



MAY 2023: Breakfast Express Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 1 | 2 | 3 | 4 | 5 |
| <p>Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Strawberry Banana Apple Sauce (VE)</p> | <p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p> | <p>Zucchini Carrot Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p> | <p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Fresh Apples (VE)</p> | <p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p> |
| 8 | 9 | 10 | 11 | 12 |
| <p>Strawberry Shredded Wheat</p> <p>Animal Crackers (V)</p> <p>Diced Pears (VE)</p> | <p>Whole Grain Croissant (V)</p> <p>served with Jelly (VE)</p> <p>Granola Bars (V)</p> <p>Seasonal Fresh Fruit (VE)</p> | <p>Apple Cinnamon Breakfast Bread (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p> | <p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>New York Apples Slices (VE)</p> | <p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p> |
| 15 | 16 | 17 | 18 | 19 |
| <p>Frosted Mini Wheats</p> <p>Honey Graham Cracker (V)</p> <p>Strawberry Banana Applesauce (VE)</p> | <p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p> | <p>Sweet Potato Oatmeal Muffin (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p> | <p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>New York Apples Slices (VE)</p> | <p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p> |
| 22 | 23 | 24 | 25 | 26 |
| <p>Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Strawberry Banana Apple Sauce (VE)</p> | <p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p> | <p>Zucchini Carrot Breakfast Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p> | <p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Fresh Apples (VE)</p> | <p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p> |
| Memorial Day 29 | 30 | 31 | | |
| <p>Whole Grain Croissant (V)</p> <p>served with Jelly (VE)</p> <p>Granola Bars (V)</p> <p>Seasonal Fresh Fruit (VE)</p> | <p>Strawberry Shredded Wheat</p> <p>Animal Crackers (V)</p> <p>Diced Pears (VE)</p> | <p>Apple Cinnamon Breakfast Bread (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p> |  <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p> | |

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|---|--|---|--|---|
| <p>Milk*</p> <p>1% Low-fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p><small>*Alternative options are available upon request</small></p> | <p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p> | <p>OFFERED DAILY</p> <p>Options may vary by location</p> <p>Cold Cereal Choices</p> <p>Shredded Wheat</p> <p>Multi-Grain Oats (VE)</p> <p>Toasted Oats (VE)</p> <p>Oat Circles (VE)</p> <p>Cinnamon Flakes (VE)</p> | <p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and Pears (VE)</p> <p>Condiments</p> <p>Syrup (VE)</p> | <p>OFNS has an extensive Prohibitive Ingredients List available at:</p>  |
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ATTENTION:

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



MAY 2023: Pre-K - 8 Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 |
| <p>Sicilian Slice Pizza (V)</p> <p>Marinated White Beans (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Italian Classico Salad (VE)</p> | <p>Teriyaki Veggie Nuggets (VE)</p> <p>Chicken Dumplings</p> <p>Veggie Ginger Soy Rice (VE)</p> <p>Garlicy Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Asian Red Cabbage Slaw (V)</p> | <p>Caribbean Style Beef Patty</p> <p>Turkey Burger Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p> | <p>Roasted Chicken Thigh</p> <p>Grab and Go Salad</p> <p>Crispy Broccoli (V)</p> <p>Buttermilk Biscuit (V)</p> <p>Fresh Apples (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Black Bean & Corn Salad (VE)</p> | <p>Three Bean Chili (VE) served with Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Roasted Fresh Tomatoes (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Spinach, Tomato, Red Pepper Salad (V)</p> |
| 8 | 9 | 10 | 11 | 12 |
| <p>Cheesy Garlic Pizza (V)</p> <p>Garlic Knot (V)</p> <p>Garlicy Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Chef Choice Bean Salad (V)</p> | <p>Chicken Fajitas</p> <p>Street Style Corn (V)</p> <p>Cilantro Black Bean Salad (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Kid Friendly Kale (V)</p> | <p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Fresh Broccoli Florets (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Veggie Dippers (VE)</p> | <p>Roasted Chicken Drumsticks</p> <p>Grab and Go Salad</p> <p>Crisp Sweet Potato Waffle Fries (VE)</p> <p>Soft Dinner Roll (V)</p> <p>Fresh Apples (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Strawberry Cucumber Salad (V)</p> | <p>Sweet Potato Gumbo (VE) served with Rice (VE)</p> <p>Oven Roasted Squash (VE)</p> <p>Homemade Grilled Cheese (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Broccoli Salad (V)</p> |
| 15 | 16 | 17 | 18 | 19 |
| <p>Classic Pizza Slice (V)</p> <p>Parmigiana Spinach (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Kale Caesar Salad (V)</p> | <p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Seasoned Wedge Fries (VE)</p> <p>Garlic Knot (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Carrot Raisin Salad (V)</p> | <p>Turkey Quesadilla</p> <p>Sweet Roasted Plantains (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Confetti Corn Salad (VE)</p> | <p>Country Chicken with Gravy on Kaiser Roll</p> <p>Grab & Go Salad</p> <p>Corn, Peas, Carrots (VE)</p> <p>New York Apples Slices (VE)</p> <p>New York Cookie Treat (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Lemon Arugula Salad (V)</p> | <p>BBQ Veggie Burger (VE) Whole Wheat Bun</p> <p>3 Cheese Grilled Cheese (V)</p> <p>Baked Beans (VE)</p> <p>Glazed Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Cilantro Healthy Coleslaw (V)</p> |
| 22 | 23 | 24 | 25 | 26 |
| <p>Sicilian Slice Pizza (V)</p> <p>Marinated White Beans (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Italian Classico Salad (VE)</p> | <p>Teriyaki Veggie Nuggets (VE)</p> <p>Chicken Dumplings</p> <p>Veggie Ginger Soy Rice (VE)</p> <p>Garlicy Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Asian Red Cabbage Slaw (V)</p> | <p>Caribbean Style Beef Patty</p> <p>Turkey Burger Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p> | <p>Roasted Chicken Thigh</p> <p>Grab and Go Salad</p> <p>Crispy Broccoli (V)</p> <p>Buttermilk Biscuit (V)</p> <p>Fresh Apples (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Black Bean & Corn Salad (VE)</p> | <p>Three Bean Chili (VE) served with Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Roasted Fresh Tomatoes (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Spinach, Tomato, Red Pepper Salad (V)</p> |
| 29 | 30 | 31 | | |
| Memorial Day | | | | |
| <p>Cheesy Garlic Pizza (V)</p> <p>Garlic Knot (V)</p> <p>Garlicy Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Chef Choice Bean Salad (V)</p> | <p>Chicken Fajitas</p> <p>Street Style Corn (V)</p> <p>Cilantro Black Bean Salad (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Kid Friendly Kale (V)</p> | <p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Fresh Broccoli Florets (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Veggie Dippers (VE)</p> | <div style="text-align: center;">  <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p> </div> | |
| <p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V) | <p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich | <p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich | <p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich | <p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V) |

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| <p style="text-align: center;">Milk*</p> <p>1% Low-fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p style="font-size: small;">*Alternative options are available upon request</p> | <p style="text-align: center;">OFFERED DAILY</p> <p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p> <p style="text-align: center;">Assorted Dressings</p> | <p style="text-align: center;">Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and Pears (VE)</p> <div style="text-align: right;">  </div> |
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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