



SEPTEMBER 2022: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div>Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) French Toast (VE)</div>	<div> <div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div></div>		<div>Buttermilk Pancakes (V) Turkey Sausage New York Apples Slices (VE)</div>	<div>Assorted Fresh and Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</div>
Labor Day 5	6	7	First Day Of Classes 8	9
<div>Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</div>	<div>Cinnamon Burst Pancakes (V) Seasonal Fresh Berries (VE)</div>	<div>Honey Corn Breakfast Muffin Bread (V) Colby Cheese Stick (V) Fresh Honeydew (VE)</div>	<div>Turkey Sausage on English Muffin Hot Oatmeal (V) New York Apples Slices (VE)</div>	<div>Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Fresh Bananas (VE)</div>
12	13	14	15	16
<div>Zucchini Carrot Loaf (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</div>	<div>Mini Blueberry Waffles (V) Fresh Peaches (VE)</div>	<div>Banana Muffin (V) Mozzarella Cheese Stick (V) Watermelon (VE)</div>	<div>Buttermilk Pancakes (V) Turkey Sausage Fresh Apples (VE)</div>	<div>Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Fresh Nectarines (VE)</div>
19	20	21	22	23
<div>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</div>	<div>Tasty Waffles (V) Fresh Oranges (VE)</div>	<div>Apple Cinnamon Breakfast Muffin Bread (V) Cheddar Cheese Stick (V) Fresh Cantaloupes (VE)</div>	<div>Turkey Sausage on Croissant Hot Oatmeal (V) Fresh Apples (VE)</div>	<div>Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Fresh Plums (VE)</div>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<div>Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</div>	<div>Cinnamon Burst Pancakes (V) Seasonal Fresh Berries (VE)</div>	<div>Honey Corn Breakfast Muffin Bread (V) Colby Cheese Stick (V) Fresh Honeydew (VE)</div>	<div>Turkey Sausage on English Muffin Hot Oatmeal (V) New York Apples Slices (VE)</div>	<div>Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Fresh Bananas (VE)</div>

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)

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, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



SEPTEMBER 2022: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p><i>Fresh New York Bagel Assortment</i></p> <p>Cinnamon Raisin (VE)</p> <p>Plain (VE)</p> <p>French Toast (VE)</p> <p>Breakfast Bar</p> <p>Assorted Berries & Cut Fruit (VE)</p> <p>Assorted Granola (VE)</p> <p>New York Yogurts (V)</p> <p>Cheese Sticks (V)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>		<p>Buttermilk Pancakes (V)</p> <p>Turkey Sausage</p> <p>New York Apples Slices (VE)</p>	<p>Assorted Fresh and Bagels (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>
Labor Day 5	6	7	First Day Of Classes 8	9
<p>Sweet Potato Oatmeal Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Breakfast Bar</p> <p><i>Seasonal Fresh Berries (VE)</i></p>	<p>Honey Corn Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p><i>Fresh Honeydew (VE)</i></p>	<p>Turkey Sausage on English Muffin</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p><i>New York Apples Slices (VE)</i></p>	<p><i>Assorted Fresh Bagels (VE)</i></p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p><i>Fresh Bananas (VE)</i></p>
12	13	14	15	16
<p><i>Zucchini Carrot Breakfast Bread (V)</i></p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Mini Blueberry Waffles (V)</p> <p>Breakfast Bar</p> <p><i>Fresh Peaches (VE)</i></p>	<p><i>Banana Muffin (V)</i></p> <p>Mozzarella Cheese Stick (V)</p> <p><i>Watermelon (VE)</i></p>	<p>Buttermilk Pancakes (V)</p> <p>Turkey Sausage</p> <p>Breakfast Bar</p> <p><i>Fresh Apples (VE)</i></p>	<p><i>Assorted Fresh Bagels (VE)</i></p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p><i>Fresh Nectarines (VE)</i></p>
19	20	21	22	23
<p><i>Assorted Fresh Bagel Sticks (VE)</i></p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Tasty Waffles (V)</p> <p>Breakfast Bar</p> <p><i>Fresh Oranges (VE)</i></p>	<p><i>Apple Cinnamon Breakfast Bread (V)</i></p> <p>Cheddar Cheese Stick (V)</p> <p><i>Fresh Cantaloupes (VE)</i></p>	<p>Turkey Sausage on Croissant</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p><i>Fresh Apples (VE)</i></p>	<p><i>Assorted Fresh Bagels (VE)</i></p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p><i>Fresh Plums (VE)</i></p>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<p>Sweet Potato Oatmeal Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>Hot Oatmeal (V)</p> <p><i>Seasonal Fresh Fruit (VE)</i></p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Breakfast Bar</p> <p><i>Seasonal Fresh Berries (VE)</i></p>	<p>Honey Corn Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p><i>Fresh Honeydew (VE)</i></p>	<p>Turkey Sausage on English Muffin</p> <p>Breakfast Bar</p> <p>Hot Oatmeal (V)</p> <p><i>New York Apples Slices (VE)</i></p>	<p><i>Assorted Fresh Bagels (VE)</i></p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p><i>Fresh Bananas (VE)</i></p>

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, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



SEPTEMBER 2022: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	Breakfast on Tuesday, Wednesday and Thursday May Be Served Warm		Yogurt Parfait (V) Sunflower Seeds (V) New York Apples Slices (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Labor Day 5	6	7	First Day Of Classes 8	9
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Honey Corn Breakfast Muffin Bread (V) Colby Cheese Stick (V) Fresh Nectarines (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) Fresh Bananas (VE)
12	13	14	15	16
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Banana Muffin (V) Mozzarella Cheese Stick (V) Fresh Peaches (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Loaf (V) Fresh Apples (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Fresh Plums (VE)
19	20	21	22	23
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Muffin Breads (V) Cheddar Cheese Stick (V) Fresh Oranges (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) Fresh Bananas (VE)
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Honey Corn Breakfast Muffin Bread (V) Colby Cheese Stick (V) Fresh Nectarines (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) Fresh Bananas (VE)

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)

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,
Bananas, Blueberries,
Oranges, Pears, Grapes,
Peaches, Plums,
Nectarines, Cantaloupes,
Honeydew, and
Watermelon

OFNS has an extensive
Prohibitive Ingredients List
available at:



ATTENTION:

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



SEPTEMBER 2022: Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div>Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) French Toast (VE)</div>	<div> WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div>		<div>Buttermilk Pancakes (V) New York Apples Slices (VE)</div>	<div>Assorted Fresh and Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)</div>
Labor Day 5	6	7	First Day Of Classes 8	9
<div>Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</div>	<div>Cinnamon Burst Pancakes (V) Seasonal Fresh Berries (VE)</div>	<div>Honey Corn Breakfast Muffin Bread (V) Colby Cheese Stick (V) Fresh Honeydew (VE)</div>	<div>English Muffin served with Jelly (VE) Hot Oatmeal (V) New York Apples Slices (VE)</div>	<div>Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Fresh Bananas (VE)</div>
12	13	14	15	16
<div>Zucchini Carrot Loaf (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</div>	<div>Mini Blueberry Waffles (V) Fresh Peaches (VE)</div>	<div>Banana Muffin (V) Mozzarella Cheese Stick (V) Watermelon (VE)</div>	<div>Buttermilk Pancakes (V) Fresh Apples (VE)</div>	<div>Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Fresh Nectarines (VE)</div>
19	20	21	22	23
<div>Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</div>	<div>Tasty Waffles (V) Fresh Oranges (VE)</div>	<div>Apple Cinnamon Breakfast Muffin Bread (V) Cheddar Cheese Stick (V) Fresh Cantaloupes (VE)</div>	<div>Croissant (V) served with Jelly (VE) Hot Oatmeal (V) Fresh Apples (VE)</div>	<div>Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Fresh Plums (VE)</div>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<div>Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)</div>	<div>Cinnamon Burst Pancakes (V) Seasonal Fresh Berries (VE)</div>	<div>Honey Corn Breakfast Muffin Bread (V) Colby Cheese Stick (V) Fresh Honeydew (VE)</div>	<div>English Muffin served with Jelly (VE) Hot Oatmeal (V) New York Apples Slices (VE)</div>	<div>Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Fresh Bananas (VE)</div>

