



OCTOBER 2022: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
<div>Zucchini Carrot Breakfast Bread (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div>Seasonal Fresh Fruit (VE)</div>	<div>Mini Blueberry Waffles (V)</div> <div>Fresh Peaches (VE)</div>	<div>Banana Muffin (V)</div> <div>Mozzarella Cheese Stick (V)</div> <div>Fresh Honeydew (VE)</div>	<div>Buttermilk Pancakes (V)</div> <div>Turkey Sausage</div> <div>Fresh Apples (VE)</div>	<div>Assorted Fresh Bagels (VE)</div> <div>served with Cream Cheese (V) & Jelly (VE)</div> <div>Seasonal Fresh Fruit (VE)</div>
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
<div>Assorted Fresh Bagel Sticks (VE)</div> <div>served with Cream Cheese (V) & Jelly (VE)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div>Seasonal Fresh Fruit (VE)</div>	<div>Tasty Waffles (V)</div> <div>Fresh Oranges (VE)</div>	<div>Apple Cinnamon Breakfast Bread (V)</div> <div>Cheddar Cheese Stick (V)</div> <div>Fresh Pears (VE)</div>	<div>Turkey Sausage on Croissant</div> <div>Hot Oatmeal (V)</div> <div>Fresh Apples (VE)</div>	<div>Assorted Fresh Bagels (VE)</div> <div>served with Cream Cheese (V) & Jelly (VE)</div> <div>Fresh Plums (VE)</div>
17	18	19	20	21
<div>Sweet Potato Oatmeal Muffin (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div>Seasonal Fresh Fruit (VE)</div>	<div>Cinnamon Burst Pancakes (V)</div> <div>Seasonal Fresh Berries (VE)</div>	<div>Honey Corn Breakfast Bread (V)</div> <div>Colby Cheese Stick (V)</div> <div>Fresh Honeydew (VE)</div>	<div>Turkey Sausage on English Muffin</div> <div>Hot Oatmeal (V)</div> <div>New York Apples Slices (VE)</div>	<div>Assorted Fresh Bagels (VE)</div> <div>served with Cream Cheese (V) & Jelly (VE)</div> <div>Fresh Bananas (VE)</div>
24	25	26	27	28
<div>Zucchini Carrot Breakfast Bread (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div>Seasonal Fresh Fruit (VE)</div>	<div>Mini Blueberry Waffles (V)</div> <div>Fresh Plums (VE)</div>	<div>Banana Muffin (V)</div> <div>Mozzarella Cheese Stick (V)</div> <div>Fresh Oranges (VE)</div>	<div>Buttermilk Pancakes (V)</div> <div>Turkey Sausage</div> <div>Fresh Apples (VE)</div>	<div>Assorted Fresh Bagels (VE)</div> <div>served with Cream Cheese (V) & Jelly (VE)</div> <div>Fresh Pears (VE)</div>
Halloween 31				
<div>Assorted Fresh Bagel Sticks (VE)</div> <div>served with Cream Cheese (V) & Jelly (VE)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div>Seasonal Fresh Fruit (VE)</div>			<div><div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div></div>	<div>Fresh New York Bagel Assortment</div> <div>Cinnamon Raisin (VE)</div> <div>Plain (VE)</div> <div>French Toast (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, Grapefruit,
Oranges, Pears, Grapes,
Plums, Honeydew, 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

