

OCTOBER	2022-	Pro-K	. 2 Bros	kfact	Manu
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## Wednesday Tursday Trusday Tom Nippur S 6 7 7 7 7 7 7 7 7 7		OCTOBER 202	22: Pre-K - 8 B	reaktast menu	
Zuechini Carrot Braakfast Bread (V) New York Yogurt Choles (V) Hot Ostmail (V) Seasonal Fresh Peaches (VE) Mini Bluoborry Waffles (V) Waffles (V) Waffles (V) Waffles (V) Macazerila Cheese Sisk (V) Fresh Honsydew (VE) Fresh Honsydew (VE) Massonal Fresh Pruit (VE) Massonal Fresh Pruit (VE) Massonal Fresh Pruit (VE) Assonal Fresh Pruit (VE) Tasty Waffles (V) Fresh Paars (VE) Apple Cinnamon Braskfast Bread (V) Chedder Cheese Sisk (V) Fresh Paars (VE) Fresh Paars (VE) Fresh Paars (VE) Fresh Paars (VE) Fresh Paars (VE) Fresh Honsydew (VE) Turkey Sausage on Croissant Hot Oatmeal (V) Fresh Paars (VE) Fresh Paars (VE) Fresh Honsydew (VE) Fresh Honsydew (VE) Assonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Assonal Fresh Bananas (VE) Fresh Honsydew (VE) Assonal Fresh Bananas (VE) Fresh Honsydew (VE) Assonal Fresh Fruit (VE) Fresh Honsydew (VE) Assonal Fresh Fruit (VE) Assonal Fresh Fruit (VE) Assonal Fresh Fruit (VE) Assonal Fresh Fruit (VE) Fresh Paars (VE) Fresh Honsydew (VE) Assonal Fresh Paars (VE) Fresh Honsydew (VE) Assonal Fresh Paars (VE) Fresh Honsydew (VE) Assonal Fresh Paars (VE) Fresh Honsydew (VE) Fresh Honsydew (VE) Assonal Fresh Paars (VE) Fresh Honsydew (VE) Fresh Honsy	Monday	Tuesday	Wednesday	Thursday	Friday
Banana Muffin (V) New York Yogurt Choice (V) Hot Qalmeal (V) Fresh Peaches (VE) Fresh Honeydew (VE) Fresh Apples (VE) Fresh Apples (VE) Seasonal Fresh Fruit (VE)					
New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) 17 18 18 19 20 21 Sweet Potato Oatmeal Murffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Berries (VE) Seasonal Fresh Berries (VE) 18 19 20 21 Turkey Sausage on English Murffin Fresh Apples (VE) Fresh Apples (VE) Fresh Bagoles (VE) Fresh Bananas (VE) Seasonal Fresh Fruit (VE) Assorted Fresh Bananas (VE) Seasonal Fresh Fruit (VE) Assorted Fresh Bananas (VE) Fresh Bananas	Zucchini Carrot Breakfast Bread (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Italian Heritage Indigenous Peoples Day 10 Assorted Fresh Bagel Sticks (VE) served with	Mini Blueberry Waffles (V) Fresh Peaches (VE)	Yom Kippur 5 Banana Muffin (V) Mozzarella Cheese Stick (V) Fresh Honeydew (VE) 12 Apple Cinnamon	Buttermilk Pancakes (V) Turkey Sausage Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) 17 18 19 20 21 Sweet Potato Oatmeal Murffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Seasonal Fresh Fruit (VE) Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Pruit (VE) Banana Murffin (V) Morzarella Cheese Stick (V) Morzarella Cheese Stick (V) Morzarella Cheese Stick (V) Fresh Apples (VE) Fresh Bananas (VE) Fresh Bananas (VE) Fresh Plums (VE) Banana Murffin (V) Morzarella Cheese Stick (V) Fresh Apples (VE) Fresh Apples (VE) Fresh Apples (VE) Fresh Bananas (VE) Fresh Bananas (VE) Fresh Plums (VE) Banana Murffin (V) Morzarella Cheese Stick (V) Fresh Apples (VE) Fresh Apples (VE) Fresh Apples (VE) Fresh Plums	Cream Cheese (V) & Jelly (VE)	Tasty Waffles (V)	Breakfast Bread (V)	<u> </u>	Fresh Bagels (VE)
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Zucchini Carrot Breakfast Bread (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Assorted Fresh Plums (VE) Banana Muffin (V) Mozzarella Cheese Stick (V) Fresh Oranges (VE) Fresh Oranges (VE) Fresh Apples (VE) Fresh Apples (VE) Fresh Apples (VE) Fresh Pears (VE) Fresh Pears (VE) Fresh New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Fresh New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Buttermilk Pancakes (V) Turkey Sausage Fresh Apples (VE) Fresh Apples (VE) Fresh Apples (VE) Fresh Pears (VE) Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) French Toast (VE)	24	25	26	27	28
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Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE) Bagel Assortment Cinnamon Raisin (VE) Plain (VE) French Toast (VE) Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) French Toast (VE)	. Idiio Wooii 01			6	
	Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V)			CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS	Bagel Assortment Cinnamon Raisin (VE) Plain (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, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries

