

FEBRUARY 2023: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<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) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
6	7	8	9	10
<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) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p>Honey Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Raisins (VE)</p>	<p>Whole Grain Croissant (V) 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) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
Midwinter Recess 20	Midwinter Recess 21	Midwinter Recess 22	Midwinter Recess 23	Midwinter Recess 24
<p>Frosted Mini Wheats (V)</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) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
27	28			
<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>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	

OFFERED DAILY

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, and Strawberries

Condiments

Syrup

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



FEBRUARY 2023: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<p style="text-align: center;">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></p> <p>Confetti Corn Salad (VE)</p>	<p style="text-align: center;">Country Chicken with Gravy on Kaiser Roll</p> <p>Grab & Go Salad</p> <p>Roasted Broccoli (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></p> <p>Lemon Arugula Salad (V)</p>	<p style="text-align: center;">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></p> <p>Cilantro Healthy Coleslaw (V)</p>
6	7	8	9	10
<p>Sicilian Slice Pizza (V)</p> <p>Balsamic Chickpea Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i></p> <p>Italian Classic Salad (VE)</p>	<p style="text-align: center;">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></p> <p>Asian Red Cabbage Slaw (V)</p>	<p style="text-align: center;">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></p> <p>Pickles, Lettuce and Tomato (VE)</p>	<p style="text-align: center;">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></p> <p>Black Bean & Corn Salad (VE)</p>	<p style="text-align: center;">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></p> <p>Spinach, Tomato, Red Pepper Salad (V)</p>
13	14	15	16	17
<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p>Cheesy Garlic Pizza (V)</p> <p>Fresh Broccoli Florets (VE)</p> <p style="text-align: center;"><i>Salad Bar</i></p> <p>Veggie Dippers (VE)</p>	<p style="text-align: center;">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></p> <p>Kid Friendly Kale (V)</p>	<p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Pasta Primavera (VE)</p> <p>Green Garden Salad (VE)</p> <p style="text-align: center;"><i>Salad Bar</i></p> <p>Chef Choice Bean Salad (V)</p>	<p style="text-align: center;">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></p> <p>Strawberry Cucumber Salad (V)</p>	<p style="text-align: center;">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></p> <p>Broccoli Salad (V)</p>
20	21	22	23	24
<p>Midwinter Recess</p>	<p>Midwinter Recess</p>	<p>Midwinter Recess</p>	<p>Midwinter Recess</p>	<p>Midwinter Recess</p>
<p>Classic Pizza Slice (V)</p> <p>Parmigiana Spinach (V)</p> <p style="text-align: center;"><i>Salad Bar</i></p> <p>Kale Caesar (V)</p>	<p style="text-align: center;">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></p> <p>Carrot Raisin Salad (V)</p>	<p style="text-align: center;">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></p> <p>Confetti Corn Salad (VE)</p>	<p style="text-align: center;">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></p> <p>Lemon Arugula Salad (V)</p>	<p style="text-align: center;">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></p> <p>Cilantro Healthy Coleslaw (V)</p>
27	28			
<p>Sicilian Slice Pizza (V)</p> <p>Balsamic Chickpea Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i></p> <p>Italian Classic Salad (VE)</p>	<p style="text-align: center;">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></p> <p>Asian Red Cabbage Slaw (V)</p>		 <p style="text-align: center;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	
<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 (V) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

<p>Milk*</p> <p>1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p>	<p>OFFERED DAILY</p> <p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p> <p>Assorted Dressings</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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- 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