JANUARY 2023: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage Croissant (V) Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
9	10	11	12	13
Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Honey Corn Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage With Cheese on an English Muffin Hot Oatmeal (V) New York Apples Slices (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Martin Luther King Day 16	17	18	19	20
Zucchini Carrot Breakfast Bread (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Turkey Sausage Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
23	24	25	26	27
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage Croissant (V) Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
30	31			
Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)		PRIDE OF NEW YORK WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	*Fresh New York Bagel Assortment* Cinnamon Raisin (VE) Plain (VE) French Toast (VE)

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*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, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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

NYC Department of Education O.F.N.S. Office of Food & Nutrition Services FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.

JANUARY 2023: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage Croissant (V) Breakfast Bar Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
9	10	11	12	13
Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Honey Corn Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage With Cheese on an English Muffin Breakfast Bar Hot Oatmeal (V) New York Apples Slices (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Martin Luther King Day 16	17	18	19	20
Zucchini Carrot Breakfast Bread (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Turkey Sausage Hot Oatmeal (V) Breakfast Bar Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
23	24	25	26	27
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage Croissant (V) Breakfast Bar Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Professional Development 30	31			
Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Breakfast Bar Seasonal Fresh Fruit (VE)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	*Fresh New York Bagel Assortment* Cinnamon Raisin (VE) Plain (VE) French Toast (VE) **Breakfast Bar** Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (VE) New York Yogurts (V)

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*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, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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

NYC Department of Education · O.F.N.S. Office of Food & Nutrition Services · Urban School Food Alliance

Menu subject to change.
Our menus are pork free.

JANUARY 2023: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	**Apple Cinnamon Breakfast Bread (V)** Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	**Whole Grain Croissant (V)** served with Jelly (VE) Sunflower Seeds (V) Seasonal Fresh Fruit (VE)	**Blueberry Muffin (V)** **New York Yogurt Choice (V)** New York Apples Slices (VE)	**Whole Grain Bagel (VE)** served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
9	10	11	12	13
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	**Honey Corn Breakfast Bread (V)** Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	**Cinnamon Burst Pancakes (V)** Seasonal Fresh Fruit (VE)	**Sweet Potato Oatmeal Muffin (V)** New York Apples Slices (VE)	**Whole Grain Bagel (VE)** served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Martin Luther King Day 16	17	18	19	20
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	**Banana Muffin (V)** Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	**Mini Blueberry Waffles (V)** Seasonal Fresh Fruit (VE)	**Zucchini Carrot Breakfast Bread (V)** Fresh Apples (VE)	**Whole Grain Bagel (VE)** served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
23	24	25	26	27
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	**Apple Cinnamon Breakfast Bread (V)** Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	**Whole Grain Croissant (V)** served with Jelly (VE) Sunflower Seeds (V) Seasonal Fresh Fruit (VE)	**Blueberry Muffin (V)** **New York Yogurt Choice (V)** New York Apples Slices (VE)	**Whole Grain Bagel (VE)** served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
30	31			
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	**Honey Corn Breakfast Bread (V)** Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	PRIDE OF NEW YORK

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*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, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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

JANUARY 2023: Pre-K - 8 Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) **New York Yogurt Choice (V)** **Hot Oatmeal (V)** **Seasonal Fresh Fruit (VE)**	**Tasty Waffles (V)** **Seasonal Fresh Fruit (VE)**	**Apple Cinnamon Breakfast Bread (V)** **Hot Oatmeal (V)** **Seasonal Fresh Fruit (VE)**	**Croissant (V)** served with Jelly (VE) **Hot Oatmeal (V)** **Fresh Apples (VE)**	**Assorted Fresh Bagels (VE)** served with Cream Cheese (V) & Jelly (VE) **Seasonal Fresh Fruit (VE)**
9	10	11	12	13
Sweet Potato Oatmeal Muffin (V) **New York Yogurt Choice (V)** **Hot Oatmeal (V)** **Seasonal Fresh Fruit (VE)**	**Cinnamon Burst Pancakes (V)** **Seasonal Fresh Fruit (VE)**	**Honey Corn Breakfast Bread (V)** **Hot Oatmeal (V)** **Seasonal Fresh Fruit (VE)**	**English Muffin (VE)** served with Jelly (VE) **Sunflower Seeds (V)** **Hot Oatmeal (V)** **New York Apples Slices (VE)**	**Assorted Fresh Bagels (VE)** served with Cream Cheese (V) & Jelly (VE) **Seasonal Fresh Fruit (VE)**
Martin Luther King Day 16	17	18	19	20
Zucchini Carrot Breakfast Bread (V) **New York Yogurt Choice (V)** **Hot Oatmeal (V)** **Seasonal Fresh Fruit (VE)**	**Mini Blueberry Waffles (V)** **Seasonal Fresh Fruit (VE)**	**Banana Muffin (V)** **Hot Oatmeal (V)** **Seasonal Fresh Fruit (VE)**	**Buttermilk Pancakes (V)** **Hot Oatmeal (V)** **Fresh Apples (VE)**	**Assorted Fresh Bagels (VE)** served with Cream Cheese (V) & Jelly (VE) **Seasonal Fresh Fruit (VE)**
23	24	25	26	27
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) **New York Yogurt Choice (V)** **Hot Oatmeal (V)** **Seasonal Fresh Fruit (VE)**	**Tasty Waffles (V)** **Seasonal Fresh Fruit (VE)**	**Apple Cinnamon Breakfast Bread (V)** **Hot Oatmeal (V)** **Seasonal Fresh Fruit (VE)**	**Croissant (V)** served with Jelly (VE) **Hot Oatmeal (V)** **Fresh Apples (VE)**	**Assorted Fresh Bagels (VE)** served with Cream Cheese (V) & Jelly (VE) **Seasonal Fresh Fruit (VE)**
30	31			
Sweet Potato Oatmeal Muffin (V) **New York Yogurt Choice (V)** **Hot Oatmeal (V)** **Seasonal Fresh Fruit (VE)**	**Cinnamon Burst Pancakes (V)** **Seasonal Fresh Fruit (VE)**		**WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN**	***Fresh New York Bagel Assortment*** **Cinnamon Raisin (VE)** **Plain (VE)** **French Toast (VE)**

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*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, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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

NYC Department of Education O.F.N.S. Office of Food & Nutrition Services FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.