OFNS has an extensive **Prohibitive Ingredients List**



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: High School Breakfast Menu

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

Milk* **Breakfast After the Bell** 1% Low-fat **Grab and Go Fat Free Fat Free Chocolate**

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**



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



*Alternative options are

available upon request





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 HIGHLIGHED IN GREEN	
		OFFERED DAILY		OFNS has an extensive

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**

Prohibitive Ingredients List



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: Pre-K - 8 Vegetarian Breakfast Menu

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

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**



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: Puree Breakfast Menu

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

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

*Alternative options are available upon request

Seasonal Fresh Fruit

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

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Options may vary by location

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

Assorted Yogurts

Alternate Fruit Peaches, Pineapples Pears, Applesauce

OFNS has an extensive **Prohibitive Ingredients List**



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

ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• 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
			Chicken Dumplings with	
		Turkey Burger	Veggie Ginger Soy Rice (VE)	White Bean and Pasta
	Chicken Quesadilla	Whole Wheat Bun	Grab and Go Salad	Primavera (VE)
Personal Pizza (V)	Quesauma	Fish and Cheese	Seasoned Fresh	Roasted Fresh
Crispy Broccoli (V)	Fiesta Black Beans (VE)	Sandwich Whole Wheat Bun	Green Beans (V)	Tomatoes (VE)
chiepy Eroccon (t)	Salsa (VE)	Seasoned Wedge Fries (VE)	Fresh Apples (VE)	Homemade
	ca.ca (c 2)		New York Cookie Treat (V)	Grilled Cheese (V)
Salad Bar Italian Classico	Salad Bar	Salad Bar Pickles, Lettuce	Salad Bar	Salad Bar
Salad (VE)	Kid Friendly Kale (V)	and Tomato (VE)	Asian Slaw (V)	Greek Zucchini Salad (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
National	School Lunch	Week: Peace,	Love and Scho	ol Lunch
	Crispy Chicken Sandwich			Black Bean
	Whole Wheat Bun	Mozzarella Sticks (V)	Roasted Chicken Thigh	and Plantain
Classic Cheese	Grab and Go Salad	with marinara sauce (VE)	Slow Roasted	Power Bowl (VE) with Vegetable Rice (VE)
Pizza (V)	Roasted Chickpeas With	Fresh Broccoli and Cauliflower Florets (VE)	Baby Carrots (V)	and Pico de Gallo (VE)
Superhero Spinach (VE)	Basil Pesto (V)	Garlic Knot (V)	Dinner Roll (VE)	Southwest Burrito (V)
