham Cracker (V) or Animal Crackers (V)			LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS	

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

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

Breakfast After the Bell Grab and Go

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

OFFERED DAILY

Options may vary by location

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

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

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List



ATTENTION:

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







OFDER		.	D 1.6	4 8 4
SEPIEM	IKER 201	JA: Piire <i>e</i>	Breakfas	it Menii

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
9	10	11	12	13
Apple Cinnamon Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Sweet Potato Oatmeal Muffin (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
16	17	18	19	20
Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Blueberry Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
23	24	25	26	27
Apple Cinnamon Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Flavored Apple Sauce (VE)	Croissant (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Sweet Potato Oatmeal Muffin (V) Yogurt Choice (V) Hot Oatmeal (VE) Fruit Offering Apple Sauce (VE)
30				
Banana Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Peaches (VE)		OFFERED DAILY	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	

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

Alternative options are available upon request

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

Condiments
Syrup (VE)

<u>OFFERED DAILY</u>

Options may vary by location

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

Assorted Yogurts

Alternate Fruit
Peaches, Pineapples
Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List



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

ATTENTION:

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







SEPTEMBER 2024: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4		•
Banana Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Egg and Cheese on a Soft Roll (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	French Toast Sticks (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
9	10	11	12	13
Blueberry Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE)	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Egg Omelet on a Fresh NY Bagel Half (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE)
Milk (V)	wiik (V)	WIIIK (V)	Milk (V)	Milk (V)
16	17	18	19	20
Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Rise and Shine Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Egg and Cheese on a Whole Grain Croissant (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
23	24	25	26	27
Banana Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Egg and Cheese on a Soft Roll (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	French Toast Sticks (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
30				(-,
Blueberry Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	

Milk Whole Milk (V)

Alternative options are available upon request

(V) Indicates Vegetarian (VE) Indicates Vegan

Seasonal Fresh Fruit

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

Diced Pears, Pineapples

OFFERED DAILY

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

Options may vary by location

Assorted Yogurts

Condiments Syrup (VE)

OFNS has an extensive **Prohibitive Ingredients List**



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

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



SEPTEMBER 2024: Pre-K - 8 Vegetarian Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
9	10	11	12	13
Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg Omelet on a Fresh NY Bagel (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
16	17	18	19	20
Honey Corn Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Blueberry Topping Seasonal Fresh Fruit (VE)	Egg and Cheese on a Whole Grain Croissant (V) Hash Browns (VE) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
23	24	25	26	27
Banana Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Egg and Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
30				
Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)
Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	Breakfast After the Bell Grab and Go Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)	OFFERED DAILY Options may vary by location Cold Cereal Choices Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)	Seasonal Fresh Fruit Apples, Apple Slices, Oranges, Mandarins, Pears, Peaches, Bananas, and Strawberries (VE) Condiments Syrup (VE)	OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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

Syrup (VE)







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

				11101101
Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Coleslaw (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Classic Potato Salad (V)
9	10	11	12	13
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) Crunchy Carrot Sticks (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE)
16	17	18	19	20
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Asian Sesame Crispy Chicken Grab & Go Salad Basil Corn Salad (VE)	Superhero Spinach Wrap (V) Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)
23	24	25	26	27
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Served with Salsa (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Coleslaw (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Classic Potato Salad (V)
30				
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Monday Peanut Butter and/or Sunflower Seed Butter &	Tuesday • Peanut Butter and/or Sunflower Seed Butter &	Wednesday • Peanut Butter and/or Sunflower Seed Butter &	Peanut Butter and/or Sunflower Seed Butter &	Friday • Peanut Butter and/or Sunflower Seed Butter &
Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)
Cheese Sandwich (V)	Cheese Sandwich (V)	Cheese Sandwich (V)	Cheese Sandwich (V)	Cheese Sandwich (V) OFNS has an extensive

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

Alternative options are available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk

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

OFNS has an extensive Prohibitive Ingredients List



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



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

David C. Banks

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Balsamic Chickpeas (V)	Sweet & Sour Chicken Bites Ginger Carrots (V) Brown Rice (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE)	Chickpea or Chicken Shawarma* Flat Bread (VE) Curry Potato (VE)*	Sweet Potato Quesadilla Rollup (V)* Veggie Burger (VE) Roasted Fresh Tomatoes (VE)
9	10	11	12	13
Sicilian Slice Pizza (V) Seasoned Chickpeas (VE) Superhero Spinach (VE)	Soft Turkey Taco Street Style Corn (V) Salsa (VE)	Chicken Dumplings Garlic Teriyaki Green Beans (VE)	Turkey Cheeseburger Whole Wheat Bun Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE)	Rustic White Beans (VE) Penne Bruschetta (VE)* Southwest Burrito (V) Italian Roasted Carrots (VE) Warm Breadstick (V)
16	17	18	19	20
Sicilian Slice Pizza (V) Sauteed Spinach (VE) Hot Bean Salad (VE)	Chicken Tenders Ranch Carrot Snackers (VE) Dinner Roll (VE)	Mushroom Swiss Beef Burger* Whole Wheat Bun Seasoned Wedge Fries (VE)	BBQ Chicken Thighs Butternut Squash Mac and Cheese (V)* Honey Corn Bread (V) Crispy Broccoli (V)	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE) Three Cheese Grilled Cheese (V) Sweet Potato Wedge Fries (VE)
23	24	25	26	27
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Balsamic Chickpeas (V)	Sweet & Sour Chicken Bites Ginger Carrots (V) Brown Rice (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE)	Chickpea or Chicken Shawarma* Flat Bread (VE) Curry Potato (VE)*	Sweet Potato Quesadilla Rollup (V)* Veggie Burger (VE) Roasted Fresh Tomatoes (VE)
30				
Sicilian Slice Pizza (V) Seasoned Chickpeas (VE) Superhero Spinach (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Monday • Peanut Butter and/or	Tuesday • Peanut Butter and/or	Wednesday • Peanut Butter and/or	Thursday • Peanut Butter and/or	<u>Friday</u> • Peanut Butter and/or
Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

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

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

OFNS has an extensive **Prohibitive Ingredients List**



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







SEPTEMBER 2024	Puree	Lunch Menu
-----------------------	-------	-------------------

Monday Labor Day 2 Braised Tuna	Tuesday	Wednesday 4	Thursday	Friday
	3	4	First Day of Classes F	
Project Tune			First Day of Classes 5	6
with Tomato Sauce Broccoli With Garlic & Oil (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Steamed Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
9	10	11	12	13
Fish & Cheese Sandwich Broccoli With Garlic & Oil (VE) Fruit Offering Flavored Apple Sauce (VE)	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Spiced Sweet Potatoes (VE) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
16	17	18	19	20
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Steamed Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
23	24	25	26	27
Fish & Cheese Sandwich Broccoli With Garlic & Oil (VE) Fruit Offering Flavored Apple Sauce (VE)	Chicken Tender Sandwich Sweet Plantains (VE) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Spiced Sweet Potatoes (VE) Fruit Offering Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
30				
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (VE) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	• Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna Options may vary by location

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

Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian(VE) Indicates Vegan

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List



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

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

O.F.N.S. WIFOOD ALLLIANCE







Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Seasonal Fresh Fruit Applesauce (VE) Milk (V)	Chicken Bites Steamed Carrots (VE) Brown Rice (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Shawarma* Curry Potato (VE)* Flat Bread (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Sweet Potato Quesadilla Rollup (VE)* Steamed Broccoli (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
9	10	11	12	13
Pizza by the Slice (V) Superhero Spinach (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Turkey Chili Southwest Pasta Bowl* Fresh Roasted Tomatoes (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Chicken Dumplings Garlic Teriyaki Green Beans (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Rustic White Beans (VE) Penne Bruschetta (VE)* Italian Roasted Carrots (VE)* Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
16	17	18	19	20
French Bread Pizza (V) Steamed Green Beans (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Chicken Tenders Steamed Carrots (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Hamburger Whole Wheat Bun Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Bites Butternut Squash Mac and Cheese (V)* Steamed Broccoli (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Nuggets (VE) Sweet Potato Wedge Fries (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
23	24	25	26	27
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Seasonal Fresh Fruit Applesauce (VE) Milk (V)	Chicken Bites Steamed Carrots (V) Brown Rice (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Shawarma Sandwich* Curry Potato (VE)* Flat Bread (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Sweet Potato Quesadilla Rollup (VE)* Tomato Vinaigrette Salad (VE)* Southwest Burrito (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
30				
Pizza by the Slice (V) Superhero Spinach (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	• Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (VE) • 4 oz. Yogurt (V) • Tuna Sandwich Options may vary by location

ATTENTION:

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

All Pre-K Students CANNOT be Offered Chocolate Milk

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit Apples, Apple Slices, Oranges, Mandarins,

Pears, Peaches,
Bananas, and
Strawberries (VE)
Other Fruits
Apple Sauce, Sliced Peaches,

Diced Pears, Pineapples (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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

Consistencies upon request: puree, mashed and finely chopped.

