




APRIL 2024: Breakfast Express Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
Easter Weekend 1		2		3		4		5	
Honey Corn Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)		Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)		Yogurt Choice (V) Assorted Granola (V) Seasonal Fresh Fruit (VE)		Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)		Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
8		9		Eid al Fitr 10		11		12	
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)		Banana Muffin (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)		Yogurt Choice (V) Assorted Granola (V) Seasonal Fresh Fruit (VE)		Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)		Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
15		16		17		18		19	
Frosted Mini Wheats Blueberry Granola (V) Plain or Strawberry Banana Apple Sauce (VE)		Blueberry Muffin (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)		Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)		Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)		Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
Spring Recess 22		Spring Recess 23		Spring Recess 24		Spring Recess 25		Spring Recess 26	
Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)		Honey Corn Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)		Yogurt Choice (V) Assorted Granola (V) Seasonal Fresh Fruit (VE)		Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)		Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)	
Spring Recess 29		Spring Recess 30							
Scooters (V) Blueberry Granola (V) Strawberry Banana Apple Sauce (VE)		Banana Muffin (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)				 WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			

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

Breakfast After the Bell Grab and Go

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


Options may vary by location

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

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

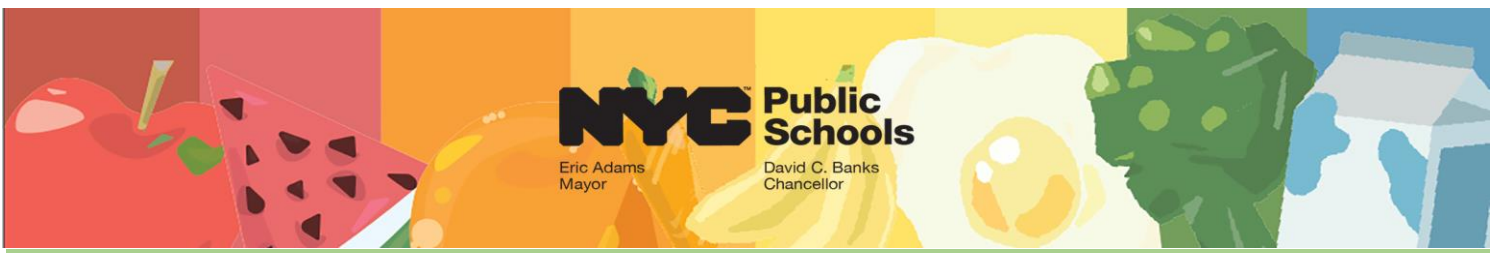
Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- 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



APRIL 2024: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Easter Weekend 1	2	3	4	5
<p style="text-align: center;">Pizza by the Slice (V)</p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center; color: purple;">Salad Bar Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;">Fiesta Quesadilla (V)</p> <p style="text-align: center;">Fiesta Black Beans (VE)</p> <p style="text-align: center;">Served with Salsa (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Leafy Green Salad Bar</p>	<p style="text-align: center; color: red;">Plastic Free Lunch Day</p> <p style="text-align: center;">Garlic and Tomato Panini (V)</p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Plastic Free Lunch Bar</p>	<p style="text-align: center;">Turkey Burger</p> <p style="text-align: center;">Turkey Cheeseburger <small>Whole Wheat Bun</small></p> <p style="text-align: center;">Fish and Cheese Sandwich <small>Whole Wheat Bun</small></p> <p style="text-align: center;"><small>Herb Roasted Potatoes (VE)</small></p> <p style="text-align: center; color: purple;">Salad Bar Classic Toppings</p>	<p style="text-align: center;">Kidney Bean Rajma (VE)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Kachumber Salad (VE)*</p> <p style="text-align: center;">Flatbread (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Mediterranean Bar</p>
8	9	Eid al Fitr 10	11	12
<p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Garlicky Green Bean (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;">Caribbean Style Beef Patty</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Rainbow Bar</p>	<p style="text-align: center;">Mozzarella Sticks (V) <small>with marinara sauce (VE)</small></p> <p style="text-align: center;">Roasted Zucchini (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Pizza Bar</p>	<p style="text-align: center;">Chicken Tender Melt <small>Whole Wheat Bun</small></p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Rainbow Bar</p>	<p style="text-align: center;">Cajun Pinto Beans (VE) <small>with Brown Rice (VE)</small></p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;">Spiced Sweet Potatoes (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Fiesta Bar</p>
15	16	17	18	19
<p style="text-align: center;">Sicilian Slice Pizza (V)</p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;">Soft Turkey Taco</p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center; color: purple;">Salad Bar Fiesta Bar</p>	<p style="text-align: center; color: red;">Plastic Free Lunch Day</p> <p style="text-align: center;">Garlic and Tomato Panini (V)</p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Plastic Free Lunch Bar</p>	<p style="text-align: center;">Crispy Chicken Bites <small>with Dipping Sauce</small></p> <p style="text-align: center;">Jollof Cauliflower (V)*</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center;"><small>Dinner Roll (V)</small></p> <p style="text-align: center; color: purple;">Salad Bar Rainbow Bar</p>	<p style="text-align: center;">White Bean and Pasta Primavera (VE)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center; color: purple;">Salad Bar Leafy Green Salad Bar</p>
Spring Recess 22	Spring Recess 23	Spring Recess 24	Spring Recess 25	Spring Recess 26
<p style="text-align: center;">Pizza by the Slice (V)</p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center; color: purple;">Salad Bar Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;">Fiesta Quesadilla (V)</p> <p style="text-align: center;">Fiesta Black Beans (VE)</p> <p style="text-align: center;">Served with Salsa (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Leafy Green Salad Bar</p>	<p style="text-align: center;">Manicotti (V) in Marinara</p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Leafy Green Salad Bar</p>	<p style="text-align: center;">Turkey Burger</p> <p style="text-align: center;">Turkey Cheeseburger <small>Whole Wheat Bun</small></p> <p style="text-align: center;">Fish and Cheese Sandwich <small>Whole Wheat Bun</small></p> <p style="text-align: center;"><small>Herb Roasted Potatoes (VE)</small></p> <p style="text-align: center; color: purple;">Salad Bar Classic Toppings</p>	<p style="text-align: center;">Kidney Bean Rajma (VE)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Kachumber Salad (VE)*</p> <p style="text-align: center;">Flatbread (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Mediterranean Bar</p>
Spring Recess 29	Spring Recess 30			
<p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Garlicky Green Bean (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Pizza Bar (With Balsamic Chickpea Salad)</p>	<p style="text-align: center;">Caribbean Style Beef Patty</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Rainbow Bar</p>	<div style="text-align: center;">  <p style="font-size: small;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p> </div>		
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

Milk

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

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

OFNS has an extensive Prohibitive Ingredients List available at:



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

- **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