, , , , , , , , , , , , , , , , , , ,	Seasoned Wedge Fries (VE)		Apple Bake (VE)	Green Garden Salad (VE)
Colod Dev	Salad Bar	Calad Day	Salad Bar	Salad Bar
Salad Bar Caesar Salad (VE)	Pickles, Lettuce and Tomato (VE)	Salad Bar Veggie Dippers (VE)	Blueberry Spinach Salad (VE)	Fresh Cilantro Healthy Cole Slaw (V)
17	18	19	20	21
	Crispy			
	Chicken Tenders With Dipping Sauce	Hamburgers	Roasted Chicken Drumsticks	Three Bean Chili (VE) served with Rice (VE)
French Bread Pizza (V)	Grab and Go Salad	Cheeseburgers or	Baked Beans (VE)	Veggie Nuggets (VE)
• •		Veggie Burger (VE) Whole Wheat Bun		Confetti Corn (VE)
Italian Green Beans (VE)	Sweet Potato Waffle Fries (VE)		Green Garden Salad (VE)	
	Garlic Knot (V)	Seasoned Wedge Fries (VE)	Buttermilk Biscuit (V)	Crispy Tortillas (VE) Served with Salsa (VE)
Salad Bar	Salad Bar	Salad Bar	New York Apples Slices (VE)	Salad Bar
Fresh Marinated Vegetable Salad (VE)	Celery and Apple Salad (V)	Pickles, Lettuce and Tomato (VE)	Salad Bar Broccoli Salad (V)	Carrot Raisin Salad (V)
24		26	27	28
		Turkov Burgor	Chicken Dumplings	
		Turkey Burger Whole Wheat Bun	with Veggie Ginger Soy Rice (VE)	White Bean and Pasta Primavera (VE)
Personal Pizza (V)	Chicken Quesadilla	Fish and Cheese	Grab and Go Salad	Roasted Fresh
2. 2	Fiesta Black Beans (VE)	Sandwich		Tomatoes (VE)
Crispy Broccoli (V)		Whole Wheat Bun	Seasoned Fresh Green Beans (V)	Homemade
	Salsa (VE)	Seasoned Wedge Fries (VE)	Fresh Apples (VE)	Grilled Cheese (V)
Salad Bar Italian Classico	Salad Bar	Salad Bar Pickles, Lettuce	Salad Bar	Salad Bar
Salad (VE)	Kid Friendly Kale (V)	and Tomato (VE)	Asian Slaw (V)	Greek Zucchini Salad (VE)
Halloween 31				
Classic Cheese			9	
Pizza (V)				
Superhero Spinach (VE)			VEW 10	
New York Cookie Treat (V)			CELEBRATING	
			LOCALLY SOURCED & PRODUCED FOOD	
Salad Bar Veggie Dippers (VE)			ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
<u>Monday</u>	Tuesday	Wednesday	Thursday	Friday
Peanut Butter & Jelly* (VE) Hummus Grab & Go (V)	Peanut Butter & Jelly* (VE) Hummus Grab & Go (V)	Peanut Butter & Jelly* (VE) Hummus Grab & Go (V)	Peanut Butter & Jelly* (VE) Hummus Grab & Go (V)	Peanut Butter & Jelly* (VE) Hummus Lunch Pack (V) Output Ou
 Hot or Cold Cheese Sandwich (V) 	Assorted Vegan Wraps (VE) Hot or Cold Cheese			
 Assorted Vegetarian Wraps (V) 	Tuna Sandwich	Tuna Sandwich	Tuna Sandwich	Sandwich (V) • Southwest Burrito (V)
		OFFERED DAILY		OFNS has an extensive
Milk*			Seasonal Fresh Fruit	Prohibitive Ingredients List available at:
1% Low-fat Fat Free	OFNS Menus Support Seasonal Fresh Fruit and		Apples, Apple Slices,	
Fat Free Chocolate	Vegetables when available	Assorted Dressings	Bananas, Grapefruit,	
*Alternative options are			Oranges, Pears, Grapes, Plums, Honeydew, and	
available upon request			Strawberries	