JANUARY 2023: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Blueberry Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) *Fruit Offering* Peaches (VE)	**Turkey Sausage** Soft Roll (VE) Hot Oatmeal (V) *Fruit Offering* Flavored Apple Sauce (VE)	**Croissant (V)** New York Yogurt Choice (V) Hot Oatmeal (V) *Fruit Offering* Pears (VE)	**Turkey Sausage** Soft Roll (VE) Hot Oatmeal (V) *Fruit Offering* Bananas (VE)	**Banana Muffin (V)** New York Yogurt Choice (V) Hot Oatmeal (VE) *Fruit Offering* Apple Sauce (VE)
9	10	11	12	13
Blueberry Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) *Fruit Offering* Peaches (VE)	**Turkey Sausage** Soft Roll (VE) Hot Oatmeal (V) *Fruit Offering* Flavored Apple Sauce (VE)	**Croissant (V)** New York Yogurt Choice (V) Hot Oatmeal (V) *Fruit Offering* Pears (VE)	**Turkey Sausage** Soft Roll (VE) Hot Oatmeal (V) *Fruit Offering* Bananas (VE)	**Banana Muffin (V)** New York Yogurt Choice (V) Hot Oatmeal (VE) *Fruit Offering* Apple Sauce (VE)
Martin Luther King Day 16	17	18	19	20
Blueberry Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) *Fruit Offering* Peaches (VE)	**Turkey Sausage** Soft Roll (VE) Hot Oatmeal (V) *Fruit Offering* Flavored Apple Sauce (VE)	**Croissant (V)** New York Yogurt Choice (V) Hot Oatmeal (V) *Fruit Offering* Pears (VE)	**Turkey Sausage** Soft Roll (VE) Hot Oatmeal (V) *Fruit Offering* Bananas (VE)	**Banana Muffin (V)** New York Yogurt Choice (V) Hot Oatmeal (VE) *Fruit Offering* Apple Sauce (VE)
23	24	25	26	27
Blueberry Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) *Fruit Offering* Peaches (VE)	**Turkey Sausage** Soft Roll (VE) Hot Oatmeal (V) *Fruit Offering* Flavored Apple Sauce (VE)	**Croissant (V)** New York Yogurt Choice (V) Hot Oatmeal (V) *Fruit Offering* Pears (VE)	**Turkey Sausage** Soft Roll (VE) Hot Oatmeal (V) *Fruit Offering* Bananas (VE)	**Banana Muffin (V)** New York Yogurt Choice (V) Hot Oatmeal (VE) *Fruit Offering* Apple Sauce (VE)
30	31			
Blueberry Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) *Fruit Offering* Peaches (VE)	**Turkey Sausage** Soft Roll (VE) Hot Oatmeal (V) *Fruit Offering* Flavored Apple Sauce (VE)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

Seasonal Fresh Fruit
Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

Options may vary by location

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

Assorted Yogurts

Alternate Fruit
Peaches, Pineapples
Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List available at:

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

ATTENTION:

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

NYC Department of Education O.F.N.S. Office of Food & Nutrition Services FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.

JANUARY 2023: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Classic Cheese Pizza (V) Italian Green Beans (VE) *Salad Bar* Kale Caesar (VE)	**Crispy Chicken Sandwich** Whole Wheat Bun Roasted Chickpeas (V) Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Mozzarella Sticks (V)** with marinara sauce (VE) Roasted Broccoli (V) Garlic Knot (V) *Salad Bar* Veggie Dippers (VE)	**Roasted Chicken Thigh** Honey Diced Sweet Potato (V) Dinner Roll (VE) Fresh Apples (VE) *Salad Bar* Lemon Arugula Salad (V)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V) *Salad Bar* Fresh Cilantro Healthy Cole Slaw (V)
9	10	11	12	13
French Bread Pizza (V) Corn, Peas and Carrots (VE) *Salad Bar* Fresh Marinated Vegetable Salad (VE)	**Crispy Chicken Tenders** With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) *Salad Bar* Strawberry and Cucumber Salad (V)	**Hamburgers or Cheeseburgers** Whole Wheat Bun Home Fries (V) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Roasted Chicken Drumsticks** Baked Beans (VE) Kid Friendly Kale Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE) *Salad Bar* Broccoli Salad (V)	**Three Bean Chili (VE)** served with Rice (VE) Veggie Nuggets (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE) *Salad Bar* Carrot Raisin Salad (V)
Martin Luther King Day 16	17	18	19	20
Personal Pizza (V) Crispy Broccoli (V) *Salad Bar* Italian Classico Salad (VE)	**Chicken Quesadilla** Fiesta Black Beans (VE) Salsa (VE) New York Cookie Treat (V) *Salad Bar* Kid Friendly Kale (V)	**Veggie Burger (VE) or Veggie Cheeseburger (V)** Whole Wheat Bun **Fish and Cheese Sandwich** Whole Wheat Bun Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Chicken Dumplings** with Veggie Ginger Soy Rice (VE) Grab and Go Salad Seasoned Fresh Green Beans (V) Fresh Apples (VE) *Salad Bar* Asian Red Cabbage Slaw (V)	**White Bean and Pasta Primavera (VE)** Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) *Salad Bar* Greek Zucchini Salad (VE)
23	24	25	26	27
Classic Cheese Pizza (V) Italian Green Beans (VE) *Salad Bar* Kale Caesar (VE)	**Crispy Chicken Sandwich** Whole Wheat Bun Grab and Go Salad Roasted Chickpeas With Basil Pesto (V) Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	***Plastic Free Lunch Day*** **Mozzarella Sticks (V)** with marinara sauce (VE) Fresh Broccoli Florets (VE) Garlic Knot (V) *Salad Bar* Veggie Dippers (VE)	**Roasted Chicken Thigh** Honey Diced Sweet Potato (V) Dinner Roll (VE) Fresh Apples (VE) *Salad Bar* Lemon Arugula Salad (V)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V) *Salad Bar* Fresh Cilantro Healthy Cole Slaw (V)
30	31			
French Bread Pizza (V) Corn, Peas and Carrots (VE) *Salad Bar* Fresh Marinated Vegetable Salad (VE)	**Crispy Chicken Tenders** With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) *Salad Bar* Strawberry and Cucumber Salad (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	**Tuesday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	**Wednesday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	**Thursday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	**Friday** • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (V) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones
- 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

NYC Department of Education · O.F.N.S. Office of Food & Nutrition Services · Urban School Food Alliance

Menu subject to change.
Our menus are pork free.