<div></div>				
OCTOBER 2022: High School Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
<div><div>Zucchini Carrot Breakfast Bread (V)</div><div>New York Yogurt Choice (V)</div><div>Hot Oatmeal (V)</div><div>Seasonal Fresh Fruit (VE)</div></div>	<div><div>Mini Blueberry Waffles (V)</div><div>Breakfast Bar</div><div>Fresh Peaches (VE)</div></div>	<div><div>Banana Muffin (V)</div><div>Mozzarella Cheese Stick (V)</div><div>Fresh Honeydew (VE)</div></div>	<div><div>Buttermilk Pancakes (V)</div><div>Turkey Sausage Breakfast Bar</div><div>Fresh Apples (VE)</div></div>	<div><div>Assorted Fresh Bagels (VE)</div><div>served with Cream Cheese (V) & Jelly (VE)</div><div>Seasonal Fresh Fruit (VE)</div></div>
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
<div><div>Assorted Fresh Bagel Sticks (VE)</div><div>served with Cream Cheese (V) & Jelly (VE)</div><div>New York Yogurt Choice (V)</div><div>Hot Oatmeal (V)</div><div>Seasonal Fresh Fruit (VE)</div></div>	<div><div>Tasty Waffles (V)</div><div>Breakfast Bar</div><div>Fresh Oranges (VE)</div></div>	<div><div>Apple Cinnamon Breakfast Bread (V)</div><div>Cheddar Cheese Stick (V)</div><div>Fresh Pears (VE)</div></div>	<div><div>Turkey Sausage on Croissant</div><div>Breakfast Bar</div><div>Hot Oatmeal (V)</div><div>Fresh Apples (VE)</div></div>	<div><div>Assorted Fresh Bagels (VE)</div><div>served with Cream Cheese (V) & Jelly (VE)</div><div>Fresh Plums (VE)</div></div>
17	18	19	20	21
<div><div>Sweet Potato Oatmeal Muffin (V)</div><div>New York Yogurt Choice (V)</div><div>Hot Oatmeal (V)</div><div>Seasonal Fresh Fruit (VE)</div></div>	<div><div>Cinnamon Burst Pancakes (V)</div><div>Breakfast Bar</div><div>Seasonal Fresh Berries (VE)</div></div>	<div><div>Honey Corn Breakfast Bread (V)</div><div>Colby Cheese Stick (V)</div><div>Fresh Honeydew (VE)</div></div>	<div><div>Turkey Sausage on English Muffin</div><div>Breakfast Bar</div><div>Hot Oatmeal (V)</div><div>New York Apples Slices (VE)</div></div>	<div><div>Assorted Fresh Bagels (VE)</div><div>served with Cream Cheese (V) & Jelly (VE)</div><div>Fresh Bananas (VE)</div></div>
24	25	26	27	28
<div><div>Zucchini Carrot Breakfast Bread (V)</div><div>New York Yogurt Choice (V)</div><div>Hot Oatmeal (V)</div><div>Seasonal Fresh Fruit (VE)</div></div>	<div><div>Mini Blueberry Waffles (V)</div><div>Breakfast Bar</div><div>Fresh Plums (VE)</div></div>	<div><div>Banana Muffin (V)</div><div>Mozzarella Cheese Stick (V)</div><div>Fresh Oranges (VE)</div></div>	<div><div>Buttermilk Pancakes (V)</div><div>Turkey Sausage Breakfast Bar</div><div>Fresh Apples (VE)</div></div>	<div><div>Assorted Fresh Bagels (VE)</div><div>served with Cream Cheese (V) & Jelly (VE)</div><div>Fresh Pears (VE)</div></div>
Halloween 31				
<div><div>Assorted Fresh Bagel Sticks (VE)</div><div>served with Cream Cheese (V) & Jelly (VE)</div><div>New York Yogurt Choice (V)</div><div>Hot Oatmeal (V)</div><div>Seasonal Fresh Fruit (VE)</div></div>			<div><div><div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div></div></div>	<div><div>Fresh New York Bagel Assortment</div><div>Cinnamon Raisin (VE)</div><div>Plain (VE)</div><div>French Toast (VE)</div><div>Breakfast Bar</div><div>Assorted Berries & Fresh Cut Fruit (VE)</div><div>Assorted Granola (VE)</div><div>New York Yogurts (V)</div><div>Cheese Sticks (V)</div></div>
<div><div><div><div><div>Milk*</div><div>1% Low-fat</div><div>Fat Free</div><div>Fat Free Chocolate</div></div><div>*Alternative options are available upon request</div></div><div><div>Breakfast After the Bell Grab and Go</div><div>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</div></div><div><div>Options may vary by location</div><div><u>Cold Cereal Choices</u></div><div>Shredded Wheat</div><div>Multi-Grain Oats (VE)</div><div>Toasted Oats (VE)</div><div>Oat Circles (VE)</div><div>Cinnamon Flakes (VE)</div></div><div><div><u>Seasonal Fresh Fruit</u></div><div>Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries</div></div></div><div><div>OFNS has an extensive Prohibitive Ingredients List available at:</div><div></div></div></div>				
<div><div>ATTENTION:</div><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><div></div><div>Menu subject to change. Our menus are pork free.</div></div></div>				



OCTOBER 2022: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
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 Breakfast Bread (V) Fresh Apples (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Fresh Plums (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (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)
17	18	19	20	21
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) Fresh Bananas (VE)
24	25	26	27	28
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) Fresh Plums (VE)
Halloween 31				
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

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, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, 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

<div><div><div>NYC</div><div>Department of Education</div></div><div><div><div>Apple</div><div>Watermelon</div><div>Orange</div><div>Banana</div><div>Egg</div><div>Broccoli</div><div>Milk</div></div></div></div>				
OCTOBER 2022: Pre-K - 8 Vegetarian Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
<div>Zucchini Carrot Breakfast Bread (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div>Seasonal Fresh Fruit (VE)</div>	<div>Mini Blueberry Waffles (V)</div> <div>Fresh Peaches (VE)</div>	<div>Banana Muffin (V)</div> <div>Mozzarella Cheese Stick (V)</div> <div>Honeydew (VE)</div>	<div>Buttermilk Pancakes (V)</div> <div>Fresh Apples (VE)</div>	<div>Assorted Fresh Bagels (VE)</div> <div>served with Cream Cheese (V) & Jelly (VE)</div> <div>Fresh Nectarines (VE)</div>
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
<div>Assorted Fresh Bagel Sticks (VE)</div> <div>served with Cream Cheese (V) & Jelly (VE)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div>Seasonal Fresh Fruit (VE)</div>	<div>Tasty Waffles (V)</div> <div>Fresh Oranges (VE)</div>	<div>Apple Cinnamon Breakfast Bread (V)</div> <div>Cheddar Cheese Stick (V)</div> <div>Fresh Pears (VE)</div>	<div>Croissant (V)</div> <div>served with Jelly (VE)</div> <div>Hot Oatmeal (V)</div> <div>Fresh Apples (VE)</div>	<div>Assorted Fresh Bagels (VE)</div> <div>served with Cream Cheese (V) & Jelly (VE)</div> <div>Fresh Plums (VE)</div>
17	18	19	20	21
<div>Sweet Potato Oatmeal Muffin (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div>Seasonal Fresh Fruit (VE)</div>	<div>Cinnamon Burst Pancakes (V)</div> <div>Seasonal Fresh Berries (VE)</div>	<div>Honey Corn Breakfast Bread (V)</div> <div>Colby Cheese Stick (V)</div> <div>Fresh Honeydew (VE)</div>	<div>English Muffin (VE)</div> <div>served with Jelly (VE)</div> <div>Sunflower Seeds (V)</div> <div>Hot Oatmeal (V)</div> <div>New York Apples Slices (VE)</div>	<div>Assorted Fresh Bagels (VE)</div> <div>served with Cream Cheese (V) & Jelly (VE)</div> <div>Fresh Bananas (VE)</div>
24	25	26	27	28
<div>Zucchini Carrot Breakfast Bread (V)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div>Seasonal Fresh Fruit (VE)</div>	<div>Mini Blueberry Waffles (V)</div> <div>Fresh Peaches (VE)</div>	<div>Banana Muffin (V)</div> <div>Mozzarella Cheese Stick (V)</div> <div>Fresh Oranges (VE)</div>	<div>Buttermilk Pancakes (V)</div> <div>Fresh Apples (VE)</div>	<div>Assorted Fresh Bagels (VE)</div> <div>served with Cream Cheese (V) & Jelly (VE)</div> <div>Fresh Pears (VE)</div>
Halloween 31				
<div>Assorted Fresh Bagel Sticks (VE)</div> <div>served with Cream Cheese (V) & Jelly (VE)</div> <div>New York Yogurt Choice (V)</div> <div>Hot Oatmeal (V)</div> <div>Seasonal Fresh Fruit (VE)</div>			<div><div></div><div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div></div>	<div>Fresh New York Bagel Assortment</div> <div>Cinnamon Raisin (VE)</div> <div>Plain (VE)</div> <div>French Toast (VE)</div>
OFFERED DAILY				
<div>Milk*</div> <div>1% Low-fat</div> <div>Fat Free</div> <div>Fat Free Chocolate</div> <div>*Alternative options are available upon request</div>	<div>Breakfast After the Bell Grab and Go</div> <div>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</div>	<div>Options may vary by location</div> <div>Cold Cereal Choices</div> <div>Shredded Wheat</div> <div>Multi-Grain Oats (VE)</div> <div>Toasted Oats (VE)</div> <div>Oat Circles (VE)</div> <div>Cinnamon Flakes (VE)</div>	<div>Seasonal Fresh Fruit</div> <div>Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries</div>	<div>OFNS has an extensive Prohibitive Ingredients List available at:</div> <div></div>
ATTENTION:				
<div>• All Pre-K Students CANNOT be Offered CHOCOLATE MILK</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>NYC</div><div>Department of Education</div><div>O.F.N.S.</div><div>Office of Food & Nutrition Services</div><div>IFood</div><div>FOOD ALLIANCE</div></div> <div>Menu subject to change. Our menus are pork free.</div>				



