



JANUARY 2023: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
<p style="text-align: center;">Classic Cheese Pizza (V)</p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Kale Caesar (VE)</p>	<p style="text-align: center;">Crispy Chicken Sandwich <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Roasted Chickpeas (V)</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p>	<p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Broccoli (V)</p> <p style="text-align: center;"><i>Garlic Knot (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Veggie Dippers (VE)</p>	<p style="text-align: center;">Roasted Chicken Thigh</p> <p style="text-align: center;">Honey Diced Sweet Potato (V)</p> <p style="text-align: center;"><i>Dinner Roll (VE)</i></p> <p style="text-align: center;"><i>Fresh Apples (VE)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Lemon Arugula Salad (V)</p>	<p style="text-align: center;">Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fresh Cilantro Healthy Cole Slaw (V)</p>
9	10	11	12	13
<p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Corn, Peas and Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)</p>	<p style="text-align: center;">Crispy Chicken Tenders With Dipping Sauce</p> <p style="text-align: center;">Grab and Go Salad</p> <p style="text-align: center;">Sweet Potato Waffle Fries (VE)</p> <p style="text-align: center;"><i>Garlic Knot (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Strawberry and Cucumber Salad (V)</p>	<p style="text-align: center;">Hamburgers or Cheeseburgers <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Home Fries (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p>	<p style="text-align: center;">Roasted Chicken Drumsticks</p> <p style="text-align: center;">Baked Beans (VE)</p> <p style="text-align: center;">Kid Friendly Kale Salad (VE)</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center;"><i>New York Apples Slices (VE)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Broccoli Salad (V)</p>	<p style="text-align: center;">Three Bean Chili (VE) served with Rice (VE)</p> <p style="text-align: center;">Veggie Nuggets (VE)</p> <p style="text-align: center;">Confetti Corn (VE)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Carrot Raisin Salad (V)</p>
Martin Luther King Day 16	17	18	19	20
<p style="text-align: center;">Personal Pizza (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Italian Classic Salad (VE)</p>	<p style="text-align: center;">Chicken Quesadilla</p> <p style="text-align: center;">Fiesta Black Beans (VE)</p> <p style="text-align: center;">Salsa (VE)</p> <p style="text-align: center;"><i>New York Cookie Treat (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Kid Friendly Kale (V)</p>	<p style="text-align: center;">Veggie Burger (VE) or Veggie Cheeseburger (V) <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Fish and Cheese Sandwich <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p>	<p style="text-align: center;">Chicken Dumplings with Veggie Ginger Soy Rice (VE)</p> <p style="text-align: center;">Grab and Go Salad</p> <p style="text-align: center;">Seasoned Fresh Green Beans (V)</p> <p style="text-align: center;"><i>Fresh Apples (VE)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Asian Red Cabbage Slaw (V)</p>	<p style="text-align: center;">White Bean and Pasta Primavera (VE)</p> <p style="text-align: center;">Roasted Fresh Tomatoes (VE)</p> <p style="text-align: center;">Homemade Grilled Cheese (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Greek Zucchini Salad (VE)</p>
23	24	25	26	27
<p style="text-align: center;">Classic Cheese Pizza (V)</p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Kale Caesar (VE)</p>	<p style="text-align: center;">Crispy Chicken Sandwich <i>Whole Wheat Bun</i></p> <p style="text-align: center;">Grab and Go Salad</p> <p style="text-align: center;">Roasted Chickpeas With Basil Pesto (V)</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p>	<p style="text-align: center;"><u>Plastic Free Lunch Day</u></p> <p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Fresh Broccoli Florets (VE)</p> <p style="text-align: center;"><i>Garlic Knot (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Veggie Dippers (VE)</p>	<p style="text-align: center;">Roasted Chicken Thigh</p> <p style="text-align: center;">Honey Diced Sweet Potato (V)</p> <p style="text-align: center;"><i>Dinner Roll (VE)</i></p> <p style="text-align: center;"><i>Fresh Apples (VE)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Lemon Arugula Salad (V)</p>	<p style="text-align: center;">Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fresh Cilantro Healthy Cole Slaw (V)</p>
30	31			
<p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Corn, Peas and Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)</p>	<p style="text-align: center;">Crispy Chicken Tenders With Dipping Sauce</p> <p style="text-align: center;">Grab and Go Salad</p> <p style="text-align: center;">Sweet Potato Waffle Fries (VE)</p> <p style="text-align: center;"><i>Garlic Knot (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Strawberry and Cucumber Salad (V)</p>	<p style="text-align: center;"></p> <p style="text-align: center; font-size: small;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p style="text-align: center;">Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fresh Cilantro Healthy Cole Slaw (V)</p>	
<p style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">Friday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (V) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

<p style="text-align: center;">Milk*</p> <p style="text-align: center;">1% Low-fat Fat Free Fat Free Chocolate</p> <p style="font-size: x-small;">*Alternative options are available upon request</p>	<p style="text-align: center;">OFFERED DAILY</p> <p style="font-size: x-small;">OFNS Menu 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 style="font-size: x-small;">Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries</p>
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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