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

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	**Assorted Cold Sandwiches and Wraps** Confetti Corn Salad (V)	**Curried Chicken Wrap** Dipping Sauce Fresh Tomato Salad (V) Lemon Arugula Salad (V)	**Chicken Salad Grab and Go Salad** Cilantro Healthy Coleslaw (V) New York Apples Slices (VE)	**Italian Veggie Grab & Go Salad (VE)** White Bean Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
9	10	11	12	13
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	**Asian Sesame Chicken Grab and Go Salad** Cilantro Black Bean Salad (V)	**Chicken Tender Wrap** Dipping Sauce Classic Potato Salad (VE)	**Assorted Cold Sandwiches and Wraps** Broccoli Salad (V) New York Apples Slices (VE) New York Cookie Treat (V)	**Eggless Egg Sandwich (VE)** Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)
Martin Luther King Day 16	17	18	19	20
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Ranch Carrot Sticks (V)	**Crispy Chicken Grab and Go Salad** Asian Red Cabbage Slaw (V)	**Chicken Caesar Wrap** Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	**Chicken Salad Hoagie** Kid Friendly Kale Salad (V) New York Apples Slices (VE)	**Black Bean and Corn Grab & Go Salad (VE)** Salsa (VE) Italian Marinated Cucumber Salad (VE) Cheese Sandwich (V)
23	24	25	26	27
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	**Chicken Salad Grab and Go Salad** Confetti Corn Salad (V)	**Curried Chicken Wrap** Dipping Sauce Fresh Tomato Salad (V) Lemon Arugula Salad (V)	**Assorted Cold Sandwiches and Wraps** Cilantro Healthy Coleslaw (V) New York Apples Slices (VE)	**Italian Veggie Grab & Go Salad (VE)** White Bean Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
30	31			
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	**Asian Sesame Chicken Grab and Go Salad** Cilantro Black Bean Salad (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	**Tuesday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	**Wednesday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	**Thursday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	**Friday** • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Cheese Sandwich (V)

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones
- 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

NYC Department of Education · O.F.N.S. Office of Food & Nutrition Services · FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.

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

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Pizza Bagel (V) Italian Green Beans (VE)	**Crispy Chicken Sandwich** Whole Wheat Bun Roasted Chickpeas (V) Seasoned Wedge Fries (VE)	**Mozzarella Sticks (V)** with marinara sauce (VE) Roasted Fresh Broccoli (VE) Garlic Knot (V)	**Roasted Chicken Thigh** Honey Diced Sweet Potato (V) Dinner Roll (VE) Fresh Apples (VE)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V)
9	10	11	12	13
Pizza Bagel (V) Corn, Peas and Carrots (VE)	**Crispy Chicken Tenders** With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)	**Hamburgers Cheeseburgers** Whole Wheat Bun Home Fries (V)	**Roasted Chicken Drumsticks** Baked Beans (VE) Kid Friendly Kale Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE)	**Veggie Nuggets (VE)** with Dipping Sauce Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
Martin Luther King Day 16	17	18	19	20
Pizza Bagel (V) Crispy Broccoli (V)	**Manicotti (V)** with Marinara Sauce (VE) Marinated White Beans (VE) New York Cookie Treat (V)	**Fish and Cheese Sandwich** Whole Wheat Bun Green Garden Salad (VE) Seasoned Wedge Fries (VE)	**Chicken Dumplings** with Veggie Ginger Soy Rice (VE) Seasoned Fresh Green Beans (V) New York Apples Slices (VE)	**Veggie Burger (VE)** **Veggie Cheeseburger (V)** Whole Wheat Bun Roasted Fresh Tomatoes (VE)
23	24	25	26	27
Pizza Bagel (V) Italian Green Beans (VE)	**Crispy Chicken Sandwich** Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V) Seasoned Wedge Fries (VE)	**Mozzarella Sticks (V)** with marinara sauce (VE) Roasted Fresh Broccoli (VE) Garlic Knot (V)	**Roasted Chicken Thigh** Honey Diced Sweet Potato (V) Dinner Roll (VE) Fresh Apples (VE)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V)
30	31			
Pizza Bagel (V) Corn, Peas and Carrots (VE)	**Crispy Chicken Tenders** With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	**Tuesday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	**Wednesday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	**Thursday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	**Friday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

Milk*
Whole Milk
*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit
Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones
- 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

NYC Department of Education · O.F.N.S. Office of Food & Nutrition Services · Urban School Food Alliance

Menu subject to change.
Our menus are pork free.

JANUARY 2023: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Classic Cheese Pizza (V) Italian Green Beans (VE) *Salad Bar* Caesar Salad (V)	**Zesty Chickpea Stew (VE)** Slow Roasted Baby Carrots (VE) *Salad Bar* Strawberry and Cucumber Salad (V)	**Mozzarella Sticks (V)** with Marinara Sauce (VE) Garlic Knot (V) Roasted Broccoli (VE) *Salad Bar* Caesar Salad (V)	**Red White and Green Panini (V)** Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) *Salad Bar* Italian Classico Salad (VE)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Homemade Grilled Cheese (V) *Salad Bar* Fresh Cilantro Healthy Cole Slaw (V)
9	10	11	12	13
French Bread Pizza (V) Roasted Chickpeas With Basil Pesto (V) *Salad Bar* Fresh Marinated Vegetable Salad (VE)	**Veggie Nuggets (VE)** With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) *Salad Bar* Celery and Apple Salad (V)	**Manicotti (V)** with Marinara Sauce (VE) Corn, Peas and Carrots (VE) Green Garden Salad (VE) *Salad Bar* Broccoli Salad (VE)	**Veggie Burger (VE)** **Veggie Cheeseburger(V)** Whole Wheat Bun Seasoned Wedge Fries (VE) New York Apples Slices (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Three Bean Chili (VE)** served with Rice (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE) Homemade Grilled Cheese (V) *Salad Bar* Carrot Raisin Salad (V)
Martin Luther King Day 16	17	18	19	20
Personal Pizza (V) Crispy Broccoli (V) *Salad Bar* Italian Classico Salad (VE)	**Vegetarian Quesadilla (V)** served with Salsa (VE) Grab and Go Salad Fiesta Black Beans (VE) *Salad Bar* Confetti Corn Salad (VE)	**Mediteranean Chickpea with Pasta (VE)** Seasoned Fresh Green Beans (V) Dinner Roll (V) *Salad Bar* Kid Friendly Kale Salad (V)	**Zucchini Parmesan Hero (V)** Seasoned Wedge Fries (VE) Fresh Apples (VE) New York Cookie Treat (V) *Salad Bar* Veggie Cup (VE)	**White Bean and Pasta Primavera (VE)** Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) *Salad Bar* Greek Zucchini Salad (VE)
23	24	25	26	27
Classic Cheese Pizza (V) Italian Green Beans (VE) *Salad Bar* Caesar Salad (V)	**Zesty Chickpea Stew (VE)** Grab and Go Salad Slow Roasted Baby Carrots (VE) *Salad Bar* Strawberry and Cucumber Salad (V)	***Plastic Free Lunch Day*** **Mozzarella Sticks (V)** with marinara sauce (VE) Fresh Broccoli Florets (VE) Garlic Knot (V) *Salad Bar* Veggie Dippers (VE)	**Red White and Green Panini (V)** Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V) *Salad Bar* Italian Classico Salad (VE)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Homemade Grilled Cheese (V) *Salad Bar* Fresh Cilantro Healthy Cole Slaw (V)
30	31			
French Bread Pizza (V) Roasted Chickpeas With Basil Pesto (V) *Salad Bar* Fresh Marinated Vegetable Salad (VE)	**Veggie Nuggets (VE)** With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) *Salad Bar* Celery and Apple Salad (V)		PRIDE OF NEW YORK WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	

Monday	Tuesday	Wednesday	Thursday	Friday
• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	• Peanut 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
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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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

NYC Department of Education · O.F.N.S. Office of Food & Nutrition Services · Urban School Food Alliance

Menu subject to change.
Our menus are pork free.