OCTOBER 2022: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Blueberry Muffin New York Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Turkey Sausage Soft Roll Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V) New York Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Turkey Sausage Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (VE) <i>Fruit Offering</i> Apple Sauce (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
Blueberry Muffin New York Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Turkey Sausage Soft Roll Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V) New York Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Turkey Sausage Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (VE) <i>Fruit Offering</i> Apple Sauce (VE)
17	18	19	20	21
Blueberry Muffin New York Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Turkey Sausage Soft Roll Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V) New York Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Turkey Sausage Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (VE) <i>Fruit Offering</i> Apple Sauce (VE)
24	25	26	27	28
Blueberry Muffin New York Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)	Turkey Sausage Soft Roll Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V) New York Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Pears (VE)	Turkey Sausage Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (VE) <i>Fruit Offering</i> Apple Sauce (VE)
Halloween 31				
Blueberry Muffin New York Yogurt Choice (V) Hot Oatmeal (V) <i>Fruit Offering</i> Peaches (VE)			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

OFFERED DAILY

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

Seasonal Fresh Fruit

Apples, Apple Slices,
Bananas, Grapefruit,
Oranges, Pears, Grapes,
Plums, Honeydew, 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:

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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



OCTOBER 2022: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Personal Pizza (V) Crispy Broccoli (V) <i>Salad Bar</i> Italian Classico Salad (VE)	Chicken Quesadilla Fiesta Black Beans (VE) Salsa (VE) <i>Salad Bar</i> Kid Friendly Kale (V)	Turkey Burger Whole Wheat Bun Fish and Cheese Sandwich Whole Wheat Bun Seasoned Wedge Fries (VE) <i>Salad Bar</i> 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) New York Cookie Treat (V) <i>Salad Bar</i> Asian Slaw (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) <i>Salad Bar</i> Greek Zucchini Salad (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14

National School Lunch Week: Peace, Love and School Lunch

Classic Cheese Pizza (V) Superhero Spinach (VE) <i>Salad Bar</i> Caesar Salad (VE)	Crispy Chicken Sandwich Whole Wheat Bun Grab and Go Salad Roasted Chickpeas With Basil Pesto (V) Seasoned Wedge Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Fresh Broccoli and Cauliflower Florets (VE) Garlic Knot (V) <i>Salad Bar</i> Veggie Dippers (VE)	Roasted Chicken Thigh Slow Roasted Baby Carrots (V) Dinner Roll (VE) Apple Bake (VE) <i>Salad Bar</i> Blueberry 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) <i>Salad Bar</i> Fresh Cilantro Healthy Cole Slaw (V)
17	18	19	20	21
French Bread Pizza (V) Italian Green Beans (VE) <i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)	Crispy Chicken Tenders With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) <i>Salad Bar</i> Celery and Apple Salad (V)	Hamburgers Cheeseburgers or Veggie Burger (VE) Whole Wheat Bun Seasoned Wedge Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE) <i>Salad Bar</i> Broccoli Salad (V)	Three Bean Chili (VE) served with Rice (VE) Veggie Nuggets (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE) <i>Salad Bar</i> Carrot Raisin Salad (V)
24	25	26	27	28
Personal Pizza (V) Crispy Broccoli (V) <i>Salad Bar</i> Italian Classico Salad (VE)	Chicken Quesadilla Fiesta Black Beans (VE) Salsa (VE) <i>Salad Bar</i> Kid Friendly Kale (V)	Turkey Burger Whole Wheat Bun Fish and Cheese Sandwich Whole Wheat Bun Seasoned Wedge Fries (VE) <i>Salad Bar</i> 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) <i>Salad Bar</i> Asian Slaw (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) <i>Salad Bar</i> Greek Zucchini Salad (VE)
Halloween 31				
Classic Cheese Pizza (V) Superhero Spinach (VE) New York Cookie Treat (V) <i>Salad Bar</i> Veggie Dippers (VE)			 WE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED 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				
<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	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, 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				