- 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









ОСТО	DBER 2022: Pr	e-K - 8 Expres	s 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 S	School Lunch	Week: Peace.	Love and Scho	ool 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 HIGHLIGHED IN GREEN	
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Friday • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Cheese Sandwich (V)
		OFFERED DAILY		OFNS has an extensive
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	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











ОСТ	OBER 2022: P	re-K - 8 Expres	s Hot Lunch M	lenu
Monday	Tuesday	Wednesday	Thursday	Friday
Wioriday	1 uesuay	Yom Kippur 5		1 Huay
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 5	School Lunch	Week: Peace.	Love and Scho	ol 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)		OF THE WYON	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Friday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)
		OFFERED DAILY		OFNO I
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	OFNS has an extensive Prohibitive Ingredients List available at:



• 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











	OBER 2022. I	TC-IX - 0 Veget	arian Lunch Mo	
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	
Personal Pizza (V)	Vegetarian Quesadilla (V) served with Salsa (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh	Zucchini Parmesan Hero (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
Crispy Broccoli (V)	Grab and Go Salad	Green Beans (V)	Seasoned Wedge Fries (VE)	Homemade
Salad Bar	Fiesta Black Beans (VE)	Warm Breadstick (V)	Fresh Apples (VE)	Grilled Cheese (V)
Italian Classico Salad (VE) Italian Heritage	Salad Bar Confetti Corn Salad (VE)	Salad Bar Kid Friendly Kale Salad (V)	Salad Bar Veggie Cup (VE)	Salad Bar Greek Zucchini Salad (VE)
Indigenous Peoples Day 10	11	12	13	
National S	School Lunch	Week: Peace, I	Love and Scho	ol Lunch
Classic Cheese Pizza (V)	Zesty Chickpea Stew (VE)	Mozzarella Sticks (V) with Marinara Sauce (VE) Garlic Knot (V)	Red White and Green Panini (V)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE)
	Grab and Go Salad	Fresh Broccoli and	Seasoned Wedge Fries (VE)	and Pico de Gallo (VE)
White Bean Salad (VE)	Superhero Spinach (VE)	Cauliflower Florets (VE)	Slow Roasted Baby Carrots (V)	Homemade Grilled Cheese (V)
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar Fresh Cilantro Healthy
Veggie Dippers (VE)	Blueberry Spinach Salad (V)	Caesar Salad (V)	Italian Classico Salad (VE)	Cole Slaw (V)
French Bread Pizza (V)	Veggie Nuggets (VE) With Dipping Sauce Grab and Go Salad	Mediteranean Chickpea with Pasta (VE)	Veggie Burger (VE) Veggie Cheeseburger(V) Whole Wheat Bun	Three Bean Chili (VE) served with Rice (VE) Confetti Corn (VE)
Roasted Chickpeas With	Sweet Potato	` '	Seasoned Wedge Fries (VE)	Crispy Tortillas (VE) Served with Salsa (VE)
Basil Pesto (V)	Waffle Fries (VE) Garlic Knot (V)	Italian Green Beans (VE) Green Garden Salad (VE)	New York Apples Slices (VE)	Homemade Grilled Cheese (V)
Salad Bar	Salad Bar		Salad Bar	Salad Bar
Fresh Marinated Vegetable Salad (VE)	Celery and Apple Salad (V)	Salad Bar Broccoli Salad (VE)	Pickles, Lettuce and Tomato (VE)	Carrot Raisin Salad (V)
24	25	26	27	Guida (1)
Personal Pizza (V) Crispy Broccoli (V)	Vegetarian Quesadilla (V) served with Salsa (VE) Grab and Go Salad Fiesta Black Beans (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (V) Warm Breadstick (V)	Zucchini Parmesan Hero (V) Seasoned Wedge Fries (VE) Fresh Apples (VE)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V)
	` ,	,	Fresh Apples (VL)	Grilled Crieese (V)
Salad Bar Italian Classico	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Salad (VE) Halloween 31	Confetti Corn Salad (VE)	Kid Friendly Kale Salad (V)	Veggie Cup (VE)	Greek Zucchini Salad (VE)
Classic Cheese Pizza (V) Superhero Spinach (VE) Salad Bar Veggie Dippers (VE)		OF TOP OF THE PARTY OF THE PART	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
Monday • Peanut Butter & Jelly* (VE)	Tuesday • Peanut Butter & Jelly* (VE)	Wednesday • Peanut Butter & Jelly* (VE)	Thursday • Peanut Butter & Jelly* (VE)	Friday • Peanut Butter & Jelly* (VE
 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Assorted Vegetarian Wraps (V) 	Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Chickpea Wrap (V)	Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Chickpea Wrap (V)	Heanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) Chickpea Wrap (V)	Peanut Butter & Jelly* (VE Hummus Lunch Pack (VE Assorted Vegan Wraps (VI
		OFFERED DAILY		OFNS has an extensive
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	Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries	Prohibitive Ingredients Lis available at:

• 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: Puree Lu	unch 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) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (V) Fruit Offering Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) Fruit Offering Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) Fruit Offering Bananas (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
National	School Lunch	Week: Peace, I	_ove and Scho	ol Lunch
Fish & Cheese Sandwich Broccoli With Garlic & Oil (V)	Crispy Chicken Sandwich Sweet Plantains (V)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE)	Manicotti (V) Marinated White Beans (VE)

Braised Tuna with Tomato Sauce	

Fruit Offering

Flavored Apple Sauce (VE)

17

Fruit Offering Flavored Apple Sauce (VE)

18

25

Fruit Offering

Pears (VE)

Sweet Plantains (V)

Fruit Offering

Fruit Offering Peaches (VE)

19

26

Roasted Cauliflower (VE)

Fruit Offering Apple Sauce (VE)

20

27

Fruit Offering Bananas (VE)

Broccoli With Garlic & Oil (V)

Soft Roll (VE)

Crispy Chicken Sandwich

Pears (VE)

100% Beef Hamburgers & Cheeseburgers

Puree Carrots (VE)

Fruit Offering Peaches (VE)

Ranch Chicken Tenders

Soft Cooked Penne (VE)

Roasted Cauliflower (VE)

Fruit Offering Apple Sauce (VE)

Manicotti (V)

21

28

Marinated White Beans (VE)

Fruit Offering Bananas (VE)

Fish & Cheese Sandwich

Broccoli With Garlic & Oil (V)

Fruit Offering Flavored Apple Sauce (VE)

