



SEPTEMBER 2022: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 <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>Yogurt Parfait (V)</p> <p>Sunflower Seeds (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
Labor Day 5	6	7	First Day Of Classes 8	9
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Honey Corn Breakfast Muffin Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Fresh Nectarines (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh Bananas (VE)</p>
12	13	14	15	16
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Banana Muffin (V)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Fresh Peaches (VE)</p>	<p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Zucchini Carrot Loaf (V)</p> <p>Fresh Apples (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh Plums (VE)</p>
19	20	21	22	23
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Apple Cinnamon Breakfast Muffin Breads (V)</p> <p>Cheddar Cheese Stick (V)</p> <p>Fresh Oranges (VE)</p>	<p>Whole Grain Croissant (V) served with Jelly (VE)</p> <p>Sunflower Seeds (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Blueberry Muffin (V)</p> <p>New York Yogurt Choice (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh Bananas (VE)</p>
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Honey Corn Breakfast Muffin Bread (V)</p> <p>Colby Cheese Stick (V)</p> <p>Fresh Nectarines (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Fresh Bananas (VE)</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, Blueberries,
Oranges, Pears, Grapes,
Peaches, Plums,
Nectarines, Cantaloupes,
Honeydew, and Watermelon

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



SEPTEMBER 2022: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1		2
 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN			Chicken Dumplings Roasted Carrots (V) New York Apples Slices (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Frozen Fruit Cup (VE) Southwest Burrito (V)
Labor Day	5	6	7	8
French Bread Pizza (V) Italian Green Beans (VE) <i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)	Crispy Chicken Tenders With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) <i>Salad Bar</i> Celery and Apple Salad (V)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) <i>Salad Bar</i> Broccoli Salad (VE)	Hamburgers Cheeseburgers or Veggie Burger (VE) Whole Wheat Bun Seasoned Wedge Fries (VE) New York Apples Slices (VE) New York Cookie Treat (V) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Three Bean Chili (VE) served with Rice (VE) Veggie Nuggets (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE) <i>Salad Bar</i> Carrot Raisin Salad (VE)
12		13		14
Personal Pizza (V) Crispy Broccoli (V) <i>Salad Bar</i> Italian Classic Salad (VE)	Chicken Quesadilla Fiesta Black Beans (VE) Salsa (VE) <i>Salad Bar</i> Kid Friendly Kale (VE)	Turkey Burger Whole Wheat Bun Fish and Cheese Sandwich Whole Wheat Bun Seasoned Wedge Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Chicken Dumplings with Veggie Ginger Soy Rice Grab and Go Salad Fresh Seasoned Green Beans (VE) Fresh Apples (VE) <i>Salad Bar</i> Asian Slaw (VE)	White Bean and Pasta Primavera (VE) Slow Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) <i>Salad Bar</i> Greek Zucchini Salad (VE)
19		20		21
Classic Cheese Pizza (V) Superhero Spinach (VE) <i>Salad Bar</i> Veggie Dippers (VE)	Crispy Chicken Sandwich Whole Wheat Bun Grab and Go Salad Roasted Chickpeas With Basil Pesto (V) Seasoned Wedge Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Fresh Roasted Broccoli and Cauliflower (V) Garlic Knot (V) <i>Salad Bar</i> Caesar Salad (VE)	Roasted Chicken Thigh Slow Roasted Baby Carrots (V) Dinner Roll (VE) Apple Bake (V) <i>Salad Bar</i> Spinach and Blueberry Salad (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V) Green Garden Salad (VE) <i>Salad Bar</i> Fresh Cilantro Healthy Cole Slaw (V)
26		27		28
French Bread Pizza (V) Italian Green Beans (VE) <i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)	Crispy Chicken Tenders With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) <i>Salad Bar</i> Celery and Apple Salad (V)	Hamburgers Cheeseburgers or Veggie Burger (VE) Whole Wheat Bun Seasoned Wedge Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE) <i>Salad Bar</i> Confetti Corn Salad (VE)	Three Bean Chili (VE) served with Rice (VE) Veggie Nuggets (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE) <i>Salad Bar</i> Carrot Raisin Salad (VE)
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 Sandwich	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Friday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

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