



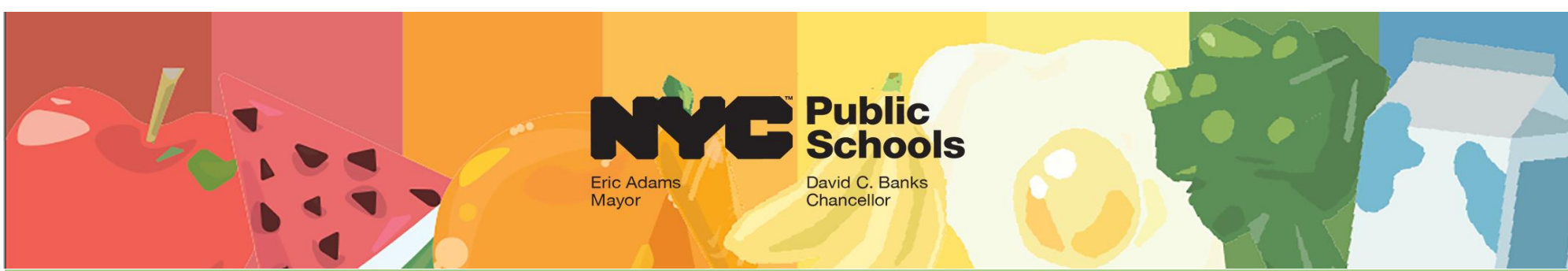
NOVEMBER 2023: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p style="text-align: center; color: green;">Apple Cinnamon Breakfast Bread (V)</p> <p style="text-align: center;">Colby Cheese Stick (V)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Frosted Mini Wheats</p> <p style="text-align: center;">Honey Graham Cracker (V)</p> <p style="text-align: center;">Strawberry Banana Applesauce (VE)</p>	<p style="text-align: center; color: green;">Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>
6	Election Day 7	8	9	10
<p style="text-align: center;">Scooters (V)</p> <p style="text-align: center;">Blueberry Granola (V)</p> <p style="text-align: center;">Strawberry Banana Apple Sauce (VE)</p>	<p style="text-align: center; color: green;">Mini Blueberry Waffles (V)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center; color: green;">Zucchini Carrot Breakfast Bread (V)</p> <p style="text-align: center;">Cheddar Cheese Stick (V)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Raisins (VE)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center; color: green;">Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p style="text-align: center;">Honey Cheerios (V)</p> <p style="text-align: center;">Honey Graham Cracker (V) or Animal Crackers (V)</p> <p style="text-align: center;">Applesauce (VE)</p>	<p style="text-align: center; color: green;">Blueberry Muffin (V)</p> <p style="text-align: center;">Mozzarella Cheese Stick (V)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Raisins (VE)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center; color: green;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center; color: green;">Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>
20	21	22	Thanksgiving Recess 23	Thanksgiving Recess 24
<p style="text-align: center;">Honey Scooters (V)</p> <p style="text-align: center;">Blueberry Granola (V)</p> <p style="text-align: center;">Raisins (VE)</p>	<p style="text-align: center; color: green;">Cinnamon Burst Pancakes (V)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center; color: green;">Apple Cinnamon Breakfast Bread (V)</p> <p style="text-align: center;">Colby Cheese Stick (V)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Frosted Mini Wheats</p> <p style="text-align: center;">Honey Graham Cracker (V)</p> <p style="text-align: center;">Strawberry Banana Applesauce (VE)</p>	<p style="text-align: center; color: green;">Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>
27	28	29	30	
<p style="text-align: center;">Scooters (V)</p> <p style="text-align: center;">Blueberry Granola (V)</p> <p style="text-align: center;">Strawberry Banana Apple Sauce (VE)</p>	<p style="text-align: center; color: green;">Mini Blueberry Waffles (V)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center; color: green;">Zucchini Carrot Breakfast Bread (V)</p> <p style="text-align: center;">Cheddar Cheese Stick (V)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;">Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Raisins (VE)</p> <p style="text-align: center; color: purple;">Seasonal Fresh Fruit (VE)</p>	