Crispy Chicken Sandwich

Sweet Plantains (V)

Fruit Offering Pears (VE)

100% Beef Hamburgers & Cheeseburgers

Puree Carrots (VE)

Fruit Offering Peaches (VE)

Italian Chicken Tenders

Soft Cooked Penne (VE)

Roasted Cauliflower (VE)

Fruit Offering Apple Sauce (VE)

Manicotti (V)

Marinated White Beans (VE)

Fruit Offering Bananas (VE)

Halloween

Braised Tuna with Tomato Sauce

Broccoli With Garlic & Oil (V)

Soft Roll (VE)

Fruit Offering Flavored Apple Sauce (VE)



WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD **ALL NEW YORK ITEMS** ARE HIGHLIGHED IN GREEN

Daily Lunch Specials

Hummus and Soft Roll (VE)

8 oz. Yogurt (V)

• Tuna

Options may vary by location

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian (VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, 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		
Personal Pizza (V)	Chicken Quesadilla Fiesta Black Beans (VE)	Turkey Burger Whole Wheat Bun Fish and Cheese Sandwich	Chicken Dumplings with Veggie Ginger Soy Rice (VE) Grab and Go Salad	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
Crispy Broccoli (V)	Salsa (VE)	Whole Wheat Bun Seasoned Wedge Fries (VE)	Seasoned Fresh Green Beans (V) Fresh Apples (VE)	Homemade Grilled Cheese (V)
Salad Bar Italian Classico Salad (VE)	<i>Salad Bar</i> Kid Friendly Kale (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Asian Slaw (V)	Salad Bar Greek Zucchini Salad (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
National S	School Lunch	Week: Peace, I	Love and Scho	ool Lunch
Classic Cheese Pizza (V)	Crispy Chicken Sandwich Whole Wheat Bun Grab and Go Salad	Mozzarella Sticks (V) with marinara sauce (VE) Fresh Broccoli and	Roasted Chicken Thigh Slow Roasted Baby Carrots (V)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)
Superhero Spinach (VE)	Roasted Chickpeas With Basil Pesto (V) Seasoned Wedge Fries (VE)	Cauliflower Florets (VE) Garlic Knot (V)	Dinner Roll (VE) Apple Bake (VE)	Southwest Burrito (V) Green Garden Salad (VE)
<i>Salad Bar</i> Caesar Salad (VE)	Salad Bar Pickles, Lettuce and Tomato (VE)	<i>Salad Bar</i> Veggie Dippers (VE)	Salad Bar Blueberry Spinach Salad (VE)	Salad Bar Fresh Cilantro Healthy Cole Slaw (V)
French Bread Pizza (V)	Crispy Chicken Tenders With Dipping Sauce Grab and Go Salad	Hamburgers Cheeseburgers or Veggie Burger (VE)	Roasted Chicken Drumsticks Baked Beans (VE)	Three Bean Chili (VE) served with Rice (VE) Veggie Nuggets (VE)
Italian Green Beans (VE)	Sweet Potato Waffle Fries (VE) Garlic Knot (V)	Whole Wheat Bun Seasoned Wedge Fries (VE)	Green Garden Salad (VE) Buttermilk Biscuit (V)	Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
Salad Bar Fresh Marinated Vegetable Salad (VE)	Salad Bar Celery and Apple Salad (V) 25	Salad Bar Pickles, Lettuce and Tomato (VE)	New York Apples Slices (VE) Salad Bar Broccoli Salad (V)	Salad Bar Carrot Raisin Salad (VE)
Personal Pizza (V) Crispy Broccoli (V) Salad Bar Italian Classico	Chicken Quesadilla Fiesta Black Beans (VE) Salsa (VE) Salad Bar	Turkey Burger Whole Wheat Bun Fish and Cheese Sandwich Whole Wheat Bun Seasoned Wedge Fries (VE) Salad Bar Pickles, Lettuce	Chicken Dumplings with Veggie Ginger Soy Rice (VE) Grab and Go Salad Seasoned Fresh Green Beans (V) Fresh Apples (VE) Salad Bar	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V)
Salad (VE)	Kid Friendly Kale (V)	and Tomato (VE)	Asian Slaw (V)	Greek Zucchini Salad (VE)
Classic Cheese Pizza (V) Superhero Spinach (VE) New York Cookie Treat (V) Salad Bar Veggie Dippers (VE) Monday	Tuesday	Wednesday	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN 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)
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	OFFERED DAILY 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: High School Lunch Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
3					
Personal Pizza (V)	Chicken Quesadilla	Turkey Burger Whole Wheat Bun Fish and Cheese Sandwich	Chicken Dumplings with Veggie Ginger Soy Rice (VE)	White Bean and Pasta Primavera (VE)	