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



SEPTEMBER 2024: Pre-K - 8 Vegetarian Lunch Menu

OLI	LIVIDLIX 2027.	Tie-It-0 veg		Wichia
Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	Sweet Potato Quesadilla Rollup (V)*
Sicilian Slice Pizza (V)	Teriyaki Veggie Nuggets (VE)	Mozzarella Sticks (V) with marinara sauce (VE)	Chickpea Shawarma (VE)*	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Curry Potato (VE)*	Apple Citrus Pico de Gallo (VE)*
Salad Bar	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (V)	Veggie Burger (VE)
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Salad Bar	Salad Bar Pizza Bar	Salad Bar Rainbow Bar	Salad Bar Fiesta Bar
9	10	11	12	13
Margherita Pizza (V)	Three Bean Chili Southwest Pasta Bowl (VE)	Zesty Chickpea Stew (VE)	Zucchini Parmigiana (V)	Rustic White Beans (VE) Penne Bruschetta (VE)*
Pizza by the Slice (V) Superhero Spinach (VE)	Street Style Corn (V)	Roasted Zucchini (VE)	Spaghetti Marinara (VE)	Southwest Burrito (V)
Salad Bar	Colod Day	Flatbread (VE)	Basil Corn Salad (VE)	Italian Roasted Carrots (VE)*
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Fiesta Bar With Diced Tomato (VE)	Salad Bar Mediterranean Bar	<i>Salad Bar</i> Leafy Green Salad Bar	Salad Bar Mediterranean Bar
16	17	18	19	20
	Plactic From			
Pepper and Onion Pizza (V)	Plastic Free Lunch Day Garlic and Tomato	Mushroom Swiss	D: 011	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)
French Bread Pizza (V)	Panini (V) with marinara sauce (VE)	Veggie Burger (V)* Whole Wheat Bun	Big City Bean Taco (VE)	Three Cheese Grilled Cheese (V)
Mixed Greens Salad (VE) Salad Bar	Baby Carrots (VE)	Seasoned Wedge Fries (VE)	Corn on the Cob (VE)	Sweet Potato Wedge Fries (VE)
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Plastic Free Lunch Bar	Classic Toppings	Fiesta Bar	Fiesta Bar
23	24		26	
		Marravalla Otiaka (M)		Sweet Potato Quesadilla Rollup (V)*
Sicilian Slice Pizza (V)	Teriyaki Veggie Nuggets (VE)	Mozzarella Sticks (V) with marinara sauce (VE)	Chickpea Shawarma (VE)*	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Curry Potato (VE)*	Apple Citrus Pico de Gallo (VE)*
Salad Bar Pizza Bar	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (V)	Veggie Burger (VE)
With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Salad Bar	Salad Bar Pizza Bar	Salad Bar Rainbow Bar	Salad Bar Fiesta Bar
30				
Margherita Pizza (V)				
Pizza by the Slice (V) Superhero Spinach (VE)				
Salad Bar Pizza Bar			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD.	
With Balsamic Chickpea Salad (V)			ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Monday	<u>Tuesday</u>	Wednesday	Thursday	<u>Friday</u>
Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or
Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter & Jelly Sandwich (VE)
• Hummus and Crackers (V)	Hummus and Crackers (V)	• Hummus and Crackers (V)	• Hummus and Crackers (V)	• Hummus and Crackers (V)
Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)
				OFNS has an extensive