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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
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 Cookie Treat (V) New York Apples Slices (VE)	Black Bean and Corn Grab & Go Salad (VE) Salsa (VE) Cauliflower Salad (VE) Cheese Sandwich (V)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
National School Lunch Week: Peace, Love and School Lunch				
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	Assorted Cold Sandwiches and Wraps Confetti Corn Salad (VE)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V) Blueberry Spinach 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)
17	18	19	20	21
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 Confetti Corn Salad (VE) Italian Marinated Cucumber Salad (V)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V) New York Apples Slices (VE)	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)
24	25	26	27	28
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)
Halloween 31				
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE) New York Cookie Treat (V)			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	
<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

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, Grapefruit,
Oranges, Pears, Grapes,
Plums, Honeydew, 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



Department of
Education



Office of Food & Nutrition Services



ALLIANCE

Menu subject to change.
Our menus are pork free.




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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Pizza Bagel (V) Crispy Broccoli (V)	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (VE)	Turkey Burger 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)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14

National School Lunch Week: Peace, Love and School Lunch

Pizza Bagel (V) Superhero Spinach (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 and Cauliflower (VE) Garlic Knot (V)	Roasted Chicken Thigh Slow Roasted Baby Carrots (V) Dinner Roll (VE) Apple Bake (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Southwest Burrito (V)
17	18	19	20	21
Pizza Bagel (V) Italian Green Beans (VE)	Crispy Chicken Tenders With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)	Hamburgers Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden 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)
24	25	26	27	28
Pizza Bagel (V) Crispy Broccoli (V)	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (VE)	Turkey Burger 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)
Halloween 31				
Pizza Bagel (V) Superhero Spinach (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED 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 Menu Support Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, 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



OCTOBER 2022: Pre-K - 8 Vegetarian Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Personal Pizza (V) Crispy Broccoli (V) <i>Salad Bar</i> Italian Classico Salad (VE) Italian Heritage Indigenous Peoples Day 10	Vegetarian Quesadilla (V) served with Salsa (VE) Grab and Go Salad Fiesta Black Beans (VE) <i>Salad Bar</i> Confetti Corn Salad (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V) Warm Breadstick (V) <i>Salad Bar</i> Kid Friendly Kale Salad (V)	Zucchini Parmesan Hero (V) Seasoned Wedge Fries (VE) Fresh Apples (VE) <i>Salad Bar</i> Veggie Cup (VE)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) <i>Salad Bar</i> Greek Zucchini Salad (VE)
11	12	13	14	15
National School Lunch Week: Peace, Love and School Lunch				
Classic Cheese Pizza (V) White Bean Salad (VE) <i>Salad Bar</i> Veggie Dippers (VE)	Zesty Chickpea Stew (VE) Grab and Go Salad Superhero Spinach (VE) <i>Salad Bar</i> Blueberry Spinach Salad (V)	Mozzarella Sticks (V) with Marinara Sauce (VE) Garlic Knot (V) Fresh Broccoli and Cauliflower Florets (VE) <i>Salad Bar</i> Caesar Salad (V)	Red White and Green Panini (V) Seasoned Wedge Fries (VE) Slow Roasted Baby Carrots (V) <i>Salad Bar</i> Italian Classico Salad (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Homemade Grilled Cheese (V) <i>Salad Bar</i> Fresh Cilantro Healthy Cole Slaw (V)
17	18	19	20	21
French Bread Pizza (V) Roasted Chickpeas With Basil Pesto (V) <i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)	Veggie Nuggets (VE) With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) <i>Salad Bar</i> Celery and Apple Salad (V)	Mediterranean Chickpea with Pasta (VE) Italian Green Beans (VE) Green Garden Salad (VE) <i>Salad Bar</i> Broccoli Salad (VE)	Veggie Burger (VE) Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE) New York Apples Slices (VE) <i>Salad Bar</i> 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) <i>Salad Bar</i> Carrot Raisin Salad (V)
24	25	26	27	28
Personal Pizza (V) Crispy Broccoli (V) <i>Salad Bar</i> Italian Classico Salad (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Grab and Go Salad Fiesta Black Beans (VE) <i>Salad Bar</i> Confetti Corn Salad (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V) Warm Breadstick (V) <i>Salad Bar</i> Kid Friendly Kale Salad (V)	Zucchini Parmesan Hero (V) Seasoned Wedge Fries (VE) Fresh Apples (VE) <i>Salad Bar</i> Veggie Cup (VE)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) <i>Salad Bar</i> Greek Zucchini Salad (VE)
Halloween 31				
Classic Cheese Pizza (V) Superhero Spinach (VE) <i>Salad Bar</i> Veggie Dippers (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	
<u>Monday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	<u>Tuesday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	<u>Wednesday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	<u>Thursday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	<u>Friday</u> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (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	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, 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				
 			Menu subject to change. Our menus are pork free.	