Orienza Branco II (10)	Fiesta Black Beans (VE)	Whole Wheat Bun Grab and Go Salad	Grab and Go Salad Seasoned Fresh	Roasted Fresh Tomatoes (VE)	
Crispy Broccoli (V)	Salsa (VE)	Seasoned Wedge Fries (VE)	Green Beans (V) Fresh Apples (VE)	Homemade Grilled Cheese (V)	
Salad Bar Italian Classico Salad (VE)	Salad Bar Kid Friendly Kale (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Asian Slaw (V)	Salad Bar Greek Zucchini Salad (VE)	
Italian Heritage Indigenous Peoples Day 10	11	12	13	14	
National :	School Lunch	Week: Peace,	Love and Scho	ool Lunch	
Classic Cheese Pizza (V)	Crispy Chicken Sandwich Whole Wheat Bun Grab and Go Salad Roasted Chickpeas With	Mozzarella Sticks (V) with marinara sauce (VE) Fresh Broccoli and Cauliflower Florets (VE)	Roasted Chicken Thigh Grab and Go Salad Slow Roasted Baby Carrots (V)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)	
Superhero Spinach (VE)	Basil Pesto (V)	Garlic Knot (V)	Dinner Roll (VE)	Southwest Burrito (V)	
,	Seasoned Wedge Fries (VE)		Apple Bake (VE)	Green Garden Salad (VE)	
Salad Bar Caesar Salad (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Veggie Dippers (VE)	Salad Bar Blueberry Spinach Salad (VE)	Salad Bar Fresh Cilantro Healthy Cole Slaw (V)	
17 French Bread	Crispy Chicken Tenders With Dipping Sauce	Hamburgers Cheeseburgers or Veggie Burger (VE)	Roasted Chicken Drumsticks	Three Bean Chili (VE) served with Rice (VE)	
Pizza (V)	Grab and Go Salad	Whole Wheat Bun	Baked Beans (VE)	Veggie Nuggets (VE)	
Italian Green Beans (VE)	Sweet Potato Waffle Fries (VE)	Grab and Go Salad	Green Garden Salad (VE)	Confetti Corn (VE) Crispy Tortillas (VE)	
	Garlic Knot (V)	Seasoned Wedge Fries (VE)	Buttermilk Biscuit (V) New York Apples Slices (VE)	Served with Salsa (VE)	
Salad Bar Fresh Marinated Vegetable Salad (VE)	Salad Bar Celery and Apple Salad (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Broccoli Salad (V)	Salad Bar Carrot Raisin Salad (VE)	
24	25	26	27	28	
Personal Pizza (V)	Chicken Quesadilla	Turkey Burger Whole Wheat Bun Fish and Cheese Sandwich Whole Wheat Bun	Chicken Dumplings with Veggie Ginger Soy Rice (VE) Grab and Go Salad	White Bean and Pasta Primavera (VE) Roasted Fresh	
Crispy Broccoli (V)	Fiesta Black Beans (VE)	Grab and Go Salad	Seasoned Fresh Green Beans (V)	Tomatoes (VE) Homemade	
	Salsa (VE)	Seasoned Wedge Fries (VE)	Fresh Apples (VE)	Grilled Cheese (V)	
Salad Bar Italian Classico Salad (VE)	Salad Bar Kid Friendly Kale (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Asian Slaw (V)	Salad Bar Greek Zucchini Salad (VE)	
Halloween 31					
Classic Cheese Pizza (V) Superhero Spinach (VE) New York Cookie Treat (V) Salad Bar Veggie Dippers (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		
Veggie Dippers (VE) Monday Posput Butter & Jolly* (VE)	Tuesday	Wednesday	Thursday Posput Butter & Jolly* (VE)	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		OFNS has an extensive	
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	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











OCTOBER 2022: High School Express Cold Lunch Menu

		Colloci Expire	ess Cold Lulici	I WICHA
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	11	12	13	14
Indigenous Peoples Day 10	School Lunch	Week: Peace.	Love and Scho	ol 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) Monday • Peanut Butter & Jelly* (VE)	Tuesday • Peanut Butter & Jelly* (VE)	Wednesday • Peanut Butter & Jelly* (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN Thursday • Peanut Butter & Jelly* (VE)	Friday • Peanut Butter & Jelly* (VE)
Hummus Grab & Go (V) Cheese Sandwich (V) Assorted Vegetarian Wraps (V)	Hummus Grab & Go (V) Cheese Sandwich (V) Tuna Sandwich Chickpea Wrap (V)	Hummus Grab & Go (V) Cheese Sandwich (V) Tuna Sandwich Chickpea Wrap (V) OFFERED DAILY	Hummus Grab & Go (V) Cheese Sandwich (V) Tuna Sandwich Chickpea Wrap (V)	Hummus Lunch Pack (VE) Assorted Vegan Wraps (VE) Cheese Sandwich (V)
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	OFFERED DAILY 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:

Strawberries

• 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



available upon request







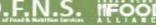


		,			
OCTOBER 2022: High School Express Hot Lunch Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4				
Pizza Bagel (V) Crispy Broccoli (V)	Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE)	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (V)	Chicken Dumplings with Veggie Ginger 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	11	12	13		
ndigenous Peoples Day 10					
National	School Lunch	Week: Peace, I	Love and Scho	ol Lunch	
Pizza Bagel (V) Superhero Spinach (VE)	Crispy Chicken Sandwich Whole Wheat Bun Roasted Chickpeas With Basil Pesto (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Fresh Broccoli and Cauliflower (VE)	Roasted Chicken Thigh Slow Roasted Baby Carrots (V) Dinner Roll (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE)	
	Seasoned Wedge Fries (VE)	Garlic Knot (V)	Apple Bake (VE)		
17				Southwest Burrito (V)	
17	18	19	20		
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		
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)		OF THE WYON	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna 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 (VI Hot or Cold Cheese Sandwich (V) Southwest Burrito (V)	
		OFFERED DAILY		OFNS has an extensive	
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	Prohibitive Ingredients Lis available at:	
				ESTE MENACIPAL	
		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







OCTOBER 2022: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3		Yom Kippur 5		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 HIGHLIGHED IN GREEN	

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

*Alternative options are available upon request

Seasonal Fresh Fruit and Vegetables when available

All Fruit Offerings are 1 cup

OFNS has an extensive **Prohibitive Ingredients List**



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





OFNS Menus Support



OCTOBER 2022: After School Cold Menu

Manday	OCTOBER 2022. After School Cold Wellu					
Monday	Tuesday	Wednesday	Thursday	Friday		
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)		OFFERED DAIL V	CELEBRATING LOCALLY SOURCED &	Daily Supper Specials Peanut Butter & Jelly* (VE) Cheese Sandwich (V) Hummus and Pretzels Grab & Go (VE) Options may vary by location		

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

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

OFNS has an extensive **Prohibitive Ingredients List** available at:



- 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)		OF THE WYOR	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Daily Supper Specials Peanut Butter & Jelly* (VE) Hot or Cold Cheese Sandwich (V) Hummus and Pretzels Grab & Go (VE) Options may vary by location

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

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

OFNS has an extensive **Prohibitive Ingredients List** available at:



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

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

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

OFNS has an extensive **Prohibitive Ingredients List**



ATTENTION:

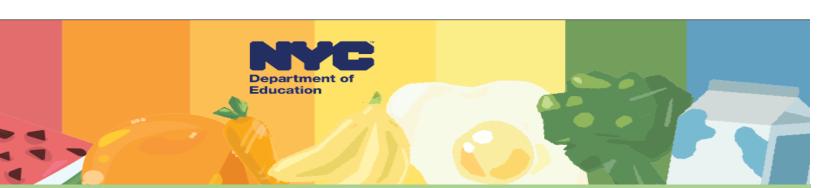
• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• 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) Milk (V)	Cinnamon Burst Pancakes (V) Milk (V)	Honey Corn Breakfast Muffin Bread (V) Milk (V)	Mini Blueberry Waffles (V) Milk (V)	Cinnamon Burst Pancakes (V) Milk (V)

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

(V) Indicates Vegetarian (VE) Indicates Vegan

*Alternative options are available upon request

Seasonal Fresh Fruit

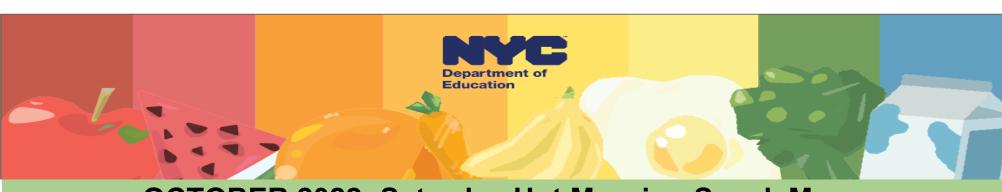
Apples, Apple Slices, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries

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

*Alternative options are available upon request

Seasonal Fresh Fruit

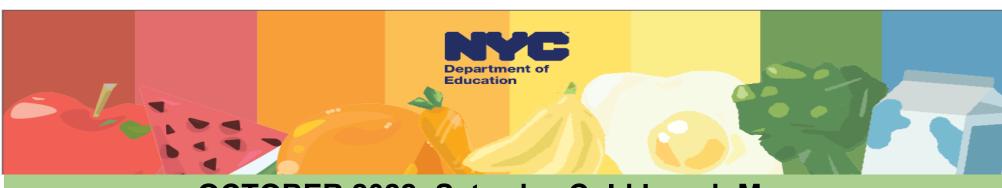
Apples, Apple Slices, **Grapefruit, Oranges, Pears,** Grapes, Plums, Honeydew, and Strawberries

OFNS has an extensive **Prohibitive Ingredients List**









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)

OFFERED DAILY

Assorted Dressings

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

*Alternative options are available upon request

(V) Indicates Vegetarian (VE) Indicates Vegan

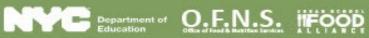
Seasonal Fresh Fruit

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

OFNS has an extensive **Prohibitive Ingredients List**









OCTOBER 2022: Saturday Hot Lunch Menu

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

OFFERED DAILY

Assorted Dressings

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

*Alternative options are available upon request (V) Indicates Vegetarian(VE) Indicates Vegan

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

Seasonal Fresh Fruit

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	
Manicotti (V) with Marinara Sauce (VE) Crisypy Broccoli (V) Garlic Knot (V)	Chicken Quesadilla Fiesta Black Beans (VE) Salsa (VE)	Turkey Burger Whole Wheat Bun Street Style Corn (V)	Chicken Dumplings Seasoned Fresh Green Beans (V) Fresh Apples (VE)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)	
Italian Heritage Indigenous Peoples Day 10	11	12	13	14	
National	School Lunch	Week: Peace,	Love and Scho	ol Lunch	
Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Superhero Spinach (VE)	Spicy Chicken Sandwich Whole Wheat Bun Roasted Chickpea with Basil Pesto (V)	Fish and Cheese Sandwich Whole Wheat Bun Fresh Broccoli and Cauliflower Florets (VE)	Roasted Chicken Thigh Dinner Roll (VE) Slow Roasted Baby Carrots (V) Fresh Apples (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE)	
17	18	19	20	21	
Veggie Nuggets with Dipping Sauce Italian Green Beans (VE) Garlic Knot (V)	Crispy Chicken Sandwich Whole Wheat Bun Sweet Potato Wedge Fries (VE)	Roasted Chicken Drumstick Baked Beans (VE) Buttermilk Biscuit (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Green Garden Salad (VE) New York Apples Slices (VE)	Three Bean Chili (VE) served with Rice (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)	
24	25	26	27	28	
Manicotti (V) with Marinara Sauce (VE) Crisypy Broccoli (V) Garlic Knot (V)	Chicken Quesadilla Fiesta Black Beans (VE) Salsa (VE)	Turkey Burger Whole Wheat Bun Street Style Corn (V)	Chicken Dumplings Seasoned Fresh Green Beans (V) Fresh Apples (VE)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)	
Halloween 31					
Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Superhero Spinach			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		
Monday • 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)	Tuesday 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)	Wednesday 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)	Thursday • 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)	Friday 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)	
Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)	Daily Breakfast Offerings Yogurt Granola	Seasonal Fresh Fruit Apples, Apple Slices,	<u>Milk*</u> 1% Low-fat Fat Free	OFNS has an extensive Prohibitive Ingredients List available at:	

An Assortment of Bagel Hummus, Peanut Butter, Cream Cheeses and Jelly

Bagel Bar

Varieties & Spreads including

*Alternative options are

Craisins

Raisins

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

Fat Free **Fat Free Chocolate**

Assorted Condiments Dipping Sauces and Dressings are Available Daily



- 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: Infant - Toddler Breakfast Menu

	TOBLIC 2022.			
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)		OF THE WYOR	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED 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**



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	
	School Lunch	Week: Peace.	Love and Scho	ool 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 HIGHLIGHED IN GREEN	• Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (VE) • 4 oz. Yogurt (V) • Tuna Options may vary by location	
		OFFERED DAILY	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit.	OFNS has an extensive Prohibitive Ingredients List available at:	

Milk* **Whole Milk** *Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

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

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



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.

- 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	_	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 HIGHLIGHED 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**



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.

- 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