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

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk

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

OFNS has an extensive Prohibitive Ingredients List



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

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

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



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

OLI IL		miles a middie	Sociooi Luiici	
Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2		4		6
Lussi Buy L	Teriyaki Veggie Nuggets (VE)		Chickpea Shawarma (VE)*	Sweet Potato Quesadilla Rollup (V)*
Sicilian Slice Pizza (V)	Sweet & Sour Chicken Bites	Mozzarella Sticks (V) with marinara sauce (VE)	or Chicken Shawarma*	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Curry Potato (VE)* Flat Bread (V)	Apple Citrus Pico de Gallo (VE)*
Salad Bar Pizza Bar	Brown Rice (VE)	Garlic Knot (V)		Veggie Burger (VE)
With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Salad Bar	Salad Bar Pizza Bar	Salad Bar Rainbow Bar	Salad Bar Fiesta Bar
9	10	11	12	13
Mayahayita Dirra (\(\)	Three Bean Chili	Veggie Nuggets (VE) Dipping Sauce	Turkey Cheeseburger Whole Wheat Bun	Rustic White Beans (VE)
Margherita Pizza (V) Pizza by the Slice (V)	Southwest Pasta Bowl (VE) or	Chicken Dumplings	Turkey Burger Whole Wheat Bun	Penne Bruschetta (VE)* Italian Roasted Carrots (VE)*
Superhero Spinach (VE)	Turkey Chili Southwest Pasta Bowl*	Garlic Teriyaki Green Beans (VE)	Fish and Cheese Sandwich Whole Wheat Bun	Warm Breadstick (V) Three Cheese Grilled
Salad Bar Pizza Bar	Street Style Corn (V)	Brown Rice (VE)	Herb Roasted Potatoes (VE)	Cheese (V)
With Balsamic Chickpea Salad (V) 16	Salad Bar Fiesta Bar 17	Salad Bar Leafy Green Salad Bar 18	Salad Bar Classic Toppings 19	Salad Bar Mediterranean Bar 20
		M. alaman O. lan		
Pepper and Onion	<u>Plastic Free</u> Lunch Day	Mushroom Swiss Veggie Burger (V)* Whole Wheat Bun	BBQ Chicken Thighs	Black-Eyed Peas with
Pizza (V)	Chicken Tenders	Mushroom Swiss Beef Burger* Whole Wheat Bun	Butternut Squash Mac and Cheese (V)*	Tomato and Kale (VE) with Brown Rice (VE)
French Bread Pizza (V)	Corn on the Cob (VE)		Honey Corn Bread (V)	Sweet Potato Wedge Fries (VE)
Mixed Greens Salad (VE) Salad Bar	Dinner Roll (VE)	Hamburger Whole Wheat Bun	Crispy Broccoli (V)	Southwest Burrito (V)
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Plastic Free Lunch Bar	Seasoned Wedge Fries (VE) Salad Bar Classic Toppings	Salad Bar Leafy Green Salad Bar	Salad Bar Fiesta Bar With Diced Tomato (VE)
23			-	27
20	Teriyaki Veggie Nuggets (VE)	Mozzarella Sticks (V)	Chickpea Shawarma (VE)*	Sweet Potato Quesadilla Rollup (V)*
Sicilian Slice Pizza (V)	Sweet & Sour Chicken Bites	with marinara sauce (VE) Roasted Zucchini and	or Chicken Shawarma*	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Ginger Carrots (V)	Tomatoes (VE)	Curry Potato (VE)*	Apple Citrus Pico de Gallo (VE)*
Salad Bar Pizza Bar	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (V)	Veggie Burger (VE)
With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Salad Bar	Salad Bar Pizza Bar	Salad Bar Rainbow Bar	Salad Bar Fiesta Bar
30				
Margherita Pizza (V)				
Pizza by the Slice (V)				
Superhero Spinach (VE)			WE PROUDLY SUPPORT	
Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)			LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Monday • Peanut Butter and/or	Tuesday • Peanut Butter and/or	• Peanut Butter and/or	Thursday • Peanut Butter and/or	Friday • Peanut Butter and/or
Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)
	rana canawich	rana canawich	rana canawich	Southwest Burnto (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

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

OFNS has an extensive Prohibitive Ingredients List available at:



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



	CI I CIVIDEIX 20	724. High Och	of Editor Men	G .
Monday	Tuesday	Wednesday	Thursday	Friday
Wionday	Tuesuay	Wednesday	Illuisuay	Tilday
Labor Day 2	3	4	First Day of Classes 5	6
	Teriyaki Veggie Nuggets (VE)		Chickpea Shawarma (VE)*	Sweet Potato Quesadilla Rollup (V)*
Sicilian Slice Pizza (V)	Sweet & Sour Chicken Bites	Mozzarella Sticks (V) with marinara sauce (VE)	or Chicken Shawarma*	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Ginger Carrots (V)	Roasted Zucchini and Tomatoes (VE)	Curry Potato (VE)* Flat Bread (V)	Apple Citrus Pico de Gallo (VE)*
Salad Bar Pizza Bar	Brown Rice (VE)	Garlic Knot (V)		Veggie Burger (VE)
With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Salad Bar	Salad Bar Pizza Bar	<i>Salad Bar</i> Rainbow Bar	<i>Salad Bar</i> Fiesta Bar
9	10	11	12	13
	-			
Margherita Pizza (V)	Three Bean Chili	Veggie Nuggets (VE) Dipping Sauce	Turkey Cheeseburger Whole Wheat Bun	Rustic White Beans (VE) Penne Bruschetta (VE)*
Pizza by the Slice (V)	Southwest Pasta Bowl (VE) or	Chicken Dumplings	Turkey Burger Whole Wheat Bun	Italian Roasted Carrots (VE)*
Superhero Spinach (VE)	Turkey Chili Southwest Pasta Bowl*	Garlic Teriyaki Green Beans (VE)	Fish and Cheese Sandwich	Warm Breadstick (V)
Salad Bar Pizza Bar	Street Style Corn (V)	Brown Rice (VE)	Whole Wheat Bun Herb Roasted Potatoes (VE)	Three Cheese Grilled Cheese (V)
With Balsamic Chickpea Salad (V)	Salad Bar Fiesta Bar	Salad Bar Leafy Green Salad Bar	Salad Bar Classic Toppings	Salad Bar Mediterranean Bar
16	17	18		20
10	.,	Mushroom Swiss	13	20
Pepper and Onion	<u>Plastic Free</u> Lunch Day	Veggie Burger (V)* Whole Wheat Bun	BBQ Chicken Thighs	Black-Eyed Peas with
Pizza (V)	Chicken Tenders	Mushroom Swiss Beef Burger*	Butternut Squash Mac and Cheese (V)*	Tomato and Kale (VE) with Brown Rice (VE)
French Bread Pizza (V)	Baby Carrots (VE)	Whole Wheat Bun	Honey Corn Bread (V)	Sweet Potato Wedge Fries (VE)
Mixed Greens Salad (VE) Salad Bar	Dinner Roll (VE)	Hamburger Whole Wheat Bun	Crispy Broccoli (V)	Southwest Burrito (V)
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Plastic Free Lunch Bar	Seasoned Wedge Fries (VE) Salad Bar Classic Toppings	<i>Salad Bar</i> Leafy Green Salad Bar	Salad Bar Fiesta Bar With Diced Tomato (VE)
23	24	25	26	27
20	24	20	20	21
	Teriyaki Veggie Nuggets (VE)		Chickpea	Sweet Potato Quesadilla Rollup (V)*
Sicilian Slice Pizza (V)	Sweet & Sour Chicken Bites	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and	Shawarma (VE)* or Chicken Shawarma*	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Ginger Carrots (V)	Tomatoes (VE)	Curry Potato (VE)*	Apple Citrus Pico de Gallo (VE)*
Salad Bar Pizza Bar	Brown Rice (VE)	Garlic Knot (V)	Flat Bread (V)	Veggie Burger (VE)
With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Salad Bar	Salad Bar Pizza Bar	Salad Bar Rainbow Bar	Salad Bar Fiesta Bar
30				
Margherita Pizza (V)				
Pizza by the Slice (V)				
Superhero Spinach (VE)			WE PROUDLY SUPPORT	
Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)			LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) 	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) 	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) 	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)
Grab and Go Salads (V)	• Tuna Sandwich	• Tuna Sandwich	• Tuna Sandwich	Grab and Go Salads (VE) Southwest Burrite (V)

SEPTEMBER 2024: High School Lunch Menu

Milk

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

ATTENTION:

Grab and Go Salads

All Pre-K Students CANNOT be Offered Chocolate Milk

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Grab and Go Salads

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

Grab and Go Salads

OFNS has an extensive Prohibitive Ingredients List

• Southwest Burrito (V)



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



SEPTEMBER 2024: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Coleslaw (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Classic Potato Salad (V)
9	10	11	12	13
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) Crunchy Carrot Sticks (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Served with Salsa (VE)
16	17	18	19	20
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Asian Sesame Crispy Chicken Grab & Go Salad Basil Corn Salad (VE)	Superhero Spinach Wrap (V) Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)
23	24	25	26	27
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Classic Coleslaw (V)	Mediterranean Chicken Pasta Salad Green Garden Salad (VE)	Chickpea and Pimento Wrap (VE) Classic Potato Salad (V)
30				
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)

OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



* Recipes created in collaboration with OFNS and the Chef Council







Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Balsamic Chickpeas (VE)	Sweet & Sour Chicken Bites Ginger Carrots (V) Brown Rice (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE)	Chickpea or Chicken Shawarma* Flat Bread (VE) Curry Potato (VE)*	Sweet Potato Quesadilla Rollup (V)* Veggie Burger (VE) Roasted Fresh Tomatoes (VE)
9	10	11	12	13
Sicilian Slice Pizza (V) Seasoned Chickpeas (VE) Superhero Spinach (VE)	Soft Turkey Taco Street Style Corn (V) Salsa (VE)	Chicken Dumplings Garlic Teriyaki Green Beans (V)	Turkey Cheeseburger Whole Wheat Bun Turkey Burger Whole Wheat Bun Herb Roasted Potatoes (VE)	Rustic White Beans (VE) Penne Bruschetta (VE)* Southwest Burrito (V) Italian Roasted Carrots (VE) Warm Breadstick (V)
16	17	18	19	20
Sicilian Slice Pizza (V) Hot Bean Salad (VE)	Chicken Tenders Sauteed Spinach (VE) Dinner Roll (VE)	Mushroom Swiss Beef Burger* Whole Wheat Bun Seasoned Wedge Fries (VE)	BBQ Chicken Thighs Butternut Squash Mac and Cheese (V)* Honey Corn Bread (V) Crispy Broccoli (V)	Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE) Three Cheese Grilled Cheese (V) Sweet Potato Wedge Fries (VE)
23	24	25	26	27
Sicilian Slice Pizza (V) Parmigiana Spinach (V) Balsamic Chickpeas (VE)	Sweet & Sour Chicken Bites Ginger Carrots (V) Brown Rice (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini and Tomatoes (VE)	Chickpea or Chicken Shawarma* Flat Bread (VE) Curry Potato (VE)*	Sweet Potato Quesadilla Rollup (V)* Veggie Burger (VE) Roasted Fresh Tomatoes (VE)
30				
Sicilian Slice Pizza (V) Seasoned Chickpeas (VE) Superhero Spinach (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)

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

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk

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

OFNS has an extensive Prohibitive Ingredients List available at:



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

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

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



	CEDTEMPE	D 2024, Food	Court Manu	
		R 2024: Food		
Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
Veggie Burger (VE)	Sweet & Sour	Mushroom Swiss Veggie Burger (V)*	Chickpea Shawarma (VE)*	Sweet Potato Quesadilla Rollup (V)*
Veggie Cheeseburger (V)	Popcorn Chicken Ginger Carrots (V)	Mushroom Swiss Beef Burger*	or Chicken Shawarma*	Veggie Burger (VE) Tomato Vinaigrette
Parmigiana Spinach (V)	Brown Rice (VE)	Hamburger	Curry Potato (VE)* Flat Bread (V)	Salad (VE)* Apple Citrus
	Oaled Day	Classic Coleslaw (VE)		Pico de Gallo (VE)* Salad Bar
Salad Bar Classic Toppings	Salad Bar Leafy Green Salad Bar	Salad Bar Classic Toppings	Salad Bar Rainbow Bar	Fiesta Bar (With Black Bean Salad)
9	10	11	12	13
Fiesta Quesadilla (V)	Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest	Chicken Dumplings Garlic Teriyaki Green Beans (V)	Turkey Cheeseburger Whole Wheat Bun Turkey Burger	Rustic White Beans (VE) Penne Bruschetta (VE)*
Superhero Spinach (VE)	Pasta Bowl*	Brown Rice (VE)	Whole Wheat Bun	Italian Roasted Carrots (VE)*
Salad Bar	Street Style Corn (V)		Herb Roasted Potatoes (VE)	
Fiesta Bar (With Black Bean Salad)	Salad Bar Fiesta Bar	Salad Bar Leafy Green Salad Bar	Salad Bar Classic Toppings	Salad Bar Mediterranean Bar
16	17	18	19	20
Garlic and Tomato	Chicken Tender Melt	Fish and Cheese Sandwich	BBQ Chicken Thighs	Black-Eyed Peas with Tomato and Kale (VE)
Panini (V)	on Ciabatta Bread	Whole Wheat Bun Roasted Zucchini and	Butternut Squash Mac and Cheese (V)*	with Brown Rice (VE)
Mixed Greens Salad (VE)	Baby Carrots (VE)	Tomatoes (VE)	Honey Corn Bread (V)	Sweet Potato Wedge Fries (VE)
Salad Bar Pizza Bar	Salad Bar	Garlic Knot (V) Salad Bar	Crispy Broccoli (V) Salad Bar	Salad Bar
(With Balsamic Chickpea Salad)	Plastic Free Lunch Bar	Classic Toppings	Leafy Green Salad Bar	Fiesta Bar
23	24	25	26	
Veggie Burger (VE) Veggie	Sweet & Sour Popcorn Chicken	Caribbean Style Beef Patty	Chickpea Shawarma (VE)* or Chicken Shawarma*	Sweet Potato Quesadilla Rollup (V)* Veggie Burger (VE)
Cheeseburger (V)	Ginger Carrots (V)	Seasoned Wedge Fries (VE)	Curry Potato (VE)*	Tomato Vinaigrette Salad (VE)*
Parmigiana Spinach (V)	Brown Rice (VE)	ocasonea weage mes (vz)	Flat Bread (V)	Apple Citrus Pico de Gallo (VE)*
Salad Bar Classic Toppings	Salad Bar Leafy Green Salad Bar	Salad Bar Classic Toppings	Salad Bar Rainbow Bar	Salad Bar Fiesta Bar (With Black Bean Salad)
30				
Fiesta Quesadilla (V) Superhero Spinach (VE) Salad Bar Fiesta Bar (With Black Bean Salad)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	
Monday	Tuesday	Wednesday	Thursday	Friday
 Pizza (V) Mozzarella Sticks (V) Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Grab and Go Salads (V) Seasoned Wedge Fries (VE) 	 Pizza (V) Chicken Tenders & Dinner Roll Mozzarella Sticks (V) Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Grab and Go Salads Seasoned Wedge 	 Pizza (V) Chicken Tenders & Dinner Roll Mozzarella Sticks (V) Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Grab and Go Salads Seasoned Wedge 	 Pizza (V) Chicken Tenders & Dinner Roll Mozzarella Sticks (V) Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Grab and Go Salads Seasoned Wedge 	 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Grab and Go Salads (VE) Seasoned Wedge Fries (VE) Southwest Burrito (V)
	Fries (VE)	• Seasoned Wedge Fries (VE)	Fries (VE)	

Milk 1% Low-fat (V)

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

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

OFNS has an extensive Prohibitive Ingredients List available at:



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

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

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







	SEF I LIVIDER 2024. Alter School Shack Wellu					
Monday	Tuesday	Wednesday	Thursday	Friday		
Labor Day 2	3	4	First Day of Classes 5	6		
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)		
9	10	11	12	13		
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Yogurt Choice (V) Blueberry Granola (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)		
16	17	18	19	20		
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Assorted Cereal (VE) Milk (V)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)		
23	24	25	26	27		
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)		
30						
Animal Crackers (V) Milk (V)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.			

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

All Fruit
Offerings are 1 cup

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

OFNS has an extensive Prohibitive Ingredients List available at:









				ion moria
Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
Assorted Cereal (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
9	10	11	12	13
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	Banana Breakfast Bread (V) Diced Peaches (VE)	Assorted Cereal (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)
16	17	18	19	20
Assorted Cereal (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
23	24	25	26	27
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	Yogurt Choice (V) Diced Peaches (VE)	Assorted Cereal (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)
30				
Assorted Cereal (VE) Milk (V)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	

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

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

OFNS has an extensive Prohibitive Ingredients List available at:



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









Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Asian Sesame Crispy Chicken Grab & Go Salad Basil Corn Salad (VE)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)
9	10	11	12	13
Superhero Spinach Wrap (V) Broccoli Salad (V)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	BBQ Crispy Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Mediterranean Chicken Pasta Salad Green Garden Salad (V)	Chickpea and Pimento Wrap (VE) Fresh Cilantro Healthy Coleslaw (V)
16	17	18	19	20
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V)
23	24	25	26	27
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Chicken Caesar Wrap Marinated Bean Salad (VE) Lemon Arugula Salad (V)	Asian Sesame Crispy Chicken Grab & Go Salad Basil Corn Salad (VE)	Sesame Noodle Bowl Broccoli Salad (V)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE)
30				
Superhero Spinach Wrap (V) Broccoli Salad (V)		OFFERED DAILY	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD.	Daily Supper Specials • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) Options may vary by location