OCTOBER 2022: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (V) Soft Roll (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14

National School Lunch Week: Peace, Love and School Lunch

Fish & Cheese Sandwich Broccoli With Garlic & Oil (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
17	18	19	20	21
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (V) Soft Roll (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
24	25	26	27	28
Fish & Cheese Sandwich Broccoli With Garlic & Oil (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
Halloween 31				

Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (V) Soft Roll (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Daily Lunch Specials • Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna Options may vary by location
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OFFERED DAILY			
Milk* 1% Low-fat Fat Free Fat Free Chocolate <small>*Alternative options are available upon request</small>	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available <small>(V) Indicates Vegetarian (VE) Indicates Vegan</small>	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries	OFNS has an extensive Prohibitive Ingredients List available at: 

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



OCTOBER 2022: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Personal Pizza (V) Crispy Broccoli (V) <i>Salad Bar</i> Italian Classico Salad (VE)	Chicken Quesadilla Fiesta Black Beans (VE) Salsa (VE) <i>Salad Bar</i> Kid Friendly Kale (V)	Turkey Burger <i>Whole Wheat Bun</i> Fish and Cheese Sandwich <i>Whole Wheat Bun</i> Seasoned Wedge Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	<i>Chicken Dumplings</i> with Veggie Ginger Soy Rice (VE) Grab and Go Salad Seasoned Fresh Green Beans (V) <i>Fresh Apples (VE)</i> <i>Salad Bar</i> <i>Asian Slaw (V)</i>	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) <i>Salad Bar</i> Greek Zucchini Salad (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14

National School Lunch Week: Peace, Love and School Lunch

Classic Cheese Pizza (V) Superhero Spinach (VE) <i>Salad Bar</i> Caesar Salad (VE)	Crispy Chicken Sandwich <i>Whole Wheat Bun</i> Grab and Go Salad Roasted Chickpeas With Basil Pesto (V) Seasoned Wedge Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Fresh Broccoli and Cauliflower Florets (VE) <i>Garlic Knot (V)</i> <i>Salad Bar</i> Veggie Dippers (VE)	Roasted Chicken Thigh Slow Roasted Baby Carrots (V) <i>Dinner Roll (VE)</i> Apple Bake (VE) <i>Salad Bar</i> Blueberry 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) <i>Salad Bar</i> Fresh Cilantro Healthy Cole Slaw (V)
17	18	19	20	21
French Bread Pizza (V) Italian Green Beans (VE) <i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)	Crispy Chicken Tenders With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) <i>Garlic Knot (V)</i> <i>Salad Bar</i> Celery and Apple Salad (V)	Hamburgers Cheeseburgers or Veggie Burger (VE) <i>Whole Wheat Bun</i> Seasoned Wedge Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) <i>New York Apples Slices (VE)</i> <i>Salad Bar</i> Broccoli Salad (V)	Three Bean Chili (VE) served with Rice (VE) Veggie Nuggets (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE) <i>Salad Bar</i> Carrot Raisin Salad (VE)
24	25	26	27	28
Personal Pizza (V) Crispy Broccoli (V) <i>Salad Bar</i> Italian Classico Salad (VE)	Chicken Quesadilla Fiesta Black Beans (VE) Salsa (VE) <i>Salad Bar</i> Kid Friendly Kale (V)	Turkey Burger <i>Whole Wheat Bun</i> Fish and Cheese Sandwich <i>Whole Wheat Bun</i> Seasoned Wedge Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	<i>Chicken Dumplings</i> with Veggie Ginger Soy Rice (VE) Grab and Go Salad Seasoned Fresh Green Beans (V) <i>Fresh Apples (VE)</i> <i>Salad Bar</i> <i>Asian Slaw (V)</i>	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) <i>Salad Bar</i> Greek Zucchini Salad (VE)
Halloween 31				
Classic Cheese Pizza (V) Superhero Spinach (VE) <i>New York Cookie Treat (V)</i> <i>Salad Bar</i> Veggie Dippers (VE)			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED 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)

<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, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries	OFNS has an extensive Prohibitive Ingredients List available at: 
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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



OCTOBER 2022: High School Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Personal Pizza (V)	Chicken Quesadilla	Turkey Burger Whole Wheat Bun	Chicken Dumplings with Veggie Ginger Soy Rice (VE)	White Bean and Pasta Primavera (VE)
Crispy Broccoli (V)	Fiesta Black Beans (VE)	Fish and Cheese Sandwich Whole Wheat Bun	Grab and Go Salad	Roasted Fresh Tomatoes (VE)
Salad Bar Italian Classico Salad (VE)	Salsa (VE)	Grab and Go Salad	Seasoned Fresh Green Beans (V)	Homemade Grilled Cheese (V)
Italian Heritage Indigenous Peoples Day 10	Salad Bar Kid Friendly Kale (V)	Seasoned Wedge Fries (VE)	Fresh Apples (VE)	Salad Bar Greek Zucchini Salad (VE)
11	12	13	14	
National School Lunch Week: Peace, Love and School Lunch				
Classic Cheese Pizza (V)	Crispy Chicken Sandwich Whole Wheat Bun	Mozzarella Sticks (V) with marinara sauce (VE)	Roasted Chicken Thigh	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)
Superhero Spinach (VE)	Grab and Go Salad	Fresh Broccoli and Cauliflower Florets (VE)	Grab and Go Salad	Southwest Burrito (V)
Salad Bar Caesar Salad (V)	Roasted Chickpeas With Basil Pesto (V)	Garlic Knot (V)	Slow Roasted Baby Carrots (V)	Green Garden Salad (VE)
	Seasoned Wedge Fries (VE)	Garlic Knot (V)	Dinner Roll (VE)	Salad Bar Fresh Cilantro Healthy Cole Slaw (V)
17	18	19	20	21
French Bread Pizza (V)	Crispy Chicken Tenders With Dipping Sauce	Hamburgers Cheeseburgers or Veggie Burger (VE) Whole Wheat Bun	Roasted Chicken Drumsticks	Three Bean Chili (VE) served with Rice (VE)
Italian Green Beans (VE)	Grab and Go Salad	Grab and Go Salad	Baked Beans (VE)	Veggie Nuggets (VE)
Salad Bar Fresh Marinated Vegetable Salad (VE)	Sweet Potato Waffle Fries (VE)	Seasoned Wedge Fries (VE)	Green Garden Salad (VE)	Confetti Corn (VE)
	Garlic Knot (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Buttermilk Biscuit (V)	Crispy Tortillas (VE) Served with Salsa (VE)
	Salad Bar Celery and Apple Salad (V)	Salad Bar Veggie Dippers (VE)	New York Apples Slices (VE)	Salad Bar Carrot Raisin Salad (VE)
24	25	26	27	28
Personal Pizza (V)	Chicken Quesadilla	Turkey Burger Whole Wheat Bun	Chicken Dumplings with Veggie Ginger Soy Rice (VE)	White Bean and Pasta Primavera (VE)
Crispy Broccoli (V)	Fiesta Black Beans (VE)	Fish and Cheese Sandwich Whole Wheat Bun	Grab and Go Salad	Roasted Fresh Tomatoes (VE)
Salad Bar Italian Classico Salad (VE)	Salsa (VE)	Grab and Go Salad	Seasoned Fresh Green Beans (V)	Homemade Grilled Cheese (V)
Halloween 31	Salad Bar Kid Friendly Kale (V)	Seasoned Wedge Fries (VE)	Fresh Apples (VE)	Salad Bar Greek Zucchini Salad (VE)
Classic Cheese Pizza (V)				
Superhero Spinach (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	
New York Cookie Treat (V)				
Salad Bar Veggie Dippers (VE)				
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	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries	OFNS has an extensive Prohibitive Ingredients List available at: 
*Alternative options are available upon request				
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.				