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,
Bananas, Blueberries,
Oranges, Pears, Grapes,
Peaches, Plums,
Nectarines, Cantaloupes,
Honeydew, and
Watermelon

OFNS has an extensive
Prohibitive Ingredients List
available at:



ATTENTION:

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



SEPTEMBER 2022: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div><p>WE RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p></div>			<div>Turkey Sausage</div> <div>Soft Roll (VE)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Bananas (VE)</div>	<div>Banana Muffin (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Apple Sauce (VE)</div>
Labor Day 5	6	7	First Day Of Classes 8	9
<div>Blueberry Muffin</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Peaches (VE)</div>	<div>Turkey Sausage</div> <div>Soft Roll (VE)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Flavored Apple Sauce (VE)</div>	<div>Croissant (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Pears (VE)</div>	<div>Turkey Sausage</div> <div>Soft Roll (VE)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Bananas (VE)</div>	<div>Banana Muffin (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Apple Sauce (VE)</div>
12	13	14	15	16
<div>Blueberry Muffin</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Peaches (VE)</div>	<div>Turkey Sausage</div> <div>Soft Roll (VE)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Flavored Apple Sauce (VE)</div>	<div>Croissant (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Pears (VE)</div>	<div>Turkey Sausage</div> <div>Soft Roll (VE)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Bananas (VE)</div>	<div>Banana Muffin (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Apple Sauce (VE)</div>
19	20	21	22	23
<div>Blueberry Muffin</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Peaches (VE)</div>	<div>Turkey Sausage</div> <div>Soft Roll (VE)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Flavored Apple Sauce (VE)</div>	<div>Croissant (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Pears (VE)</div>	<div>Turkey Sausage</div> <div>Soft Roll (VE)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Bananas (VE)</div>	<div>Banana Muffin (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Apple Sauce (VE)</div>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<div>Blueberry Muffin</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Peaches (VE)</div>	<div>Turkey Sausage</div> <div>Soft Roll (VE)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Flavored Apple Sauce (VE)</div>	<div>Croissant (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Pears (VE)</div>	<div>Turkey Sausage</div> <div>Soft Roll (VE)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Bananas (VE)</div>	<div>Banana Muffin (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div><i>Fruit Offering</i> Apple Sauce (VE)</div>

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

*Alternative options are available upon request

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFFERED DAILY

Options may vary by location

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

Assorted Yogurts

Alternate Fruit
Peaches, Pineapples
Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List available at:



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


ATTENTION:

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



SEPTEMBER 2022: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div></div> <div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div>			<div>Chicken Dumplings</div> <div>Roasted Carrots (V)</div> <div>New York Apples Slices (VE)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</div> <div>Green Garden Salad (VE)</div> <div>Frozen Fruit Cup (VE)</div> <div>Southwest Burrito (V)</div>
Labor Day5	6	7	First Day Of Classes8	9
<div>French Bread Pizza (V)</div> <div>Italian Green Beans (VE)</div> <div>Salad Bar Fresh Marinated Vegetable Salad (VE)</div>	<div>Crispy Chicken Tenders With Dipping Sauce</div> <div>Grab and Go Salad</div> <div>Sweet Potato Waffle Fries (VE)</div> <div>Garlic Knot (V)</div> <div>Salad Bar Celery and Apple Salad (V)</div>	<div>Roasted Chicken Drumsticks</div> <div>Baked Beans (VE)</div> <div>Green Garden Salad (VE)</div> <div>Buttermilk Biscuit (V)</div> <div>Salad Bar Broccoli Salad (V)</div>	<div>Hamburgers Cheeseburgers or Veggie Burger (VE)</div> <div>Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div> <div>New York Apples Slices (VE)</div> <div>New York Cookie Treat (V)</div> <div>Salad Bar Pickles, Lettuce and Tomato (VE)</div>	<div>Three Bean Chili (VE) served with Rice (VE)</div> <div>Veggie Nuggets (VE)</div> <div>Confetti Corn (VE)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div> <div>Salad Bar Carrot Raisin Salad (V)</div>
12	13	14	15	16
<div>Personal Pizza (V)</div> <div>Crispy Broccoli (V)</div> <div>Salad Bar Italian Classico Salad (VE)</div>	<div>Chicken Quesadilla</div> <div>Fiesta Black Beans (VE)</div> <div>Salsa (VE)</div> <div>Salad Bar Kid Friendly Kale (V)</div>	<div>Turkey Burger Whole Wheat Bun</div> <div>Fish and Cheese Sandwich Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div> <div>Salad Bar Pickles, Lettuce and Tomato (VE)</div>	<div>Chicken Dumplings with Veggie Ginger Soy Rice (VE)</div> <div>Grab and Go Salad</div> <div>Seasoned Fresh Green Beans (V)</div> <div>Fresh Apples (VE)</div> <div>Salad Bar Asian Slaw (V)</div>	<div>White Bean and Pasta Primavera (VE)</div> <div>Roasted Fresh Tomatoes (VE)</div> <div>Homemade Grilled Cheese (V)</div> <div>Salad Bar Greek Zucchini Salad (VE)</div>
19	20	21	22	23
<div>Classic Cheese Pizza (V)</div> <div>Superhero Spinach (VE)</div> <div>Salad Bar Veggie Dippers (VE)</div>	<div>Crispy Chicken Sandwich Whole Wheat Bun</div> <div>Grab and Go Salad</div> <div>Roasted Chickpeas With Basil Pesto (V)</div> <div>Seasoned Wedge Fries (VE)</div> <div>Salad Bar Pickles, Lettuce and Tomato (VE)</div>	<div>Mozzarella Sticks (V) with marinara sauce (VE)</div> <div>Roasted Fresh Broccoli and Cauliflower (VE)</div> <div>Garlic Knot (V)</div> <div>Salad Bar Caesar Salad (V)</div>	<div>Roasted Chicken Thigh</div> <div>Slow Roasted Baby Carrots (V)</div> <div>Dinner Roll (VE)</div> <div>Apple Bake (VE)</div> <div>Salad Bar Blueberry and Spinach Salad (VE)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</div> <div>Southwest Burrito (V)</div> <div>Green Garden Salad (VE)</div> <div>Salad Bar Fresh Cilantro Healthy Cole Slaw (V)</div>
Rosh Hashanah26	Rosh Hashanah27	28	29	30
<div>French Bread Pizza (V)</div> <div>Italian Green Beans (VE)</div> <div>Salad Bar Fresh Marinated Vegetable Salad (VE)</div>	<div>Crispy Chicken Tenders With Dipping Sauce</div> <div>Grab and Go Salad</div> <div>Sweet Potato Waffle Fries (VE)</div> <div>Garlic Knot (V)</div> <div>Salad Bar Celery and Apple Salad (V)</div>	<div>Hamburgers Cheeseburgers or Veggie Burger (VE)</div> <div>Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div> <div>Salad Bar Pickles, Lettuce and Tomato (VE)</div>	<div>Roasted Chicken Drumsticks</div> <div>Baked Beans (VE)</div> <div>Green Garden Salad (VE)</div> <div>Buttermilk Biscuit (V)</div> <div>New York Apples Slices (VE)</div> <div>Salad Bar Confetti Corn Salad (VE)</div>	<div>Three Bean Chili (VE) served with Rice (VE)</div> <div>Veggie Nuggets (VE)</div> <div>Confetti Corn (VE)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div> <div>Salad Bar Carrot Raisin Salad (VE)</div>
<div>Monday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)</div>	<div>Tuesday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich</div>	<div>Wednesday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich</div>	<div>Thursday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich</div>	<div>Friday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)</div>

<p><u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p>	<p><u>OFFERED DAILY</u></p> <p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p> <p>Assorted Dressings</p>	<p><u>Seasonal Fresh Fruit</u></p> <p>Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK 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

Menu subject to change.
Our menus are pork free.



