

**NOVEMBER 2022: Breakfast Express Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p><b>Cheddar Cheese Stick (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Whole Grain Croissant (V)</b> served with Jelly (VE)</p> <p><b>Sunflower Seeds (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Blueberry Muffin (V)</b></p> <p><b>New York Yogurt Choice (V)</b></p> <p>New York Apples Slices (VE)</p>	<p><b>Whole Grain Bagel (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
7	<b>Election Day</b> 8	9	10	<b>Veterans Day</b> 11
<p><b>New York Yogurt Choice (V)</b></p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Honey Corn Breakfast Bread (V)</b></p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Cinnamon Burst Pancakes (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Sweet Potato Oatmeal Muffin (V)</b></p> <p>New York Apples Slices (VE)</p>	<p><b>Whole Grain Bagel (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
14	15	16	17	18
<p><b>New York Yogurt Choice (V)</b></p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Banana Muffin (V)</b></p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Mini Blueberry Waffles (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Zucchini Carrot Breakfast Bread (V)</b></p> <p>Fresh Apples (VE)</p>	<p><b>Whole Grain Bagel (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
21	22	23	<b>Thanksgiving Recess</b> 24	<b>Thanksgiving Recess</b> 25
<p><b>New York Yogurt Choice (V)</b></p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Whole Grain Croissant (V)</b> served with Jelly (VE)</p> <p><b>Sunflower Seeds (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Blueberry Muffin (V)</b></p> <p><b>New York Yogurt Choice (V)</b></p> <p>New York Apples Slices (VE)</p>	<p><b>Whole Grain Bagel (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
28	29	30		
<p><b>New York Yogurt Choice (V)</b></p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Honey Corn Breakfast Bread (V)</b></p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Cinnamon Burst Pancakes (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; 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**

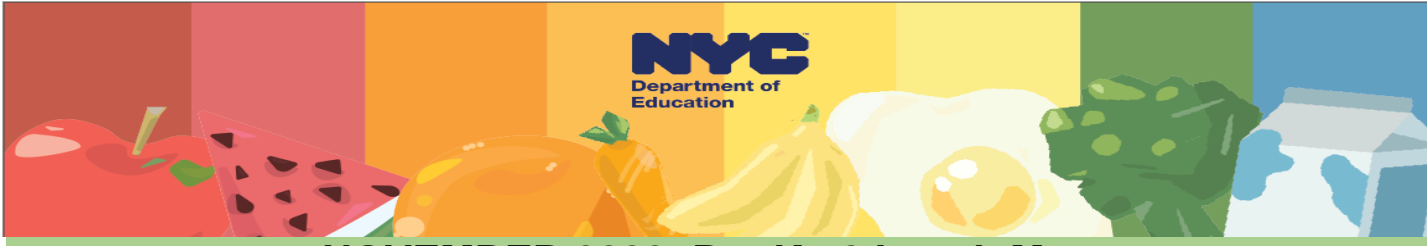
Apples, Apple Slices,  
Bananas, Grapefruit,  
Oranges, Pears, Grapes,  
Plums, Honeydew, and  
Strawberries