JANUARY 2023: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Braised Tuna **with Tomato Sauce** **Broccoli** **With Garlic & Oil (V)** **Soft Roll (VE)** ***Fruit Offering*** Flavored Apple Sauce (VE)	**Crispy Chicken Sandwich** **Sweet Plantains (VE)** ***Fruit Offering*** Pears (VE)	**100% Beef Hamburgers & Cheeseburgers** **Puree Carrots (VE)** ***Fruit Offering*** Peaches (VE)	**Ranch Chicken Tenders** **Soft Cooked Penne (VE)** **Roasted Zucchini (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 (V)** ***Fruit Offering*** Flavored Apple Sauce (VE)	**Crispy Chicken Sandwich** **Sweet Plantains (VE)** ***Fruit Offering*** Pears (VE)	**100% Beef Hamburgers & Cheeseburgers** **Puree Carrots (VE)** ***Fruit Offering*** Peaches (VE)	**Italian Chicken Tenders** **Soft Cooked Penne (VE)** **Roasted Zucchini (VE)** ***Fruit Offering*** Apple Sauce (VE)	**Manicotti (V)** **Marinated White Beans (VE)** ***Fruit Offering*** Bananas (VE)
Martin Luther King Day 16	17	18	19	20
Braised Tuna **with Tomato Sauce** **Broccoli** **With Garlic & Oil (V)** **Soft Roll (VE)** ***Fruit Offering*** Flavored Apple Sauce (VE)	**Crispy Chicken Sandwich** **Sweet Plantains (VE)** ***Fruit Offering*** Pears (VE)	**100% Beef Hamburgers & Cheeseburgers** **Puree Carrots (VE)** ***Fruit Offering*** Peaches (VE)	**Ranch Chicken Tenders** **Soft Cooked Penne (VE)** **Roasted Zucchini (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 (V)** ***Fruit Offering*** Flavored Apple Sauce (VE)	**Crispy Chicken Sandwich** **Sweet Plantains (VE)** ***Fruit Offering*** Pears (VE)	**100% Beef Hamburgers & Cheeseburgers** **Puree Carrots (VE)** ***Fruit Offering*** Peaches (VE)	**Italian Chicken Tenders** **Soft Cooked Penne (VE)** **Roasted Zucchini (VE)** ***Fruit Offering*** Apple Sauce (VE)	**Manicotti (V)** **Marinated White Beans (VE)** ***Fruit Offering*** Bananas (VE)
30	31			
Fish & Cheese Sandwich **Broccoli** **With Garlic & Oil (V)** ***Fruit Offering*** Flavored Apple Sauce (VE)	**Crispy Chicken Sandwich** **Sweet Plantains (VE)** ***Fruit Offering*** Pears (VE)		PRIDE OF NEW YORK **WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD** **ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN**	***Daily Lunch Specials*** • **Hummus and Soft Roll (VE)** • **8 oz. Yogurt (V)** • **Tuna** **Options may vary by location**

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*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, Grapefruit, Oranges, Pears, Mandarins and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:

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

NYC Department of Education | O.F.N.S. Office of Food & Nutrition Services | URBAN SCHOOL FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.

JANUARY 2023: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Classic Cheese Pizza (V) Italian Green Beans (VE) *Salad Bar* Kale Caesar (VE)	**Crispy Chicken Sandwich** Whole Wheat Bun Roasted Chickpeas (V) Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Mozzarella Sticks (V)** with marinara sauce (VE) Roasted Broccoli (V) Garlic Knot (V) *Salad Bar* Veggie Dippers (VE)	**Roasted Chicken Thigh** Honey Diced Sweet Potato (V) Dinner Roll (VE) Fresh Apples (VE) *Salad Bar* Lemon Arugula Salad (V)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V) *Salad Bar* Fresh Cilantro Healthy Cole Slaw (V)
9	10	11	12	13
French Bread Pizza (V) Corn, Peas and Carrots (VE) *Salad Bar* Fresh Marinated Vegetable Salad (VE)	**Crispy Chicken Tenders** With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) *Salad Bar* Strawberry and Cucumber Salad (V)	**Hamburgers or Cheeseburgers** Whole Wheat Bun Home Fries (V) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Roasted Chicken Drumsticks** Baked Beans (VE) Kid Friendly Kale Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE) *Salad Bar* Broccoli Salad (V)	**Three Bean Chili (VE)** served with Rice (VE) Veggie Nuggets (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE) *Salad Bar* Carrot Raisin Salad (V)
Martin Luther King Day 16	17	18	19	20
Personal Pizza (V) Crispy Broccoli (V) *Salad Bar* Italian Classico Salad (VE)	**Chicken Quesadilla** Fiesta Black Beans (VE) Salsa (VE) New York Cookie Treat (V) *Salad Bar* Kid Friendly Kale (V)	**Veggie Burger (VE) or Veggie Cheeseburger (V)** Whole Wheat Bun **Fish and Cheese Sandwich** Whole Wheat Bun Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Chicken Dumplings** with Veggie Ginger Soy Rice (VE) Grab and Go Salad Seasoned Fresh Green Beans (V) Fresh Apples (VE) *Salad Bar* Asian Red Cabbage Slaw (V)	**White Bean and Pasta Primavera (VE)** Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) *Salad Bar* Greek Zucchini Salad (VE)
23	24	25	26	27
Classic Cheese Pizza (V) Italian Green Beans (VE) *Salad Bar* Kale Caesar (VE)	**Crispy Chicken Sandwich** Whole Wheat Bun Grab and Go Salad Roasted Chickpeas With Basil Pesto (V) Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	*Plastic Free Lunch Day* **Mozzarella Sticks (V)** with marinara sauce (VE) Fresh Broccoli Florets (VE) Garlic Knot (V) *Salad Bar* Veggie Dippers (VE)	**Roasted Chicken Thigh** Honey Diced Sweet Potato (V) Dinner Roll (VE) Fresh Apples (VE) *Salad Bar* Lemon Arugula Salad (V)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V) *Salad Bar* Fresh Cilantro Healthy Cole Slaw (V)
Professional Development 30	31			
French Bread Pizza (V) Corn, Peas and Carrots (VE) *Salad Bar* Fresh Marinated Vegetable Salad (VE)	**Crispy Chicken Tenders** With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) *Salad Bar* Strawberry and Cucumber Salad (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	**Tuesday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	**Wednesday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	**Thursday** • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	**Friday** • Peanut 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
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit
Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones
- 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

NYC Department of Education · O.F.N.S. · Urban School Food Alliance

Menu subject to change.
Our menus are pork free.