SEPTEMBER 2022: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>			<p>Assorted Cold Sandwiches and Wraps</p> <p>Chef Choice Bean Salad</p> <p>New York Apples Slices (VE)</p>	<p>Italian Veggie Grab & Go Salad (VE)</p> <p>Cheese Sandwich (V)</p> <p>Confetti Corn Salad (VE)</p>
Labor Day 5	6	7	First Day Of Classes 8	9
<p>Assorted Cold Vegetarian Option (V)</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Asian Sesame Chicken Grab and Go Salad</p> <p>Cilantro Black Bean Salad (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Confetti Corn Salad (VE)</p> <p>Italian Marinated Cucumber Salad (VE)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Broccoli Salad (V)</p> <p>New York Apples Slices (VE)</p> <p>New York Cookie Treat</p>	<p>Eggless Egg Sandwich (VE)</p> <p>Cheese Sandwich (V)</p> <p>Mediterranean Zucchini and Tomato Salad (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p>
12	13	14	15	16
<p>Assorted Cold Vegetarian Option (V)</p> <p>Balsamic Chickpea Salad (V)</p> <p>Ranch Carrot Sticks (V)</p>	<p>Crispy Chicken Grab and Go Salad</p> <p>Asain Slaw (V)</p>	<p>Chicken Caesar Wrap</p> <p>Basil Corn Salad (VE)</p> <p>Heart Shaped Pretzels (VE)</p>	<p>Chicken Salad Hoagie</p> <p>Kid Friendly Kale Salad (V)</p> <p>New York Apples Slices (VE)</p>	<p>Black Bean and Corn Grab & Go Salad (VE)</p> <p>Salsa (VE)</p> <p>Cauliflower Salad (VE)</p> <p>Cheese Sandwich (V)</p>
19	20	21	22	23
<p>Assorted Cold Vegetarian Option (V)</p> <p>Carrot Sticks (VE)</p>	<p>Chicken Salad Grab and Go Salad</p> <p>Confetti Corn Salad (VE)</p>	<p>Curried Chicken Wrap Dipping Sauce</p> <p>Fresh Tomato Salad (V)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Cilantro Healthy Coleslaw (V)</p> <p>Blueberry Spinach Salad (V)</p> <p>New York Apples Slices (VE)</p>	<p>Italian Veggie Grab & Go Salad (VE)</p> <p>White Bean Salad (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p>Cheese Sandwich (V)</p>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<p>Assorted Cold Vegetarian Option (V)</p> <p>Crunchy Carrot Sticks (VE)</p>	<p>Asian Sesame Chicken Grab and Go Salad</p> <p>Cilantro Black Bean Salad (V)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Confetti Corn Salad (VE)</p> <p>Italian Marinated Cucumber Salad (V)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Broccoli Salad (VE)</p> <p>New York Apples Slices (VE)</p>	<p>Eggless Egg Sandwich (VE)</p> <p>Cheese Sandwich (V)</p> <p>Mediterranean Zucchini and Tomato Salad (VE)</p> <p>Crispy Tortilla (VE) Served with Salsa (VE)</p>
<p>Monday</p> <p>• Peanut Butter & Jelly* (VE)</p> <p>• Hummus Grab & Go (V)</p> <p>• Cheese Sandwich (V)</p> <p>• Assorted Vegetarian Wraps (V)</p>	<p>Tuesday</p> <p>• Peanut Butter & Jelly* (VE)</p> <p>• Hummus Grab & Go (V)</p> <p>• Cheese Sandwich (V)</p> <p>• Tuna Sandwich</p> <p>• Chickpea Wrap (V)</p>	<p>Wednesday</p> <p>• Peanut Butter & Jelly* (VE)</p> <p>• Hummus Grab & Go (V)</p> <p>• Cheese Sandwich (V)</p> <p>• Tuna Sandwich</p> <p>• Chickpea Wrap (V)</p>	<p>Thursday</p> <p>• Peanut Butter & Jelly* (VE)</p> <p>• Hummus Grab & Go (V)</p> <p>• Cheese Sandwich (V)</p> <p>• Tuna Sandwich</p> <p>• Chickpea Wrap (V)</p>	<p>Friday</p> <p>• Peanut Butter & Jelly* (VE)</p> <p>• Hummus Lunch Pack (VE)</p> <p>• Assorted Vegan Wraps (VE)</p> <p>• Cheese Sandwich (V)</p>

Milk*

1% Low-fat

Fat Free

Fat Free Chocolate

*Alternative options are available upon request


OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:



OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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



SEPTEMBER 2022: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div><p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p></div>			<div>Chicken Dumplings</div> <div>Roasted Carrots (V)</div> <div>New York Apples Slices (VE)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</div> <div>Green Garden Salad (VE)</div> <div>Frozen Fruit Cup (VE)</div> <div>Southwest Burrito (V)</div>
Labor Day 5	6	7	First Day Of Classes 8	9
<div>Pizza Bagel (V)</div> <div>Italian Green Beans (VE)</div>	<div>Crispy Chicken Tenders With Dipping Sauce</div> <div>Sweet Potato Waffle Fries (VE)</div> <div>Garlic Knot (V)</div>	<div>Roasted Chicken Drumsticks</div> <div>Baked Beans (VE)</div> <div>Green Garden Salad (VE)</div> <div>Buttermilk Biscuit (V)</div>	<div>Hamburgers Cheeseburgers Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div> <div>New York Apples Slices (VE)</div> <div>New York Cookie Treat (V)</div>	<div>Veggie Nuggets (VE) With Dipping Sauce</div> <div>Confetti Corn (VE)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div>
12	13	14	15	16
<div>Pizza Bagel (V)</div> <div>Crispy Broccoli (V)</div>	<div>Turkey Burger Whole Wheat Bun</div> <div>Green Garden Salad (VE)</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Manicotti (V) with Marinara Sauce (VE)</div> <div>Marinated White Beans (VE)</div>	<div>Chicken Dumplings with Veggie Ginger Soy Rice (VE)</div> <div>Seasoned Fresh Green Beans (V)</div> <div>New York Apples Slices (VE)</div>	<div>Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun</div> <div>Roasted Fresh Tomatoes (VE)</div>
19	20	21	22	23
<div>Pizza Bagel (V)</div> <div>Superhero Spinach (VE)</div>	<div>Crispy Chicken Sandwich Whole Wheat Bun</div> <div>Roasted Chickpeas with Basil Pesto (V)</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Mozzarella Sticks (V) with marinara sauce (VE)</div> <div>Roasted Fresh Broccoli and Cauliflower (VE)</div> <div>Garlic Knot (V)</div>	<div>Roasted Chicken Thigh</div> <div>Slow Roasted Baby Carrots (V)</div> <div>Dinner Roll (VE)</div> <div>Apple Bake (VE)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</div> <div>Green Garden Salad (VE)</div> <div>Southwest Burrito (V)</div>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<div>Pizza Bagel (V)</div> <div>Italian Green Beans (VE)</div>	<div>Crispy Chicken Tenders With Dipping Sauce</div> <div>Sweet Potato Waffle Fries (VE)</div> <div>Garlic Knot (V)</div>	<div>Roasted Chicken Drumsticks</div> <div>Baked Beans (VE)</div> <div>Green Garden Salad (VE)</div> <div>Buttermilk Biscuit (V)</div>	<div>Hamburgers Cheeseburgers Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div> <div>New York Apples Slices (VE)</div>	<div>Veggie Nuggets (VE) with Dipping Sauce</div> <div>Confetti Corn (VE)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div>
<div>Monday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)</div>	<div>Tuesday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)</div>	<div>Wednesday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)</div>	<div>Thursday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)</div>	<div>Friday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)</div>