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



## NOVEMBER 2022: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p><b>Crispy Chicken Sandwich</b> <i>Whole Wheat Bun</i></p> <p><b>Grab and Go Salad</b></p> <p>Roasted Chickpeas With Basil Pesto (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p>	<p><i>Plastic Free Lunch Day USA</i></p> <p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Fresh Broccoli and Cauliflower Florets (VE)</p> <p><i>Garlic Knot (V)</i></p> <p><i>Salad Bar</i> Veggie Dippers (VE)</p>	<p><b>Roasted Chicken Thigh</b></p> <p>Slow Roasted Baby Carrots (V)</p> <p><i>Dinner Roll (VE)</i></p> <p><i>Fresh Apples (VE)</i></p> <p><i>Salad Bar</i> Confetti Corn Salad (V)</p>	<p><b>Black Bean and Plantain Power Bowl (VE)</b> with Vegetable Rice (VE) and Pico de Gallo (VE)</p> <p><b>Southwest Burrito (V)</b></p> <p>Green Garden Salad (VE)</p> <p><i>Salad Bar</i> Fresh Cilantro Healthy Cole Slaw (V)</p>
7	Election Day 8	9	10	Veterans Day 11
<p><b>French Bread Pizza (V)</b></p> <p>Corn, Peas and Carrots (VE)</p> <p><i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)</p>	<p><b>Crispy Chicken Tenders</b> With Dipping Sauce</p> <p><b>Grab and Go Salad</b></p> <p>Sweet Potato Waffle Fries (VE)</p> <p><i>Garlic Knot (V)</i></p> <p><i>Salad Bar</i> Strawberry and Cucumber Salad (V)</p>	<p><b>Hamburgers Cheeseburgers or Veggie Burger (VE)</b> <i>Whole Wheat Bun</i></p> <p>Home Fries (V)</p> <p><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p>	<p><b>Roasted Chicken Drumsticks</b></p> <p>Baked Beans (VE)</p> <p>Green Garden Salad (VE)</p> <p>Buttermilk Biscuit (V)</p> <p><i>New York Apples Slices (VE)</i></p> <p><i>Salad Bar</i> Broccoli Salad (V)</p>	<p><b>Three Bean Chili (VE)</b> served with Rice (VE)</p> <p><b>Veggie Nuggets (VE)</b></p> <p>Confetti Corn (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p><i>Salad Bar</i> Carrot Raisin Salad (V)</p>
14	15	16	17	18
<p><b>Personal Pizza (V)</b></p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Italian Classico Salad (VE)</p>	<p><b>Chicken Quesadilla</b></p> <p>Fiesta Black Beans (VE)</p> <p>Salsa (VE)</p> <p><i>New York Cookie Treat (V)</i></p> <p><i>Salad Bar</i> Kid Friendly Kale (V)</p>	<p><b>Turkey Burger</b> <i>Whole Wheat Bun</i></p> <p><b>Fish and Cheese Sandwich</b> <i>Whole Wheat Bun</i></p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p>	<p><b>Chicken Dumplings</b> with Veggie Ginger Soy Rice (VE)</p> <p><b>Grab and Go Salad</b></p> <p>Seasoned Fresh Green Beans (V)</p> <p><i>Fresh Apples (VE)</i></p> <p><i>Salad Bar</i> <i>Asian Red Cabbage Slaw (V)</i></p>	<p><b>White Bean and Pasta Primavera (VE)</b></p> <p>Roasted Fresh Tomatoes (VE)</p> <p>Homemade Grilled Cheese (V)</p> <p><i>Salad Bar</i> Greek Zucchini Salad (VE)</p>
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
<p><b>Classic Cheese Pizza (V)</b></p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Veggie Dippers (VE)</p>	<p><b>Crispy Chicken Sandwich</b> <i>Whole Wheat Bun</i></p> <p><b>Grab and Go Salad</b></p> <p>Roasted Chickpeas With Basil Pesto (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p>	<p><b>Roasted Chicken Thigh</b> Brown Gravy</p> <p>Honey Diced Sweet Potato (V)</p> <p><i>Dinner Roll (VE)</i></p> <p><i>New York Cookie Treat (V)</i></p> <p><i>Salad Bar</i> Confetti Corn Salad (V)</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p><b>Roasted Broccoli and Cauliflower (VE)</b></p> <p><i>Garlic Knot (V)</i></p> <p><i>Fresh Apples (VE)</i></p> <p><i>Salad Bar</i> Caesar Salad (V)</p>	<p><b>Black Bean and Plantain Power Bowl (VE)</b> with Vegetable Rice (VE) and Pico de Gallo (VE)</p> <p><b>Southwest Burrito (V)</b></p> <p>Green Garden Salad (VE)</p> <p><i>Salad Bar</i> Fresh Cilantro Healthy Cole Slaw (V)</p>
28	29	30		
<p><b>French Bread Pizza (V)</b></p> <p>Corn, Peas and Carrots (VE)</p> <p><i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)</p>	<p><b>Crispy Chicken Tenders</b> With Dipping Sauce</p> <p><b>Grab and Go Salad</b></p> <p>Sweet Potato Waffle Fries (VE)</p> <p><i>Garlic Knot (V)</i></p> <p><i>Salad Bar</i> Strawberry and Cucumber Salad (V)</p>	<p><b>Hamburgers Cheeseburgers or Veggie Burger (VE)</b> <i>Whole Wheat Bun</i></p> <p>Home Fries (V)</p> <p><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	
<p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Assorted Vegetarian Wraps (V)</li> </ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hummus Lunch Pack (VE)</li> <li>• Assorted Vegan Wraps (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Southwest Burrito (V)</li> </ul>

<p><b>Milk*</b></p> <p>1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p>	<p><b>OFFERED DAILY</b></p> <p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p><b>Seasonal Fresh Fruit</b></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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- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products