JANUARY 2023: High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Classic Cheese Pizza (V) Italian Green Beans (VE) *Salad Bar* Kale Caesar (VE)	**Crispy Chicken Sandwich** Whole Wheat Bun Roasted Chickpeas (V) Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Mozzarella Sticks (V)** with marinara sauce (VE) Roasted Broccoli (V) Garlic Knot (V) *Salad Bar* Veggie Dippers (VE)	**Roasted Chicken Thigh** Honey Diced Sweet Potato (V) Dinner Roll (VE) Fresh Apples (VE) *Salad Bar* Lemon Arugula Salad (V)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V) *Salad Bar* Fresh Cilantro Healthy Cole Slaw (V)
9	10	11	12	13
French Bread Pizza (V) Corn, Peas and Carrots (VE) *Salad Bar* Fresh Marinated Vegetable Salad (VE)	**Crispy Chicken Tenders** With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) *Salad Bar* Strawberry and Cucumber Salad (V)	**Hamburgers or Cheeseburgers** Whole Wheat Bun Home Fries (V) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Roasted Chicken Drumsticks** Baked Beans (VE) Kid Friendly Kale Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE) *Salad Bar* Broccoli Salad (V)	**Three Bean Chili (VE)** served with Rice (VE) Veggie Nuggets (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE) *Salad Bar* Carrot Raisin Salad (V)
Martin Luther King Day 16	17	18	19	20
Personal Pizza (V) Crispy Broccoli (V) *Salad Bar* Italian Classico Salad (VE)	**Chicken Quesadilla** Fiesta Black Beans (VE) Salsa (VE) New York Cookie Treat (V) *Salad Bar* Kid Friendly Kale (V)	**Veggie Burger (VE) or Veggie Cheeseburger (V)** Whole Wheat Bun **Fish and Cheese Sandwich** Whole Wheat Bun Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Chicken Dumplings** with Veggie Ginger Soy Rice (VE) Grab and Go Salad Seasoned Fresh Green Beans (V) Fresh Apples (VE) *Salad Bar* Asian Red Cabbage Slaw (V)	**White Bean and Pasta Primavera (VE)** Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) *Salad Bar* Greek Zucchini Salad (VE)
23	24	25	26	27
Classic Cheese Pizza (V) Italian Green Beans (VE) *Salad Bar* Kale Caesar (VE)	**Crispy Chicken Sandwich** Whole Wheat Bun Grab and Go Salad Roasted Chickpeas With Basil Pesto (V) Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	***Plastic Free Lunch Day*** **Mozzarella Sticks (V)** with marinara sauce (VE) Fresh Broccoli Florets (VE) Garlic Knot (V) *Salad Bar* Veggie Dippers (VE)	**Roasted Chicken Thigh** Honey Diced Sweet Potato (V) Dinner Roll (VE) Fresh Apples (VE) *Salad Bar* Lemon Arugula Salad (V)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V) *Salad Bar* Fresh Cilantro Healthy Cole Slaw (V)
Professional Development 30	31			
French Bread Pizza (V) Corn, Peas and Carrots (VE) *Salad Bar* Fresh Marinated Vegetable Salad (VE)	**Crispy Chicken Tenders** With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) *Salad Bar* Strawberry and Cucumber Salad (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	

Monday	Tuesday	Wednesday	Thursday	Friday
• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	• Peanut 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
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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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

NYC Department of Education · O.F.N.S. Office of Food & Nutrition Services · Urban School Food Alliance

Menu subject to change.
Our menus are pork free.

JANUARY 2023: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	**Assorted Cold Sandwiches and Wraps** Confetti Corn Salad (V)	**Curried Chicken Wrap** Dipping Sauce Fresh Tomato Salad (V) Lemon Arugula Salad (V)	**Chicken Salad Grab and Go Salad** Cilantro Healthy Coleslaw (V) New York Apples Slices (VE)	**Italian Veggie Grab & Go Salad (VE)** White Bean Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
9	10	11	12	13
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	**Asian Sesame Chicken Grab and Go Salad** Cilantro Black Bean Salad (V)	**Chicken Tender Wrap** Dipping Sauce Classic Potato Salad (VE)	**Assorted Cold Sandwiches and Wraps** Broccoli Salad (V) New York Apples Slices (VE) New York Cookie Treat (V)	**Eggless Egg Sandwich (VE)** Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)
Martin Luther King Day 16	17	18	19	20
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Ranch Carrot Sticks (V)	**Crispy Chicken Grab and Go Salad** Asian Red Cabbage Slaw (V)	**Chicken Caesar Wrap** Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	**Chicken Salad Hoagie** Kid Friendly Kale Salad (V) New York Apples Slices (VE)	**Black Bean and Corn Grab & Go Salad (VE)** Salsa (VE) Italian Marinated Cucumber Salad (VE) Cheese Sandwich (V)
23	24	25	26	27
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	**Chicken Salad Grab and Go Salad** Confetti Corn Salad (V)	**Curried Chicken Wrap** Dipping Sauce Fresh Tomato Salad (V) Lemon Arugula Salad (V)	**Assorted Cold Sandwiches and Wraps** Cilantro Healthy Coleslaw (V) New York Apples Slices (VE)	**Italian Veggie Grab & Go Salad (VE)** White Bean Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
Professional Development 30	31			
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	**Asian Sesame Chicken Grab and Go Salad** Cilantro Black Bean Salad (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	

Monday	Tuesday	Wednesday	Thursday	Friday
• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	• Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Cheese Sandwich (V)

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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

NYC Department of Education O.F.N.S. Office of Food & Nutrition Services FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.