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, Bananas, Blueberries, Sliced Oranges, Cantaloupe Wedge, and Honeydew Wedge

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



SEPTEMBER 2022: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div><p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p></div>			<div>Superhero Spinach Wrap (V)</div> <div>Baked French Fries (VE)</div> <div>New York Apples Slices (VE)</div> <div>Salad Bar Veggie Cup (VE)</div>	<div>Black Bean and Plantain Rice Bowl (VE)</div> <div>Green Garden Salad (VE)</div> <div>Salad Bar Carrot and Lemon Salad (VE)</div>
Labor Day5	6	7	First Day Of Classes8	9
<div>French Bread Pizza (V)</div> <div>Roasted Chickpeas With Basil Pesto (V)</div> <div>Salad Bar Fresh Marinated Vegetable Salad (VE)</div>	<div>Veggie Nuggets (VE) With Dipping Sauce</div> <div>Grab and Go Salad</div> <div>Sweet Potato Waffle Fries (VE)</div> <div>Garlic Knot (V)</div> <div>Salad Bar Celery and Apple Salad (V)</div>	<div>Mediteranean Chickpea with Pasta (VE)</div> <div>Italian Green Beans (VE)</div> <div>Green Garden Salad (VE)</div> <div>Salad Bar Broccoli Salad (VE)</div>	<div>Veggie Burger (VE) Veggie Cheeseburger(V) Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div> <div>New York Apples Slices (VE)</div> <div>New York Cookie Treat (V)</div> <div>Salad Bar Pickles, Lettuce and Tomato (VE)</div>	<div>Three Bean Chili (VE) served with Rice (VE)</div> <div>Confetti Corn (VE)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div> <div>Homemade Grilled Cheese (V)</div> <div>Salad Bar Carrot Raisin Salad (V)</div>
12	13	14	15	16
<div>Personal Pizza (V)</div> <div>Crispy Broccoli (V)</div> <div>Salad Bar Italian Classico Salad (VE)</div>	<div>Vegetarian Quesadilla (V) served with Salsa (VE)</div> <div>Grab and Go Salad</div> <div>Fiesta Black Beans (VE)</div> <div>Salad Bar Confetti Corn Salad (VE)</div>	<div>Manicotti (V) with marinara sauce (VE)</div> <div>Seasoned Fresh Green Beans (V)</div> <div>Warm Breadstick (V)</div> <div>Salad Bar Kid Friendly Kale Salad (V)</div>	<div>Zucchini Parmesan Hero (V)</div> <div>Seasoned Wedge Fries (VE)</div> <div>Fresh Apples (VE)</div> <div>Salad Bar Veggie Cup (VE)</div>	<div>White Bean and Pasta Primavera (VE)</div> <div>Roasted Fresh Tomatoes (VE)</div> <div>Homemade Grilled Cheese (V)</div> <div>Salad Bar Greek Zucchini Salad (VE)</div>
19	20	21	22	23
<div>Classic Cheese Pizza (V)</div> <div>Superhero Spinach (VE)</div> <div>Salad Bar Veggie Dippers (VE)</div>	<div>Zesty Chickpea Stew (VE)</div> <div>Grab and Go Salad</div> <div>Roasted Fresh Broccoli and Cauliflower (VE)</div> <div>Salad Bar Blueberry Spinach Salad (V)</div>	<div>Mozzarella Sticks (V) with Marinara Sauce (VE)</div> <div>Garlic Knot (V)</div> <div>Marinated White Beans (VE)</div> <div>Salad Bar Caesar Salad (V)</div>	<div>Red White and Green Panini (V)</div> <div>Seasoned Wedge Fries (VE)</div> <div>Slow Roasted Baby Carrots (V)</div> <div>Salad Bar Italian Classico Salad (VE)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</div> <div>Homemade Grilled Cheese (V)</div> <div>Salad Bar Fresh Cilantro Healthy Cole Slaw (V)</div>
Rosh Hashanah26	Rosh Hashanah27	28	29	30
<div>French Bread Pizza (V)</div> <div>Roasted Chickpeas With Basil Pesto (V)</div> <div>Salad Bar Fresh Marinated Vegetable Salad (VE)</div>	<div>Veggie Nuggets (VE) With Dipping Sauce</div> <div>Grab and Go Salad</div> <div>Sweet Potato Waffle Fries (VE)</div> <div>Garlic Knot (V)</div> <div>Salad Bar Celery and Apple Salad (V)</div>	<div>Mediteranean Chickpea with Pasta (VE)</div> <div>Italian Green Beans (VE)</div> <div>Green Garden Salad (VE)</div> <div>Salad Bar Broccoli Salad (VE)</div>	<div>Veggie Burger (VE) Veggie Cheeseburger(V) Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div> <div>New York Apples Slices (VE)</div> <div>Salad Bar Pickles, Lettuce and Tomato (VE)</div>	<div>Three Bean Chili (VE) served with Rice (VE)</div> <div>Confetti Corn (VE)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div> <div>Homemade Grilled Cheese (V)</div> <div>Salad Bar Carrot Raisin Salad (V)</div>
<div>Monday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)</div>	<div>Tuesday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)</div>	<div>Wednesday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)</div>	<div>Thursday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)</div>	<div>Friday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)</div>

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,
Bananas, Blueberries,
Oranges, Pears, Grapes,
Peaches, Plums,
Nectarines, Cantaloupes,
Honeydew, and
Watermelon**

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

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



SEPTEMBER 2022: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div>Daily Lunch Specials</div> <div>• Hummus Lunch Pack (VE) • 8 oz. Yogurt (V) • Tuna</div> <div>Options may vary by location</div>	<div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div>	<div>PRIDE OF NEW YORK</div>	<div>Italian Chicken Tenders</div> <div>Soft Cooked Penne (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering Apple Sauce (VE)</div>	<div>Manicotti (V)</div> <div>Marinated White Beans (VE)</div> <div>Fruit Offering Bananas (VE)</div>
Labor Day5	6	7	First Day Of Classes8	9
<div>Braised Tuna with Tomato Sauce</div> <div>Broccoli With Garlic & Oil (V)</div> <div>Soft Roll (VE)</div> <div>Fruit Offering Flavored Apple Sauce (VE)</div>	<div>Crispy Chicken Sandwich</div> <div>Sweet Plantains (V)</div> <div>Fruit Offering Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Puree Carrots (VE)</div> <div>Fruit Offering Peaches (VE)</div>	<div>Ranch Chicken Tenders</div> <div>Soft Cooked Penne (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering Apple Sauce (VE)</div>	<div>Manicotti (V)</div> <div>Marinated White Beans (VE)</div> <div>Fruit Offering Bananas (VE)</div>
12	13	14	15	16
<div>Fish & Cheese Sandwich</div> <div>Broccoli With Garlic & Oil (V)</div> <div>Fruit Offering Flavored Apple Sauce (VE)</div>	<div>Crispy Chicken Sandwich</div> <div>Sweet Plantains (V)</div> <div>Fruit Offering Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Puree Carrots (VE)</div> <div>Fruit Offering Peaches (VE)</div>	<div>Italian Chicken Tenders</div> <div>Soft Cooked Penne (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering Apple Sauce (VE)</div>	<div>Manicotti (V)</div> <div>Marinated White Beans (VE)</div> <div>Fruit Offering Bananas (VE)</div>
19	20	21	22	23
<div>Braised Tuna with Tomato Sauce</div> <div>Broccoli With Garlic & Oil (V)</div> <div>Soft Roll (VE)</div> <div>Fruit Offering Flavored Apple Sauce (VE)</div>	<div>Crispy Chicken Sandwich</div> <div>Sweet Plantains (V)</div> <div>Fruit Offering Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Puree Carrots (VE)</div> <div>Fruit Offering Peaches (VE)</div>	<div>Ranch Chicken Tenders</div> <div>Soft Cooked Penne (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering Apple Sauce (VE)</div>	<div>Manicotti (V)</div> <div>Marinated White Beans (VE)</div> <div>Fruit Offering Bananas (VE)</div>
Rosh Hashanah26	Rosh Hashanah27	28	29	30
<div>Fish & Cheese Sandwich</div> <div>Broccoli With Garlic & Oil (V)</div> <div>Fruit Offering Flavored Apple Sauce (VE)</div>	<div>Crispy Chicken Sandwich</div> <div>Sweet Plantains (V)</div> <div>Fruit Offering Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Puree Carrots (VE)</div> <div>Fruit Offering Peaches (VE)</div>	<div>Italian Chicken Tenders</div> <div>Soft Cooked Penne (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering Apple Sauce (VE)</div>	<div>Manicotti (V)</div> <div>Chickpea Salad (VE)</div> <div>Fruit Offering Bananas (VE)</div>