OCTOBER 2022: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Carrot Raisin Salad (V)	Chicken Caesar Wrap Basil Corn Salad (V) 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)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14

National School Lunch Week: Peace, Love and School Lunch

Assorted Cold Vegetarian Option (V) Blueberry Spinach Salad (V)	Assorted Cold Sandwiches and Wraps Confetti Corn Salad (V)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V)	Chicken Salad Grab and Go Salad Cilantro Healthy Coleslaw (V)	Italian Veggie Grab & Go Salad (VE) White Bean Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
17	18	19	20	21
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 (V) New York Apples Slices (VE)	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)
24	25	26	27	28
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Carrot Raisin Salad (V)	Chicken Caesar Wrap Basil Corn Salad (V) 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)
Halloween 31				
Assorted Cold Vegetarian Option (V) Blueberry Spinach Salad (V)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED 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 <small>*Alternative options are available upon request</small>	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries	OFNS has an extensive Prohibitive Ingredients List available at: 
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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



Department of Education



Office of Food & Nutrition Services



ALLIANCE


Menu subject to change.
Our menus are pork free.



OCTOBER 2022: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Pizza Bagel (V) Crispy Broccoli (V)	Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE)	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (V)	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)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14

National School Lunch Week: Peace, Love and School Lunch

Pizza Bagel (V) Superhero Spinach (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 and Cauliflower (VE) Garlic Knot (V)	Roasted Chicken Thigh Slow Roasted Baby Carrots (V) Dinner Roll (VE) Apple Bake (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Southwest Burrito (V)
17	18	19	20	21
Pizza Bagel (V) Italian Green Beans (VE)	Crispy Chicken Tenders With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)	Hamburgers Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden 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)
24	25	26	27	28
Pizza Bagel (V) Crispy Broccoli (V)	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (V)	Turkey Burger Whole Wheat Bun 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)
Halloween 31				
Pizza Bagel (V) Superhero Spinach (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED 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 or Turkey Sandwich • Chickpea Wrap (V)	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)	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,
Bananas, Grapefruit,
Oranges, Pears, Grapes,
Plums, Honeydew, 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



Department of
Education

O.F.N.S.
Office of Food & Nutrition Services



Menu subject to change.
Our menus are pork free.



OCTOBER 2022: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
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)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
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)
17	18	19	20	21
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)
24	25	26	27	28
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)
Halloween 31				
Heart Shaped Pretzels (VE) Hummus Cup (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	


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



OCTOBER 2022: After School Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V)	Assorted Cold Sandwiches and Wraps Cilantro Healthy Coleslaw (V)	Chicken Salad Grab and Go Salad Confetti Corn Salad (V) New York Cookie Treat	Italian Veggie Grab & Go Salad (VE) Cheese Sandwich (V) White Bean Salad (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
Superhero Spinach Wrap (V) Broccoli Salad (VE)	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)
17	18	19	20	21
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) Cauliflower Salad (VE) Crispy Tortillas (VE) served with Salsa (VE)
24	25	26	27	28
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V)	Assorted Cold Sandwiches and Wraps Cilantro Healthy Coleslaw (V)	Chicken Salad Grab and Go Salad Confetti Corn Salad (V) New York Cookie Treat	Italian Veggie Grab & Go Salad (VE) Cheese Sandwich (V) White Bean Salad (VE)
Halloween 31				
Superhero Spinach Wrap (V) Broccoli Salad (VE)			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Daily Supper Specials • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (VE) Options may vary by location

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, Grapefruit,
Oranges, Pears, Grapes,
Plums, Honeydew, 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



OCTOBER 2022: After School Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Mozzarella Sticks (V) Marinara Sauce (VE) Superhero Spinach (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Baked Sweet Potato Waffle Fries (VE)	Pizza Choice (V) Roasted Zucchini (VE)	Roasted Chicken Roasted Baby Carrots (V) Buttermilk Biscuit (V)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
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)
17	18	19	20	21
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)	Chicken Tenders Slow Roasted Baby Carrots (V) Garlic Knot (V)	Southwest Burrito (V) Roasted Cauliflower (VE)
24	25	26	27	28
Mozzarella Sticks (V) Marinara Sauce (VE) Superhero Spinach (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Baked Sweet Potato Waffle Fries (VE)	Pizza Choice (V) Roasted Zucchini (VE)	Roasted Chicken Roasted Baby Carrots (V) Buttermilk Biscuit (V)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
Halloween 31				
Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED 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