<u>OFFERED DAILY</u>

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,
Oranges, Mandarins,
Pears, Peaches,
Bananas, and Strawberries
(VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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







Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Soft Turkey Taco Street Style Corn (V)	Chicken Tenders Garlicky Green Beans (VE) Bread Stick (V)	Pizza (V) Superhero Spinach (VE)	Veggie Burger (VE) Whole Wheat Bun Seasoned Wedge Fries (VE)
9	10	11	12	13
Manicotti in Marinara Sauce (V) Italian Green Beans (VE)	Garlic and Tomato Panini (V) Roasted Zucchini (VE)	Crispy Chicken Bites with Dipping Sauce Seasoned Wedge Fries (VE)	Hamburgers & Cheeseburgers Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Pizza (V) Parmigiana Spinach (V)
16	17	18	19	20
Homemade Grilled Cheese Sandwich (V) Crispy Broccoli (V)	Fish and Cheese Sandwich Whole Wheat Bun Baked Sweet Potato Wedge Fries (VE)	Caribbean Style Beef Patty Slow Roasted Baby Carrots (V) Garlic Knot (V)	Pizza (V) Green Garden Salad (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
23	24	25	26	27
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Soft Turkey Taco Street Style Corn (V)	Chicken Tenders Garlicky Green Beans (VE) Bread Stick (V)	Pizza (V) Superhero Spinach (VE)	Veggie Burger (VE) Whole Wheat Bun Seasoned Wedge Fries (VE)
30				
Manicotti in Marinara Sauce (V) Italian Green Beans (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN.	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) Options may vary by location

OFFERED DAILY

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

Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



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

legumes, nuts, and/or fruit.



SEPTEMBER 2024: After School Vegetarian Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Super Hero Spinach Wrap (V) Baked Beans (VE)	Pizza (V) Garlicky Green Beans (VE)	Three Cheese Grilled Cheese (V) Street Style Corn (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
9	10	11	12	13
Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V)	Big City Bean Taco (VE) Green Garden Salad (VE)	Pizza (V) Crispy Broccoli (V)	Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)
16	17	18	19	20
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Black Bean and Plantain Power Bowl (VE) with Brown Rice (VE)	Pizza (V) Roasted Zucchini (VE)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
23	24	25	26	27
Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V)	Super Hero Spinach Wrap (V) Baked Beans (VE)	Pizza (V) Garlicky Green Beans (VE)	Three Cheese Grilled Cheese (V) Street Style Corn (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
30				
Red White and Green Panini (V) Seasoned Wedge Fries (VE)				• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V) Options may vary by location

OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



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

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









SEPTEMBER 2024: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Honey Corn Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Banana Muffin (V) Milk (V)	Blueberry Breakfast Bread (V) Fresh Fruit (VE) Milk (V)	

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

(V) Indicates Vegetarian(VE) Indicates Vegan

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

OFNS has an extensive Prohibitive Ingredients List available at:











SEPTEMBER 2024: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
French Toast Sticks (V) Fresh Fruit (VE) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE) Milk (V)	Buttermilk Pancakes (V) Fresh Fruit (VE) Milk (V)	Rise and Shine Waffles (V) Fresh Fruit (VE) Milk (V)	

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,
Oranges, Mandarins,
Pears, Peaches,
Bananas, and Strawberries
(VE)

OFNS has an extensive Prohibitive Ingredients List











SEPTEMBER 2024: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Assorted Cold Sandwiches and Wraps				
Confetti Corn Salad (VE)	Italian Green Beans (VE)	Carrot Sticks (VE)	Broccoli Salad (V)	
Fresh Fruit (VE) Milk (V)				
-				
_			$\overline{}$	$\overline{}$

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,
Oranges, Mandarins,
Pears, Peaches,
Bananas, and Strawberries
(VE)

OFNS has an extensive Prohibitive Ingredients List



O.F.N.S. TIFOOD ALLLIANEE







SEPTEMBER 2024: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Grilled Cheese Sandwich (V) Seasoned Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Hamburgers & Cheeseburgers Baked Sweet Potato Waffle Fries (VE) Fresh Fruit (VE) Milk (V)	Baked Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V) Fresh Fruit (VE) Milk (V)	Pizza by the Slice (V) Italian Roasted Carrots (VE) Fresh Fruit (VE) Milk (V)	

OFFERED DAILY

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

(V) Indicates Vegetarian (VE) Indicates Vegan

Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



O.F.N.S. TIFOOD ALLLIANE