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

OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:

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



<p><u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate</p> <p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p> <p>*Alternative options are available upon request</p>	<p><u>OFFERED DAILY</u></p> <p>Assorted Dressings</p>	<p><u>Seasonal Fresh Fruit</u></p> <p>Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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Menu subject to change. Our menus are pork free.

				
SEPTEMBER 2022: High School Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>			Chicken Dumplings Roasted Carrots (V) New York Apples Slices (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Frozen Fruit Cup (VE) Southwest Burrito (V)
Labor Day 5	6	7	First Day Of Classes 8	9
French Bread Pizza (V) Italian Green Beans (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 Celery and Apple Salad (V)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) Salad Bar Broccoli Salad (V)	Hamburgers Cheeseburgers or Veggie Burger (VE) Whole Wheat Bun Seasoned Wedge Fries (VE) New York Apples Slices (VE) New York Cookie Treat (V) Salad Bar Pickles, Lettuce and Tomato (VE)	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)
12	13	14	15	16
Personal Pizza (V) Crispy Broccoli (V) Salad Bar Italian Classico Salad (VE)	Chicken Quesadilla Fiesta Black Beans (VE) Salsa (VE) Salad Bar Kid Friendly Kale (V)	Turkey Burger Whole Wheat Bun Fish and Cheese Sandwich Whole Wheat Bun Grab and Go Salad 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 Slaw (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) Salad Bar Greek Zucchini Salad (VE)
19	20	21	22	23
Classic Cheese Pizza (V) Superhero Spinach (VE) Salad Bar Veggie Dippers (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)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Fresh Broccoli and Cauliflower (VE) Grab and Go Salad Garlic Knot (V) Salad Bar Caesar Salad (V)	Roasted Chicken Thigh Slow Roasted Baby Carrots (V) Dinner Roll (VE) Apple Bake (VE) Salad Bar Blueberry and Spinach Salad (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V) Green Garden Salad (VE) Salad Bar Fresh Cilantro Healthy Cole Slaw (V)
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
French Bread Pizza (V) Italian Green Beans (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 Celery and Apple Salad (V)	Hamburgers Cheeseburgers or Veggie Burger (VE) Whole Wheat Bun Grab and Go Salad Seasoned Wedge Fries (VE) Salad Bar Pickles, Lettuce and Tomato (VE)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE) Salad Bar Confetti Corn Salad (VE)	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 (VE)
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)
<div> <div> Milk* 1% Low-fat Fat Free Fat Free Chocolate *Alternative options are available upon request </div> <div> OFFERED DAILY Assorted Dressings </div> <div> Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon </div> <div> OFNS has an extensive Prohibitive Ingredients List available at:  </div> </div>				
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				
<div>    </div> Menu subject to change. Our menus are pork free.				

				
SEPTEMBER 2022: High School Express Cold Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>			Assorted Cold Sandwiches and Wraps Chef Choice Bean Salad (V) New York Apples Slices (VE)	Italian Veggie Grab & Go Salad (VE) Cheese Sandwich (V) Confetti Corn Salad (VE)
Labor Day 5	6	7	First Day Of Classes 8	9
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Asian Sesame Chicken Grab and Go Salad Cilantro Black Bean Salad (VE)	Chicken Tender Wrap Dipping Sauce Confetti Corn Salad (VE) Italian Marinated Cucumber Salad (VE)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V) New York Apples Slices (VE) New York Cookie Treat	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)
12	13	14	15	16
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Ranch Carrot Sticks (V)	Crispy Chicken Grab and Go Salad Asain 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) Cauliflower Salad (VE) Cheese Sandwich (V)
19	20	21	22	23
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	Chicken Salad Grab and Go Salad Confetti Corn Salad (VE)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V)	Assorted Cold Sandwiches and Wraps Cilantro Healthy Coleslaw (V) Blueberry Spinach Salad (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)
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE)	Asian Sesame Chicken Grab and Go Salad Cilantro Black Bean Salad (V)	Chicken Tender Wrap Dipping Sauce Confetti Corn Salad (VE) Italian Marinated Cucumber Salad (V)	Assorted Cold Sandwiches and Wraps Broccoli Salad (VE) New York Apples Slices (VE)	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (VE) Crispy Tortilla (VE) Served with Salsa (VE)
<u>Monday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	<u>Tuesday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	<u>Wednesday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	<u>Thursday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	<u>Friday</u> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Cheese Sandwich (V)
OFFERED DAILY				
<u>Milk*</u> 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	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon	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				
  				
Menu subject to change. Our menus are pork free.				



SEPTEMBER 2022: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div><p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p></div>			<div>Chicken Dumplings</div> <div>Roasted Carrots (V)</div> <div>New York Apples Slices (VE)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</div> <div>Green Garden Salad (VE)</div> <div>Frozen Fruit Cup (VE)</div> <div>Southwest Burrito (V)</div>
Labor Day 5	6	7	First Day Of Classes 8	9
<div>Pizza Bagel (V)</div> <div>Italian Green Beans (VE)</div>	<div>Crispy Chicken Tenders With Dipping Sauce</div> <div>Sweet Potato Waffle Fries (VE)</div> <div>Garlic Knot (V)</div>	<div>Roasted Chicken Drumsticks</div> <div>Baked Beans (VE)</div> <div>Green Garden Salad (VE)</div> <div>Buttermilk Biscuit (V)</div>	<div>Hamburgers Cheeseburgers Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div> <div>New York Apples Slices (VE)</div> <div>New York Cookie Treat (V)</div>	<div>Veggie Nuggets (VE) With Dipping Sauce</div> <div>Confetti Corn (VE)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div>
12	13	14	15	16
<div>Pizza Bagel (V)</div> <div>Crispy Broccoli (V)</div>	<div>Turkey Burger Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Manicotti (V) with Marinara Sauce</div> <div>Marinated White Beans (VE)</div>	<div>Chicken Dumplings with Veggie Ginger Soy Rice (VE)</div> <div>Seasoned Fresh Green Beans (V)</div> <div>New York Apples Slices (VE)</div>	<div>Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun</div> <div>Roasted Fresh Tomatoes (VE)</div>
19	20	21	22	23
<div>Pizza Bagel (V)</div> <div>Superhero Spinach (VE)</div>	<div>Crispy Chicken Sandwich Whole Wheat Bun</div> <div>Roasted Chickpeas With Basil Pesto (V)</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Mozzarella Sticks (V) with marinara sauce (VE)</div> <div>Roasted Fresh Broccoli and Cauliflower (VE)</div> <div>Garlic Knot (V)</div>	<div>Roasted Chicken Thigh</div> <div>Slow Roasted Baby Carrots (V)</div> <div>Dinner Roll (VE)</div> <div>Apple Bake (VE)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</div> <div>Green Garden Salad (VE)</div> <div>Southwest Burrito (V)</div>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<div>Pizza Bagel (V)</div> <div>Italian Green Beans (VE)</div>	<div>Crispy Chicken Tenders With Dipping Sauce</div> <div>Sweet Potato Waffle Fries (VE)</div> <div>Garlic Knot (V)</div>	<div>Roasted Chicken Drumsticks</div> <div>Baked Beans (VE)</div> <div>Green Garden Salad (VE)</div> <div>Buttermilk Biscuit (V)</div>	<div>Hamburgers Cheeseburgers Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div> <div>New York Apples Slices (VE)</div>	<div>Veggie Nuggets (VE) with Dipping Sauce</div> <div>Confetti Corn (VE)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div>
<div>Monday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)</div>	<div>Tuesday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)</div>	<div>Wednesday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)</div>	<div>Thursday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)</div>	<div>Friday</div> <div>• Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)</div>