JANUARY 2023: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Pizza Bagel (V) Italian Green Beans (VE)	**Crispy Chicken Sandwich** Whole Wheat Bun Roasted Chickpeas (V) Seasoned Wedge Fries (VE)	**Mozzarella Sticks (V)** with marinara sauce (VE) Roasted Fresh Broccoli (VE) Garlic Knot (V)	**Roasted Chicken Thigh** Honey Diced Sweet Potato (V) Dinner Roll (VE) Fresh Apples (VE)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V)
9	10	11	12	13
Pizza Bagel (V) Corn, Peas and Carrots (VE)	**Crispy Chicken Tenders** With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)	**Hamburgers Cheeseburgers** Whole Wheat Bun Home Fries (V)	**Roasted Chicken Drumsticks** Baked Beans (VE) Kid Friendly Kale Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE)	**Veggie Nuggets (VE)** with Dipping Sauce Confetti Corn (VE) Crispy Tortillas (VE) Served with **Salsa (VE)**
Martin Luther King Day 16	17	18	19	20
Pizza Bagel (V) Crispy Broccoli (V)	**Manicotti (V)** with Marinara Sauce (VE) Marinated White Beans (VE) New York Cookie Treat (V)	**Fish and Cheese Sandwich** Whole Wheat Bun Green Garden Salad (VE) Seasoned Wedge Fries (VE)	**Chicken Dumplings** with Veggie Ginger Soy Rice (VE) Seasoned Fresh Green Beans (V) New York Apples Slices (VE)	**Veggie Burger (VE)** **Veggie Cheeseburger (V)** Whole Wheat Bun Roasted Fresh Tomatoes (VE)
23	24	25	26	27
Pizza Bagel (V) Italian Green Beans (VE)	**Crispy Chicken Sandwich** Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V) Seasoned Wedge Fries (VE)	**Mozzarella Sticks (V)** with marinara sauce (VE) Roasted Fresh Broccoli (VE) Garlic Knot (V)	**Roasted Chicken Thigh** Honey Diced Sweet Potato (V) Dinner Roll (VE) Fresh Apples (VE)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V)
Professional Development 30	31			
Pizza Bagel (V) Corn, Peas and Carrots (VE)	**Crispy Chicken Tenders** With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	

Monday	Tuesday	Wednesday	Thursday	Friday
• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	• Peanut 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
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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ATTENTION:

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

NYC Department of Education · O.F.N.S. Office of Food & Nutrition Services · Urban School Food Alliance

Menu subject to change.
Our menus are pork free.

JANUARY 2023: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Heart Shaped Pretzels (VE) Hummus Cup (VE)	New York Yogurt Choice (V) Raisins (VE)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Crispy Tortilla (VE) Salsa (VE)
9	10	11	12	13
Honey Graham Crackers (V) Milk (V)	(2) Ranch Carrot Snackers (V) Milk (V)	New York Yogurt Choice (V) Raisins (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
Martin Luther King Day 16	17	18	19	20
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)
23	24	25	26	27
Heart Shaped Pretzels (VE) Hummus Cup (VE)	New York Yogurt Choice (V) Raisins (VE)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Crispy Tortilla (VE) Salsa (VE)
30	31			
Honey Graham Crackers (V) Milk (V)	(2) Ranch Carrot Snackers (V) Milk (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	PRIDE OF NEW YORK

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

All Fruit Offerings are 1 cup

OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

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- 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
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NYC Department of Education | O.F.N.S. Office of Food & Nutrition Services | URBAN SCHOOL FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.

JANUARY 2023: After School Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Superhero Spinach Wrap (V) Broccoli Salad (V)	Chicken Tender Wrap Italian Green Beans (VE)	Assorted Cold Sandwiches and Wraps Carrot Sticks (VE)	Asian Sesame Chicken Grab and Go Salads Cilantro Black Bean Salad (VE) New York Apple Slices (VE)	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (V)
9	10	11	12	13
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Chicken Caesar Wrap Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Crispy Chicken Grab and Go Salad Carrot Sticks (VE)	Black Bean and Corn Grab & Go Salad (VE) Cheese Sandwich (V) Italian Marinated Cucumber Salad (VE) Crispy Tortillas (VE) served with Salsa (VE)
Martin Luther King Day 16	17	18	19	20
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Curried Chicken Wrap Dipping Sauce Ranch Carrot Snacker (V)	Chicken Salad Grab and Go Salad Confetti Corn Salad (V) New York Cookie Treat	Assorted Cold Sandwiches and Wraps Cilantro Healthy Coleslaw (V)	Italian Veggie Grab & Go Salad (VE) Cheese Sandwich (V) White Bean Salad (VE)
23	24	25	26	27
Superhero Spinach Wrap (V) Broccoli Salad (V)	Chicken Tender Wrap Italian Green Beans (VE)	Assorted Cold Sandwiches and Wraps Carrot Sticks (VE)	Asian Sesame Chicken Grab and Go Salads Cilantro Black Bean Salad (VE) New York Apple Slices (VE)	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (V)
30	31			
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Chicken Caesar Wrap Basil Corn Salad (VE) Heart Shaped Pretzels (VE)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	*Daily Supper Specials* • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (VE) Options may vary by location

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:

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- 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

NYC Department of Education · O.F.N.S. Office of Food & Nutrition Services · Urban School Food Alliance

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JANUARY 2023: After School Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Veggie Burger (VE) **or** **Veggie Cheeseburger(V)** **Whole Wheat Bun** **Seasoned Wedge Fries (VE)**	**Chicken Dumplings** **Seasoned Fresh Green Beans (VE)**	**Turkey Burger** **Whole Wheat Bun** **Baked Sweet Potato Waffle Fries (VE)**	**Chicken Tenders** **Roasted Baby Carrots (V)** **Dinner Roll (V)**	**Pizza Choice (V)** **Roasted Zucchini (VE)**
9	10	11	12	13
Homemade Grilled Cheese Sandwich (V) **Baked Sweet Potato Wedge Fries (VE)**	**Fish and Cheese Sandwich** **Whole Wheat Bun** **Cilantro Healthy Coleslaw (V)**	**Crispy Chicken Sandwich** **Whole Wheat Bun** **Seasoned Wedge Fries (VE)**	**Manicotti (V)** with Marinara Sauce (VE) **Slow Roasted Baby Carrots (V)** **Garlic Knot (V)**	**Southwest Burrito (V)** **Roasted Broccoli (VE)**
Martin Luther King Day 16	17	18	19	20
Mozzarella Sticks (V) Marinara Sauce (VE) **Kale Caesar (V)**	**Hamburgers & Cheeseburgers** **Whole Wheat Bun** **Baked Sweet Potato Waffle Fries (VE)**	**Pizza Choice (V)** **Roasted Zucchini (VE)**	**Roasted Chicken** **Crispy Broccoli (V)** **Buttermilk Biscuit (V)**	**Veggie Nuggets (VE)** **with Dipping Sauce (V)** **Seasoned Wedge Fries (VE)** **Dinner Roll (VE)**
23	24	25	26	27
Veggie Burger (VE) **or** **Veggie Cheeseburger(V)** **Whole Wheat Bun** **Seasoned Wedge Fries (VE)**	**Chicken Dumplings** **Seasoned Fresh Green Beans (VE)**	**Turkey Burger** **Whole Wheat Bun** **Baked Sweet Potato Waffle Fries (VE)**	**Chicken Tenders** **Roasted Baby Carrots (V)** **Dinner Roll (V)**	**Pizza Choice (V)** **Roasted Zucchini (VE)**
30	31			
Homemade Grilled Cheese Sandwich (V) **Baked Sweet Potato Wedge Fries (VE)**	**Fish and Cheese Sandwich** **Whole Wheat Bun** **Cilantro Healthy Coleslaw (V)**		**WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD** **ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN**	***Daily Supper Specials*** **• Peanut Butter & Jelly* (VE)** **• Hot or Cold Cheese Sandwich (V)** **• Hummus and Pretzels Grab & Go (VE)** **Options may vary by location**