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, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, 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



OCTOBER 2022: After School Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
<div>Veggie Burger (VE) Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)</div>	<div>Pizza (V) Roasted Chickpeas With Basil Pesto (V)</div>	<div>Southwest Burrito (V) Served with Salsa (VE) Roasted Zucchini (VE)</div>	<div>Veggie Nuggets (VE) With Dipping Sauce Sweet Potato Waffle Fries (VE) Dinner Roll (V)</div>	<div>Three Bean Chili (VE) served with Rice (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)</div>
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
<div>Superhero Spinach Wrap (V) Seasoned Wedge Fries (VE)</div>	<div>Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)</div>	<div>Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (VE) Warm Breadstick (VE)</div>	<div>Pizza (V) Crispy Broccoli (V)</div>	<div>White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)</div>
17	18	19	20	21
<div>Mozzarella Sticks (V) with marinara sauce (VE) Roasted Grape Tomatoes (VE)</div>	<div>Grilled Cheese (V) Baked Beans (VE)</div>	<div>Red White and Green Panini (V) Seasoned Wedge Fries (VE)</div>	<div>Pizza (V) Superhero Spinach (VE)</div>	<div>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) Green Garden Salad (VE)</div>
24	25	26	27	28
<div>Veggie Burger (VE) Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)</div>	<div>Pizza (V) Roasted Chickpeas With Basil Pesto (V)</div>	<div>Southwest Burrrito (V) Served with Salsa (VE) Roasted Zucchini (VE)</div>	<div>Veggie Nuggets (VE) With Dipping Sauce Sweet Potato Waffle Fries (VE) Dinner Roll (V)</div>	<div>Three Bean Chili (VE) served with Rice (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)</div>
Halloween 31				
<div>Superhero Spinach Wrap (V) Seasoned Wedge Fries (VE)</div>		<div></div>	<div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div>	<div>Daily Supper Specials • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (VE) Options may vary by location</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

Seasonal Fresh Fruit

Apples, Apple Slices,
Bananas, Grapefruit,
Oranges, Pears, Grapes,
Plums, Honeydew, 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



OCTOBER 2022: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
1	8	15	22	29
Mini Blueberry Waffles (V)	Cinnamon Burst Pancakes (V)	Honey Corn Breakfast Muffin Bread (V)	Mini Blueberry Waffles (V)	Cinnamon Burst Pancakes (V)
Milk (V)	Milk (V)	Milk (V)	Milk (V)	Milk (V)

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

(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit

Apples, Apple Slices,
Grapefruit, Oranges, Pears,
Grapes, Plums, Honeydew,
and Strawberries

OFNS has an extensive
Prohibitive Ingredients List
available at:





OCTOBER 2022: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
1	8	15	22	29
Cinnamon Burst Pancakes (V) Fresh Fruit (VE)	Mini Blueberry Waffles (V) Fresh Fruit (VE)	Assorted Muffins (V) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE)	Mini Blueberry Waffles (V) Fresh Fruit (VE)

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

(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit

Apples, Apple Slices,
Grapefruit, Oranges, Pears,
Grapes, Plums, Honeydew,
and Strawberries

OFNS has an extensive
Prohibitive Ingredients List
available at:





OCTOBER 2022: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
1	8	15	22	29
Assorted Cold Sandwiches and Wraps Marinated Green Beans (V)	Assorted Cold Sandwiches and Wraps Confetti Corn Salad (V)	Assorted Cold Sandwiches and Wraps Marinated Green Beans (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, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2022: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
1	8	15	22	29
<div>Hamburgers & Cheeseburgers</div> <div>Baked Sweet Potato Waffle Fries (VE)</div> <div>Fresh Fruit (VE) Milk (V)</div>	<div>Baked Mozzarella Sticks (V) Marinara Sauce (VE)</div> <div>Crispy Broccoli (V)</div> <div>Fresh Fruit (VE) Milk (V)</div>	<div>Grilled Cheese Sandwich (V)</div> <div>Seasoned Wedge Fries (VE)</div> <div>Fresh Fruit (VE) Milk (V)</div>	<div>Hamburgers & Cheeseburgers</div> <div>Baked Sweet Potato Waffle Fries (VE)</div> <div>Fresh Fruit (VE) Milk (V)</div>	<div>Baked Mozzarella Sticks (V) Marinara Sauce (VE)</div> <div>Crispy Broccoli (V)</div> <div>Fresh Fruit (VE) Milk (V)</div>