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

*Alternative options are available upon request

OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:



OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

ATTENTION:

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



SEPTEMBER 2022: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN			Colby Cheese Stick (V) Fresh Fruit (VE)	Crispy Tortillas (VE) Salsa (VE)
Labor Day 5	6	7	First Day Of Classes 8	9
Honey Graham Biscuits (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)
12	13	14	15	16
Animal Crackers (V) Milk (V)	Honey Graham Cracker (V) Milk (V)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)
19	20	21	22	23
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 Tortillas (VE) Salsa (VE)
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
Honey Graham Biscuits (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)


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:

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



SEPTEMBER 2022: After School Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div>Daily Supper Specials</div> <div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div> <div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div> <div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div> <div>Options may vary by location</div>	<div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div> <div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div> <div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div> <div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div>		<div>Asian Sesame Chicken Grab and Go Salads</div> <div>Cilantro Black Bean Salad (VE)</div> <div>New York Apple Slices (VE)</div>	<div>Eggless Egg Sandwich (VE)</div> <div>Cheese Sandwich (V)</div> <div>Mediterranean Zucchini and Tomato Salad (V)</div> <div>Crispy Tortillas (VE) served with Salsa (VE)</div>
Labor Day 5	6	7	First Day Of Classes 8	9
<div>Red, White and Green Panini (V)</div> <div>Balsamic Chickpea Salad (V)</div>	<div>Chicken Caesar Wrap</div> <div>Basil Corn Salad (VE)</div> <div>Heart Shaped Pretzels (VE)</div>	<div>Chicken Salad Hoagie</div> <div>Kid Friendly Kale Salad (V)</div>	<div>Crispy Chicken Grab and Go Salad</div> <div>Crunchy Carrot Sticks (VE)</div>	<div>Black Bean and Corn Grab & Go Salad (VE)</div> <div>Cheese Sandwich (V)</div> <div>Cauliflower Salad (VE)</div>
12	13	14	15	16
<div>Grab and Go Cheese Plate (V)</div> <div>Italian Green Beans (VE)</div>	<div>Curried Chicken Wrap Dipping Sauce</div> <div>Fresh Tomato Salad (V)</div>	<div>Assorted Cold Sandwiches and Wraps</div> <div>Cilantro Healthy Coleslaw (V)</div>	<div>Chicken Salad Grab and Go Salad</div> <div>Confetti Corn Salad (VE)</div> <div>New York Cookie Treat (V)</div>	<div>Italian Veggie Grab & Go Salad (VE)</div> <div>Cheese Sandwich (V)</div> <div>White Bean Salad (VE)</div> <div>Crispy Tortillas (VE) served with Salsa (VE)</div>
19	20	21	22	23
<div>Superhero Spinach Wrap (V)</div> <div>Broccoli Salad (V)</div>	<div>Chicken Tender Wrap</div> <div>Italian Green Beans (VE)</div>	<div>Assorted Cold Sandwiches and Wraps</div> <div>Crunch Carrot Sticks (VE)</div>	<div>Asian Sesame Chicken Grab and Go Salads</div> <div>Cilantro Black Bean Salad (VE)</div> <div>New York Apple Slices (VE)</div>	<div>Eggless Egg Sandwich (VE)</div> <div>Cheese Sandwich (V)</div> <div>Mediterranean Zucchini and Tomato Salad (V)</div> <div>Crispy Tortillas (VE) served with Salsa (VE)</div>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<div>Red, White and Green Panini (V)</div> <div>Balsamic Chickpea Salad (V)</div>	<div>Chicken Caesar Wrap</div> <div>Basil Corn Salad (V)</div> <div>Heart Shaped Pretzels (VE)</div>	<div>Chicken Salad Hoagie</div> <div>Kid Friendly Kale Salad (V)</div>	<div>Crispy Chicken Grab and Go Salad</div> <div>Crunchy Carrot Sticks (VE)</div>	<div>Black Bean and Corn Grab & Go Salad (VE)</div> <div>Cheese Sandwich (V)</div> <div>Cauliflower Salad (VE)</div>

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

OFFERED DAILY

Seasonal Fresh Fruit

Apples, Apple Slices,
Bananas, Blueberries,
Oranges, Pears, Grapes,
Peaches, Plums,
Nectarines, Cantaloupes,
Honeydew, and
Watermelon

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

IFood

ALLIANCE

Menu subject to change.
Our menus are pork free.



SEPTEMBER 2022: After School Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p><i>Daily Supper Specials</i></p> <ul style="list-style-type: none">• Peanut Butter & Jelly* (VE)• Hot or Cold Cheese Sandwich (V)• Hummus Lunch Pack (VE) <p>Options may vary by location</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>		<p>Roasted Chicken</p> <p>Seasoned Wedge Fries (V)</p> <p>Buttermilk Biscuit (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Big City Bean Taco (VE) Served with Soft Tortilla (VE) and Salsa (VE)</p> <p>Crispy Tortilla (VE)</p> <p>Roasted Broccoli (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>
Labor Day 5	6	7	First Day Of Classes 8	9
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Cilantro Healthy Coleslaw (V)</p>	<p>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Chicken Tenders</p> <p>Slow Roasted Baby Carrots (V)</p> <p>Garlic Knot (V)</p>	<p>Southwest Burrito (V)</p> <p>Roasted Cauliflower (VE)</p>
12	13	14	15	16
<p>Mozzarella Sticks (V) Marinara Sauce (VE)</p> <p>Superhero Spinach (VE)</p>	<p>Hamburgers & Cheeseburgers Whole Wheat Bun</p> <p>Baked Sweet Potato Waffle Fries (VE)</p>	<p>Pizza Choice (V)</p> <p>Roasted Zucchini (VE)</p>	<p>Roasted Chicken</p> <p>Crispy Broccoli (V)</p> <p>Buttermilk Biscuit (V)</p>	<p>Veggie Nuggets (VE) with Dipping Sauce (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Dinner Roll (VE)</p>
19	20	21	22	23
<p>Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Chicken Dumplings</p> <p>Seasoned Fresh Green Beans (V)</p>	<p>Turkey Burger Whole Wheat Bun</p> <p>Baked Sweet Potato Waffle Fries (VE)</p>	<p>Chicken Tenders</p> <p>Slow Roasted Baby Carrots (V)</p> <p>Garlic Knot (V)</p>	<p>Pizza Choice (V)</p> <p>Roasted Zucchini (VE)</p>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Cilantro Healthy Coleslaw (V)</p>	<p>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Chicken Tenders</p> <p>Slow Roasted Baby Carrots (V)</p> <p>Garlic Knot (V)</p>	<p>Southwest Burrito (V)</p> <p>Roasted Cauliflower (VE)</p>