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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ATTENTION:

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NYC Department of Education O.F.N.S. Office of Food & Nutrition Services FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.

JANUARY 2023: After School Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Superhero Spinach Wrap (V) **Seasoned Wedge Fries (VE)**	**Vegetarian Quesadilla (V)** served with Salsa (VE) **Fiesta Black Beans (VE)**	**Manicotti (V)** with marinara sauce (VE) **Seasoned Fresh Green Beans (VE)** **Dinner Roll (VE)**	**Pizza (V)** **Crispy Broccoli (V)**	**White Bean and Pasta Primavera (VE)** **Roasted Fresh Tomatoes (VE)**
9	10	11	12	13
Mozzarella Sticks (V) with marinara sauce (VE) **Roasted Zucchini (VE)**	**Grilled Cheese (V)** **Baked Beans (VE)**	**Red White and Green Panini (V)** **Seasoned Wedge Fries (VE)**	**Pizza (V)** **Kale Caesar (V)**	**Black Bean and Plantain Power Bowl (VE)** **with Vegetable Rice (VE)** **Green Garden Salad (VE)**
Martin Luther King Day 16	17	18	19	20
Veggie Burger (VE) **Veggie Cheeseburger(V)** **Whole Wheat Bun** **Seasoned Wedge Fries (VE)**	**Pizza (V)** **Roasted Chickpeas With Basil Pesto (V)**	**Southwest Burrito (V)** Served with Salsa (VE) **Roasted Zucchini (VE)**	**Veggie Nuggets (VE)** With Dipping Sauce **Sweet Potato Waffle Fries (VE)** **Dinner Roll (V)**	**Three Bean Chili (VE)** served with Rice (VE) **Confetti Corn (VE)** **Crispy Tortillas (VE)** Served with **Salsa (VE)**
23	24	25	26	27
Superhero Spinach Wrap (V) **Seasoned Wedge Fries (VE)**	**Vegetarian Quesadilla (V)** served with Salsa (VE) **Fiesta Black Beans (VE)**	**Manicotti (V)** with marinara sauce (VE) **Seasoned Fresh Green Beans (VE)** **Dinner Roll (VE)**	**Pizza (V)** **Crispy Broccoli (V)**	**White Bean and Pasta Primavera (VE)** **Roasted Fresh Tomatoes (VE)**
30	31			
Mozzarella Sticks (V) with marinara sauce (VE) **Roasted Zucchini (VE)**	**Grilled Cheese (V)** **Baked Beans (VE)**		**WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN**	***Daily Supper Specials*** • **Peanut Butter & Jelly* (VE)** • **Hot or Cold Cheese Sandwich (V)** • **Hummus and Pretzels Grab & Go (VE)** **Options may vary by location**

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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ATTENTION:

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NYC Department of Education O.F.N.S. Office of Food & Nutrition Services FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.

JANUARY 2023: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Honey Corn Breakfast Muffin Bread (V) Milk (V)	Mini Blueberry Waffles (V) Milk (V)	Cinnamon Burst Pancakes (V) Milk (V)	Blueberry Breakfast Muffin Bread (V) Milk (V)	

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:

NYC Department of Education | O.F.N.S. Office of Food & Nutrition Services | URBAN SCHOOL FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.

JANUARY 2023: Saturday Hot Morning Snack Menu

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

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:

(V) Indicates Vegetarian
(VE) Indicates Vegan

NYC Department of Education · O.F.N.S. Office of Food & Nutrition Services · Urban School Food Alliance

Menu subject to change.
Our menus are pork free.

JANUARY 2023: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
7	14	21	28	
Assorted Cold Sandwiches and Wraps Confetti Corn Salad (V)	**Assorted Cold Sandwiches and Wraps** Italian Marinated Green Beans (V)	**Assorted Cold Sandwiches and Wraps** Carrot Sticks (VE)	**Assorted Cold Sandwiches and Wraps** Broccoli Salad (V)	

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:

NYC Department of Education | O.F.N.S. Office of Food & Nutrition Services | URBAN SCHOOL FOOD ALLIANCE

Menu subject to change.
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JANUARY 2023: 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 Chioce (V)** **Roasted Zucchini (V)** **Fresh Fruit (VE)** **Milk (V)**	

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:

NYC Department of Education | O.F.N.S. Office of Food & Nutrition Services | Urban School Food Alliance

Menu subject to change.
Our menus are pork free.