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, Grapes, Plums, Honeydew, and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2022: Food Court Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
<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>
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
National School Lunch Week: Peace, Love and School Lunch				
<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>Fresh Broccoli and Cauliflower Florets (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>
17	18	19	20	21
<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 (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>Three Bean Chili (VE) served with Rice (VE)</div> <div>Confetti Corn (VE)</div> <div>Crispy Tortillas (VE) Served with Salsa (VE)</div>
24	25	26	27	28
<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>
Halloween 31				
<div>Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun</div> <div>Superhero Spinach</div>			<div>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</div>	
<div>Monday</div> <div>• Pizza (V)</div> <div>•Seasoned Wedge Fries (VE)</div> <div>• Baked Mozzarella Sticks</div> <div>• Southwest Burrito</div> <div>• Grab and Go Salads (V)</div> <div>• Peanut Butter & Jelly* (VE)</div> <div>• Hummus Grab & Go (V)</div> <div>• Hot or Cold Cheese Sandwich (V)</div> <div>• Assorted Vegetarian Wraps (V)</div>	<div>Tuesday</div> <div>• Pizza</div> <div>•Seasoned Wedge Fries (VE)</div> <div>• Baked Mozzarella Sticks</div> <div>• Chicken Tenders</div> <div>• Southwest Burrito</div> <div>• Grab and Go Salads</div> <div>• Peanut Butter & Jelly* (VE)</div> <div>• Hummus Grab & Go (V)</div> <div>• Hot or Cold Cheese Sandwich (V)</div> <div>• Tuna Sandwich</div> <div>• Assorted Wraps and Sandwiches (V)</div>	<div>Wednesday</div> <div>• Pizza</div> <div>•Seasoned Wedge Fries (VE)</div> <div>• Baked Mozzarella Sticks</div> <div>• Chicken Tenders</div> <div>• Southwest Burrito</div> <div>• Grab and Go Salads</div> <div>• Peanut Butter & Jelly* (VE)</div> <div>• Hummus Grab & Go (V)</div> <div>• Hot or Cold Cheese Sandwich (V)</div> <div>• Tuna Sandwich</div> <div>• Assorted Wraps and Sandwiches (V)</div>	<div>Thursday</div> <div>• Pizza</div> <div>•Seasoned Wedge Fries (VE)</div> <div>• Baked Mozzarella Sticks</div> <div>• Chicken Tenders</div> <div>• Southwest Burrito</div> <div>• Grab and Go Salads</div> <div>• Peanut Butter & Jelly* (VE)</div> <div>• Hummus Grab & Go (V)</div> <div>• Hot or Cold Cheese Sandwich (V)</div> <div>• Tuna Sandwich</div> <div>• Assorted Wraps and Sandwiches (V)</div>	<div>Friday</div> <div>• Peanut Butter & Jelly* (VE)</div> <div>• Hummus Lunch Pack (VE)</div> <div>• Assorted Vegan Wraps (VE)</div> <div>• Hot or Cold Cheese Sandwich (V)</div> <div>• Southwest Burrito (V)</div> <div>•Seasoned Wedge Fries (VE)</div> <div>• Grab and Go Salads (VE)</div>
<div><div><div><div>Cold Cereal Choices</div><div>Shredded Wheat</div><div>Multi-Grain Oats (VE)</div><div>Toasted Oats (VE)</div><div>Oat Circles (VE)</div><div>Cinnamon Flakes (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><div>Daily Breakfast Offerings</div><div>Yogurt</div><div>Granola</div><div>Craisins</div><div>Raisins</div></div><div><div>Seasonal Fresh Fruit</div><div>Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries</div></div><div><div>Milk*</div><div>1% Low-fat</div><div>Fat Free</div><div>Fat Free Chocolate</div><div>Assorted Condiments</div><div>Dipping Sauces and Dressings are Available Daily</div></div><div><div>OFNS has an extensive Prohibitive Ingredients List available at:</div><div></div></div></div> <div>*Alternative options are available upon request</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>NYC</div><div>Department of Education</div></div><div><div>O.F.N.S.</div><div>Office of Food & Nutrition Services</div></div><div><div>IFood</div><div>ALLIANCE</div></div></div> <div>Menu subject to change. Our menus are pork free.</div>				



OCTOBER 2022: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
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 (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
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 (VE)
17	18	19	20	21
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 (VE)
24	25	26	27	28
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 (VE)
Halloween 31				
Blueberry Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

Milk*
Whole Milk
*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries

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

OFFERED DAILY

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

Options may vary by location

Assorted Yogurts

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.



OCTOBER 2022: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Personal Pizza (V) Steamed Seasoned Broccoli (V)	Chicken Quesadilla Fiesta Black Beans (VE)	Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE)	Steamed Chicken Dumplings Brown Rice (VE) Steamed Green Beans (VE)	White Bean and Pasta Primavera (VE) Homemade Grilled Cheese (V) Roasted Fresh Tomatoes (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14

National School Lunch Week: Peace, Love and School Lunch

Classic Cheese Pizza (V) Superhero Spinach (VE)	Crispy Chicken Sandwich Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V)	Mozzarella Sticks (V) with marinara sauce (VE) Steamed Broccoli and Cauliflower (V)	Veggie Nuggets (VE) With Dipping Sauce Steamed Carrot Coins (VE)	Stewed Black Beans (VE) and Small Diced Plantains (VE) Brown Rice (VE) Homemade Grilled Cheese (V)
17	18	19	20	21
French Bread Pizza (V) Italian Green Beans (VE)	Baked Chicken Tenders with Dipping Sauce Sweet Potato Waffle Fries (VE)	Manicotti (V) with marinara sauce (VE) Superhero Spinach (VE) Dinner Roll (V)	Hamburger, Cheeseburger or Veggie Burger (VE) Whole Wheat Bun Seasoned Wedge Fries (VE)	Three Bean Chili (VE) served with Rice (VE) Homemade Grilled Cheese (V) Zucchini Squash (V)
24	25	26	27	28
Personal Pizza (V) Steamed Seasoned Broccoli (V)	Chicken Quesadilla Fiesta Black Beans (VE)	Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE)	Steamed Chicken Dumplings Brown Rice (VE) Steamed Green Beans (VE)	White Bean and Pasta Primavera (VE) Homemade Grilled Cheese (V) Roasted Fresh Tomatoes (VE)
Halloween 31				
Classic Cheese Pizza (V) Superhero Spinach (VE)			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED 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

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, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, 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



OCTOBER 2022: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Assorted Cheese Stick (V) Apple Sauce (VE)	Fresh Banana (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	New York Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
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 (VE) Hummus Cup (VE)
17	18	19	20	21
Assorted Cheese Stick (V) Apple Sauce (VE)	Fresh Banana (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	New York Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
24	25	26	27	28
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 (VE) Hummus Cup (VE)
Halloween 31				
Assorted Cheese Stick (V) Apple Sauce (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

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