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

*Alternative options are
available upon request

OFFERED DAILY


OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
Bananas, Blueberries,
Oranges, Pears, Grapes,
Peaches, Plums,
Nectarines, Cantaloupes,
Honeydew, and
Watermelon

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



SEPTEMBER 2022: After School Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div>Daily Supper Specials</div> <div><div>• Peanut Butter & Jelly* (VE)</div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Hummus Lunch Pack (VE)</div></div> <div>Options may vary by location</div>	<div><div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div></div>		<div>Pizza (V)</div> <div>Crispy Broccoli (V)</div> <div>Fresh Fruit (VE) Milk (V)</div>	<div>White Bean and Pasta Primavera (VE)</div> <div>Slow Roasted Fresh Tomatoes (VE)</div> <div>Fresh Fruit (VE) Milk (V)</div>
Labor Day 5	6	7	First Day Of Classes 8	9
<div>Mozzarella Sticks (V) with marinara sauce (VE)</div> <div>Roasted Grape Tomatoes (VE)</div>	<div>Grilled Cheese (V)</div> <div>Baked Beans (VE)</div>	<div>Red White and Green Panini (V)</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Pizza (V)</div> <div>Superhero Spinach (VE)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE)</div> <div>Green Garden Salad (VE)</div>
12	13	14	15	16
<div>Veggie Burger (VE) Veggie Cheeseburger(V) Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Pizza (V)</div> <div>Roasted Chickpeas With Basil Pesto (V)</div>	<div>Southwest Burrito (V) Served with Salsa (VE)</div> <div>Roasted Zucchini (VE)</div>	<div>Veggie Nuggets (VE) With Dipping Sauce</div> <div>Sweet Potato Waffle Fries (VE)</div> <div>Dinner Roll (V)</div>	<div>Three Bean Chili (VE) served with Rice (VE)</div> <div>Confetti Corn (VE)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div>
19	20	21	22	23
<div>Superhero Spinach Wrap (V)</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Vegetarian Quesadilla (V) served with Salsa (VE)</div> <div>Fiesta Black Beans (VE)</div>	<div>Manicotti (V) with marinara sauce (VE)</div> <div>Fresh Seasoned Green Beans (V)</div> <div>Warm Breadstick (VE)</div>	<div>Pizza (V)</div> <div>Crispy Broccoli (V)</div>	<div>White Bean and Pasta Primavera (VE)</div> <div>Roasted Fresh Tomatoes (VE)</div>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<div>Mozzarella Sticks (V) with marinara sauce (VE)</div> <div>Roasted Grape Tomatoes (VE)</div>	<div>Grilled Cheese (V)</div> <div>Baked Beans (VE)</div>	<div>Red White and Green Panini (V)</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Pizza (V)</div> <div>Superhero Spinach (VE)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE)</div> <div>Green Garden Salad (VE)</div>

Milk*

1% Low-fat

Fat Free

Fat Free Chocolate

*Alternative options are available upon request


OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:



OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

ATTENTION:

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



SEPTEMBER 2022: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	
Honey Corn Breakfast Muffin Bread (V) Milk (V)	Mini Blueberry Waffles (V) Milk (V)	Cinnamon Burst Pancakes (V) Milk (V)	Honey Corn Breakfast Muffin Bread (V) Milk (V)	

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

(V) Indicates Vegetarian
(VE) Indicates Vegan

*Alternative options are available upon request

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





SEPTEMBER 2022: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	
Assorted Muffins (V) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE)	Mini Blueberry Waffles (V) Fresh Fruit (VE)	Assorted Muffins (V) Milk (V)	

(V) Indicates Vegetarian
(VE) Indicates Vegan

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

*Alternative options are available upon request

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





SEPTEMBER 2022: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	
Assorted Cold Sandwiches and Wraps Marinated Green Beans (V)	Assorted Cold Sandwiches and Wraps Crunchy Carrots (V)	Assorted Cold Sandwiches and Wraps Confetti Corn Salad (V)	Assorted Cold Sandwiches and Wraps Marinated Green Beans (V)	

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

*Alternative options are available upon request

OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:





SEPTEMBER 2022: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	
<div>Grilled Cheese Sandwich (V)</div> <div>Seasoned Wedge Fries (VE)</div> <div>Fresh Fruit (VE)</div> <div>Milk (V)</div>	<div>Hamburgers & Cheeseburgers</div> <div>Baked Sweet Potato Waffle Fries (VE)</div> <div>Fresh Fruit (VE)</div> <div>Milk (V)</div>	<div>Baked Mozzarella Sticks (V)</div> <div>with Marinara Dipping Sauce</div> <div>Seasoned Broccoli (V)</div> <div>Fresh Fruit (VE)</div> <div>Milk (V)</div>	<div>Grilled Cheese Sandwich (V)</div> <div>Seasoned Wedge Fries (VE)</div> <div>Fresh Fruit (VE)</div> <div>Milk (V)</div>	

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

*Alternative options are available upon request

OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:



<div></div>				
SEPTEMBER 2022: Food Court Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div><p>WE RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p></div>			<div>Roasted Chicken Thigh</div> <div>Dinner Roll</div> <div>Slow Roasted Baby Carrots (V)</div> <div>Fresh Apples (VE)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</div> <div>Green Garden Salad (VE)</div>
Labor Day 5	6	7	First Day Of Classes 8	9
<div>Veggie Nuggets (VE) with Dipping Sauce</div> <div>Italian Green Beans (VE)</div> <div>Garlic Knot (V)</div>	<div>Crispy Chicken Sandwich Whole Wheat Bun</div> <div>Sweet Potato Wedge Fries (VE)</div>	<div>Roasted Chicken Drumstick</div> <div>Baked Beans (VE)</div> <div>Buttermilk Biscuit (V)</div>	<div>Hamburgers & Cheeseburgers Whole Wheat Bun</div> <div>Green Garden Salad (VE)</div> <div>New York Apples Slices (VE)</div> <div>New York Cookie Treat (V)</div>	<div>Three Bean Chili (VE) served with Rice (VE)</div> <div>Confetti Corn (VE)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div>
12	13	14	15	16
<div>Manicotti (V) with Marinara Sauce (VE)</div> <div>Crispy Broccoli (V)</div> <div>Garlic Knot (V)</div>	<div>Chicken Quesadilla</div> <div>Fiesta Black Beans (VE)</div> <div>Salsa (VE)</div>	<div>Turkey Burger Whole Wheat Bun</div> <div>Street Style Corn (V)</div>	<div>Chicken Dumplings</div> <div>Seasoned Fresh Green Beans (V)</div> <div>Fresh Apples (VE)</div>	<div>White Bean and Pasta Primavera (VE)</div> <div>Roasted Fresh Tomatoes (VE)</div>
19	20	21	22	23
<div>Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun</div> <div>Superhero Spinach (VE)</div>	<div>Spicy Chicken Sandwich Whole Wheat Bun</div> <div>Roasted Chickpea with Basil Pesto (V)</div>	<div>Fish and Cheese Sandwich Whole Wheat Bun</div> <div>Roasted Fresh Broccoli and Cauliflower (VE)</div>	<div>Roasted Chicken Thigh</div> <div>Dinner Roll (VE)</div> <div>Slow Roasted Baby Carrots (V)</div> <div>Fresh Apples (VE)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</div> <div>Green Garden Salad (VE)</div>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<div>Veggie Nuggets with Dipping Sauce</div> <div>Italian Green Beans (VE)</div> <div>Garlic Knot (V)</div>	<div>Crispy Chicken Sandwich Whole Wheat Bun</div> <div>Sweet Potato Wedge Fries (VE)</div>	<div>Roasted Chicken Drumstick</div> <div>Baked Beans (V)</div> <div>Buttermilk Biscuit (V)</div>	<div>Hamburgers & Cheeseburgers Whole Wheat Bun</div> <div>Green Garden Salad (VE)</div> <div>New York Apples Slices (VE)</div>	<div>Three Bean Chili (VE) served with Rice (VE)</div> <div>Confetti Corn (VE)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div>
<div>Monday</div> <div>• 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)</div>	<div>Tuesday</div> <div>• 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 (V)</div>	<div>Wednesday</div> <div>• 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 (V)</div>	<div>Thursday</div> <div>• 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 (V)</div>	<div>Friday</div> <div>• 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)</div>
<div><div><div><div>Cold Cereal Choices</div><div>Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE)</div></div><div><div>Bagel Bar</div><div>An Assortment of Bagel Varieties & Spreads including Hummus, Peanut Butter, Cream Cheeses and Jelly</div></div><div><div>*Alternative options are available upon request</div></div></div><div><div><div>Daily Egg Sandwich</div><div>Plain Egg Omelet with Cheese on a Soft Bun, English Muffin, Croissant or Buttermilk Biscuit (Not available on Friday)</div></div><div><div>Yogurt</div></div><div><div>Granola</div></div><div><div>Craisins</div></div><div><div>Raisins</div></div></div><div><div><div>Seasonal Fresh Fruit</div><div>Apples, Apple Slices, Oranges, Pears, and Mandarins</div></div></div><div><div><div>Milk*</div><div>1% Low-fat Fat Free Fat Free Chocolate</div></div><div><div>Assorted Condiments Dipping Sauces and Dressings are Available Daily</div></div></div><div><div>OFNS has an extensive Prohibitive Ingredients List available at:</div><div></div></div></div>				
<div>ATTENTION:</div> <div>• 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</div> <div>• Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products</div>				
<div><div></div><div>Menu subject to change. Our menus are pork free.</div></div>				