JANUARY 2023: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Veggie Burger (VE) **or** **Veggie Cheeseburger(V)** Whole Wheat Bun Italian Green Beans	**Spicy Chicken Sandwich** Whole Wheat Bun Roasted Chickpeas (V)	**Roasted Chicken Thigh** Dinner Roll (VE) Honey Diced Sweet Potato (V) New York Cookie Treat (V)	**Fish and Cheese Sandwich** Whole Wheat Bun Roasted Broccoli (VE) Fresh Apples (VE)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE)
9	10	11	12	13
Veggie Nuggets with Dipping Sauce Corn, Peas and Carrots (VE) Garlic Knot (V)	**Crispy Chicken Sandwich** Whole Wheat Bun Sweet Potato Wedge Fries (VE)	**Roasted Chicken Drumstick** Baked Beans (VE) Buttermilk Biscuit (V)	**Hamburgers & Cheeseburgers** Whole Wheat Bun Kid Friendly Kale Salad (VE) New York Apples Slices (VE)	**Three Bean Chili (VE)** served with Rice (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
Martin Luther King Day 16	17	18	19	20
Manicotti (V) with Marinara Sauce (VE) Crisypy Broccoli (V) Garlic Knot (V)	**Chicken Quesadilla** Fiesta Black Beans (VE) Salsa (VE)	**Turkey Burger** Whole Wheat Bun Street Style Corn (V)	**Chicken Dumplings** Seasoned Fresh Green Beans (V) Fresh Apples (VE)	**White Bean and Pasta Primavera (VE)** Roasted Fresh Tomatoes (VE)
23	24	25	26	27
Veggie Burger (VE) **or** **Veggie Cheeseburger(V)** Whole Wheat Bun Italian Green Beans	**Spicy Chicken Sandwich** Whole Wheat Bun Roasted Chickpea with Basil Pesto (V)	**Roasted Chicken Thigh** Dinner Roll (VE) Honey Diced Sweet Potato (V) New York Cookie Treat (V)	**Fish and Cheese Sandwich** Whole Wheat Bun Roasted Broccoli (VE) Fresh Apples (VE)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE)
Professional Development 30	31			
Veggie Nuggets with Dipping Sauce Corn, Peas and Carrots (VE) Garlic Knot (V)	**Crispy Chicken Sandwich** Whole Wheat Bun Sweet Potato Wedge Fries (VE)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	PRIDE OF NEW YORK

Monday	Tuesday	Wednesday	Thursday	Friday
• Pizza (V) •Seasoned Wedge Fries (VE) • Baked Mozzarella Sticks • Southwest Burrito • Grab and Go Salads (V) • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	• Pizza •Seasoned Wedge Fries (VE) • Baked Mozzarella Sticks • Chicken Tenders • Southwest Burrito • Grab and Go Salads • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches	• Pizza •Seasoned Wedge Fries (VE) • Baked Mozzarella Sticks • Chicken Tenders • Southwest Burrito • Grab and Go Salads • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches	• Pizza •Seasoned Wedge Fries (VE) • Baked Mozzarella Sticks • Chicken Tenders • Southwest Burrito • Grab and Go Salads • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches	• Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V) •Seasoned Wedge Fries (VE) • Grab and Go Salads (VE)

Daily Breakfast Offerings

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

Bagel Bar
An Assortment of Bagel Varieties & Spreads including Hummus, Peanut Butter, Cream Cheeses and Jelly

*Alternative options are available upon request

Yogurt

Granola

Craisins

Raisins

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

Assorted Condiments Dipping Sauces and Dressings are Available Daily

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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

NYC Department of Education | O.F.N.S. Office of Food & Nutrition Services | FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.

JANUARY 2023: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Tasty Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	**Apple Cinnamon Breakfast Bread (V)** Hot Oatmeal (V) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Whole Grain Croissant (V) with Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	**Assorted Fresh Bagel Sticks (VE)** served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)
9	10	11	12	13
Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	**Blueberry Muffin (V)** **New York Yogurt Choice (V)** Hot Oatmeal (V) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	**English Muffin (VE)** with Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	**Assorted Fresh Bagel Sticks (VE)** served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)
Martin Luther King Day 16	17	18	19	20
Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Mini Blueberry Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	**Banana Muffin (V)** Hot Oatmeal (V) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	**Assorted Fresh Bagel Sticks (VE)** served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)
23	24	25	26	27
New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Tasty Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	**Apple Cinnamon Breakfast Bread (V)** Hot Oatmeal (V) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Whole Grain Croissant (V) with Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	**Assorted Fresh Bagel Sticks (VE)** served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)
30	31			
Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	

OFFERED DAILY

Milk*
Whole Milk
*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit
Apple Slices, Sliced Grapefruit, Sliced Oranges, Mandarins and Strawberries

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

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.

JANUARY 2023: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Classic Cheese Pizza (V) Zucchini Squash (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	**Crispy Chicken Sandwich** Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V) Seasonal Fresh Fruit or Pears (VE) Milk (V)	**Mozzarella Sticks (V)** with marinara sauce (VE) Steamed Broccoli (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	**Veggie Nuggets (VE)** With Dipping Sauce Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	**Stewed Black Beans (VE)** and **Small Diced Plantains (VE)** Brown Rice (VE) Homemade Grilled Cheese (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
9	10	11	12	13
French Bread Pizza (V) Italian Green Beans (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	**Baked Chicken Tenders** with Dipping Sauce Sweet Potato Waffle Fries (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)	**Manicotti (V)** with marinara sauce (VE) Superhero Spinach (VE) Dinner Roll (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	**Hamburger, Cheeseburger or Veggie Burger (VE)** Whole Wheat Bun Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	**Three Bean Chili (VE)** served with Rice (VE) Homemade Grilled Cheese (V) Zucchini Squash (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
Martin Luther King Day 16	17	18	19	20
Personal Pizza (V) Steamed Seasoned Broccoli (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	**Chicken Quesadilla** Fiesta Black Beans (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)	**Turkey Burger** Whole Wheat Bun Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	**Steamed Chicken Dumplings** Brown Rice (VE) Steamed Green Beans (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	**White Bean and Pasta Primavera (VE)** Homemade Grilled Cheese (V) Roasted Fresh Tomatoes (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
23	24	25	26	27
Classic Cheese Pizza (V) Zucchini Squash (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	**Crispy Chicken Sandwich** Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V) Seasonal Fresh Fruit or Pears (VE) Milk (V)	**Mozzarella Sticks (V)** with marinara sauce (VE) Steamed Broccoli (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	**Veggie Nuggets (VE)** With Dipping Sauce Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	**Stewed Black Beans (VE)** and **Small Diced Plantains (VE)** Brown Rice (VE) Homemade Grilled Cheese (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
30	31			
French Bread Pizza (V) Italian Green Beans (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	**Baked Chicken Tenders** with Dipping Sauce Sweet Potato Waffle Fries (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	***Daily Lunch Specials*** • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (VE) • 4 oz. Yogurt (V) • Tuna Options may vary by location

OFFERED DAILY

Milk*
Whole Milk
*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit
Apple Slices, Sliced Grapefruit, Sliced Oranges, Mandarins and Strawberries

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

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.

ATTENTION:

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

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Menu subject to change.
Our menus are pork free.

JANUARY 2023: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	New York 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)	New York Yogurt Choice (V) Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)
Martin Luther King Day 16	17	18	19	20
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	New York 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)	New York Yogurt Choice (V) Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)
30	31			
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)		WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	PRIDE OF NEW YORK

Milk*
1% Low-fat
Fat Free
Whole Milk

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

OFNS has an extensive Prohibitive Ingredients List available at:

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

ATTENTION:

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

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Menu subject to change.
Our menus are pork free.