



MAY 2022: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Eid al Fitr 2	3	4	5	6
Pizza Choice (V) Chef Choice Bean Salad (V) <i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)	Pizza Turkey Burger or Southwest Fish Sandwich Baked French Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Crispy Chicken Tenders With Dipping Sauce Superhero Spinach (VE) Sweet Potato Waffle Fries (VE) Garlic Knot (V) <i>Salad Bar</i> Celery and Apple Salad (V)	Chicken Dumplings Garlic Teriyaki Green Beans (VE) New York Apples Slices (VE) New York Cookie Treat (V) <i>Salad Bar</i> Asian Slaw (VE)	Mediterranean Chickpeas (VE) Served With Rice or Pasta (VE) Roasted Broccoli (VE) <i>Salad Bar</i> Spinach and Cranberry Salad (VE)
9	10	11	12	13
Mozzarella Sticks (V) with marinara sauce (VE) Chef Choice Bean Salad (V) <i>Salad Bar</i> Italian Green Bean Salad (VE)	Chicken and Broccoli Vegetable Ginger Soy Rice (VE) Roasted Baby Carrots (V) <i>Salad Bar</i> Asian Slaw (VE)	Roasted Chicken Corn, Peas and Carrots (VE) Buttermilk Biscuit (V) <i>Salad Bar</i> Greek Zucchini Salad (VE)	Hamburgers & Cheeseburgers Deluxe Baked French Fries (VE) New York Apples Slices (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Black Bean and Plantain Power Bowl (VE) Vegetable Rice (VE) Green Garden Salad (VE) <i>Salad Bar</i> Carrot and Lemon Salad (VE)
16	17	18	19	20
Pizza Choice (V) Fresh Broccoli Florets (VE) with Dipping Sauce Peanut Butter and Jelly Hot or Cold Cheese Sandwiches <i>Salad Bar</i> Cucumber Slices (VE)	BBQ Chicken Sandwich or Southwest Fish Sandwich Baked French Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Crispy Chicken Tenders With Dipping Sauce Chef Choice Bean Salad (V) Sweet Potato Waffle Fries (VE) Garlic Knot (V) <i>Salad Bar</i> Celery and Apple Salad (V)	Chicken Fajitas Served with Soft Tortilla Salsa (VE) Street Style Corn (VE) New York Apples Slices (VE) <i>Salad Bar</i> Pico de Gallo (VE)	Zesty Chickpea Stew (VE) Vegetable Ginger Soy Rice (VE) Curried Cauliflower (VE) <i>Salad Bar</i> Confetti Corn Salad (VE)
23	24	25	26	27
Mozzarella Sticks (V) with marinara sauce (VE) Chef Choice Bean Salad (V) <i>Salad Bar</i> Italian Green Bean Salad (VE)	Crispy Chicken Sandwich Baked French Fries (VE) Corn, Peas and Carrots (VE) <i>Salad Bar</i> Caesar Salad (V)	Macaroni and Cheese (V) Crispy Broccoli (V) Warm Breadstick (VE) <i>Salad Bar</i> Kid Friendly Kale Salad (V)	Roasted Chicken Honey Diced Sweet Potato (V) Buttermilk Biscuit (V) New York Apples Slices (VE) <i>Salad Bar</i> Greek Zucchini Salad (VE)	Big City Bean Tacos (VE) Served with Soft Tortilla (VE) and Salsa (VE) Green Garden Salad (VE) <i>Salad Bar</i> Carrot and Lemon Salad (VE)
Memorial Day 30	31			
Pizza Choice (V) Chef Choice Bean Salad (V) <i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)	Pizza Turkey Burger or Southwest Fish Sandwich Baked French Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)		 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)	Friday • Peanut Butter & Jelly* (VE) • Hummus and Pretzels Grab & Go (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, and Mandarins

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