SEPTEMBER 2022: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>			Buttermilk Pancakes (V) Hot Oatmeal (V) Diced Pears (VE) Milk (V)	Assorted Fresh Bagel Sticks (VE) and Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Fresh Banana (VE) Milk (V)
Labor Day 5	6	7	First Day Of Classes 8	9
Blueberry Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V)	Whole Grain Croissant (V) Hot Oatmeal (V)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V)	Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V)
12	13	14	15	16
Banana Muffin (V) Hot Oatmeal (V)	New York Yogurt Choice (V) Hot Oatmeal (V)	Mini Blueberry Waffles (V) Hot Oatmeal (V)	Buttermilk Pancakes (V) Hot Oatmeal (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V)
19	20	21	22	23
Blueberry Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V)	Whole Grain Croissant (V) Hot Oatmeal (V)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V)	Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V)
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
Banana Muffin (V) Hot Oatmeal (V)	New York Yogurt Choice (V) Hot Oatmeal (V)	Mini Blueberry Waffles (V) Hot Oatmeal (V)	Buttermilk Pancakes (V) Hot Oatmeal (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V)

OFFERED DAILY

Milk*

Whole Milk

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit

Apple Slices, Bananas,
Blueberries, Sliced Oranges,
Cantaloupe Wedge and
Honeydew Wedge

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.



SEPTEMBER 2022: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div>Daily Lunch Specials</div> <div><ul style="list-style-type: none">• Hot or Cold Cheese Sandwich (V)• Hummus and Crackers (VE)• 4 oz. Yogurt (V)• Tuna</div> <div>Options may vary by location</div>	<div></div> <div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div>		<div>Hamburgers & Cheeseburgers</div> <div>Baked French Fries (VE)</div> <div>Milk (V) Fresh Banana (VE)</div>	<div>Grilled Cheese Sandwich (V)</div> <div>Steamed Carrots (VE)</div> <div>Milk (V) Apple Sauce (VE)</div>
Labor Day5	6	7	First Day Of Classes8	9
<div>French Bread Pizza (V)</div> <div>Italian Green Beans (VE)</div>	<div>Baked Chicken Tenders with Dipping Sauce</div> <div>Sweet Potato Waffle Fries (VE)</div>	<div>Manicotti (V) with marinara sauce (VE)</div> <div>Superhero Spinach (VE)</div> <div>Dinner Roll (VE)</div>	<div>Hamburger, Cheeseburger or Veggie Burger (VE) Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Three Bean Chili (VE) served with Rice (VE)</div> <div>Homemade Grilled Cheese (V)</div> <div>Steamed Zucchini (V)</div>
12	13	14	15	16
<div>Personal Pizza (V)</div> <div>Steamed Seasoned Broccoli (V)</div>	<div>Chicken Quesadilla</div> <div>Fiesta Black Beans (VE)</div>	<div>Turkey Burger Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Steamed Chicken Dumplings</div> <div>Brown Rice (VE)</div> <div>Steamed Green Beans (VE)</div>	<div>White Bean and Pasta Primavera (VE)</div> <div>Homemade Grilled Cheese (V)</div> <div>Roasted Fresh Tomatoes (VE)</div>
19	20	21	22	23
<div>Classic Cheese Pizza (V)</div> <div>Superhero Spinach (VE)</div>	<div>Crispy Chicken Sandwich Whole Wheat Bun</div> <div>Roasted Chickpeas with Basil Pesto (V)</div>	<div>Mozzarella Sticks (V) with marinara sauce (VE)</div> <div>Steamed Broccoli and Cauliflower (V)</div>	<div>Veggie Nuggets (VE) With Dipping Sauce</div> <div>Steamed Carrot Coins (VE)</div>	<div>Stewed Black Beans (VE) and Small Diced Plantains (VE)</div> <div>Brown Rice (VE)</div> <div>Homemade Grilled Cheese (V)</div>
Rosh Hashanah26	Rosh Hashanah27	28	29	30
<div>French Bread Pizza (V)</div> <div>Italian Green Beans (VE)</div>	<div>Baked Chicken Tenders with Dipping Sauce</div> <div>Sweet Potato Waffle Fries (VE)</div>	<div>Manicotti (V) with marinara sauce (VE)</div> <div>Superhero Spinach</div> <div>Dinner Roll (VE)</div>	<div>Hamburger, Cheeseburger or Veggie Burger (VE) Whole Wheat Bun</div> <div>Seasoned Wedge Fries (VE)</div>	<div>Three Bean Chili (VE) served with Rice (VE)</div> <div>Homemade Grilled Cheese (V)</div> <div>Steamed Zucchini (V)</div>

Milk*
Whole Milk

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available


Assorted Dressings

OFFERED DAILY

Seasonal Fresh Fruit
Apple Slices, Bananas, Blueberries, Sliced Oranges, Cantaloupe Wedge, and Honeydew Wedge

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.

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







Menu subject to change. Our menus are pork free.

SEPTEMBER 2022: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN			Fresh Banana (VE) Milk (V)	Multi-Grain Oats (VE) Milk (V)
Labor Day 5	6	7	First Day Of Classes 8	9
Assorted Cheese Stick (V) Apple Sauce (VE)	Apple Slices (VE) Milk (V)	New York Yogurt Choice (V) Diced Peaches (VE)	Animal Crackers (V) Milk (V)	Whole Wheat Crackers (V) Hummus Cup (VE)
12	13	14	15	16
Assorted Cheese Stick (V) Apple Sauce (VE)	Fresh Banana (VE) Milk (V)	Whole Wheat Crackers (V) Hummus Cup (VE)	New York Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
19	20	21	22	23
Assorted Cheese Stick (V) Apple Sauce (VE)	Apple Slices (VE) Milk (V)	New York Yogurt Choice (V) Diced Peaches (VE)	Animal Crackers (V) Milk (V)	Whole Wheat Crackers (V) Hummus Cup (VE)
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
Assorted Cheese Stick (V) Apple Sauce (VE)	Fresh Banana (VE) Milk (V)	Whole Wheat Crackers (V) Hummus Cup (VE)	New York Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)

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