<p style="text-align: center; font-weight: bold; color: #00aaff;">Milk</p> <p style="text-align: center;">1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)</p> <p style="font-size: x-small;">Alternative options are available upon request</p>	<p style="text-align: center;">Breakfast After the Bell Grab and Go</p> <p style="text-align: center;">Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p>	<p style="text-align: center; font-weight: bold; color: #00aaff;">OFFERED DAILY</p> <p style="font-size: x-small; text-align: center;">Options may vary by location</p> <p style="text-align: center; font-weight: bold; color: #00aaff;">Cold Cereal Choices</p> <p style="font-size: x-small; text-align: center;">Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)</p>	<p style="text-align: center; font-weight: bold; color: #00aaff;">Seasonal Fresh Fruit</p> <p style="font-size: x-small; text-align: center;">Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)</p> <p style="text-align: center; font-weight: bold; color: #00aaff;">Condiments</p> <p style="font-size: x-small; text-align: center;">Syrup (VE)</p>	<p style="font-size: x-small; color: #00aaff;">OFNS has an extensive Prohibitive Ingredients List available at:</p>
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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 2023: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p style="font-size: 8px; margin-top: 10px;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>		<p>Crispy Chicken Bites With Dipping Sauce</p> <p>Grab & Go Salad</p> <p>Roasted Fresh Tomatoes (VE)</p> <p>Garlic Knot (V)</p> <p>Salad Bar Classic Potato Salad (V)</p>	<p>Caribbean Spiced Jerk Chicken Thigh*</p> <p>Jollof Cauliflower (V)*</p> <p>Dinner Roll (V)</p> <p>Salad Bar Carrot Raisin Salad (V)</p>	<p>Kidney Bean Rajma (VE) served with Naan (VE)</p> <p>Kachumber Salad* (Spiced Cucumber and Tomato Salad) (VE)</p> <p>Veggie Nuggets (VE) Dipping Sauce</p> <p>Heart Shaped Pretzels (VE)</p> <p>Salad Bar Roasted Broccoli & Cauliflower (VE)</p>
6	Election Day 7	8	9	10
<p>Pizza by the Slice (V)</p> <p>Kid Friendly Kale Salad (V)</p> <p>Salad Bar Broccoli Salad (V)</p>	<p>Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun</p> <p>Turkey Burger Turkey Cheeseburger Whole Wheat Bun</p> <p>Sweet Potato Waffle Fries (VE)</p> <p>Baked Beans (VE)</p> <p>Salad Bar Pickles, Lettuce and Tomato (VE)</p>	<p><i>Plastic Free Lunch Day</i></p> <p>Red White and Green Panini (V)</p> <p>Caribbean Style Beef Patty</p> <p>Baby Carrots (VE)</p> <p>Salad Bar Veggie Dipper (VE)</p>	<p>International Roasted Chicken Drumsticks</p> <p>Grab & Go Salad</p> <p>Confetti Corn (VE)</p> <p>Buttermilk Biscuit (V)</p> <p>Salad Bar Lemon Arugula Salad (V)</p>	<p>Three Bean Chili (VE) with or without Cheese (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Honey Corn Bread (V)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p>Southwest Burrito (V)</p> <p>Salad Bar Fresh Tomato Salad (V)</p>
13	14	15	16	17
<p>French Bread Pizza (V)</p> <p>Garlicky Green Bean (VE)</p> <p>Salad Bar Balsamic Chickpea Salad (V)</p>	<p>Sesame Veggie Nuggets (VE)</p> <p>Chicken Dumplings</p> <p>Ginger Carrots (V)</p> <p>Pineapple Rice Medley (V)*</p> <p>Salad Bar Asian Red Cabbage Slaw (V)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Crispy Broccoli (V)</p> <p>Salad Bar Kale Caesar Salad (V)</p>	<p>BBQ Chicken Melt On Ciabatta Bread</p> <p>Grab & Go Salad</p> <p>Seasoned Wedge Fries (VE)</p> <p>Salad Bar Marinated Bean Salad (VE)</p>	<p>Roasted Adobo Chickpeas (VE)* Sofrito Rice (VE)*</p> <p>Fresh Cilantro Healthy Coleslaw (V)</p> <p>Sweet Plantains (VE)</p> <p>Southwest Burrito (V)</p> <p>New York Cookie Treat (V) Salad Bar Mixed Greens Salad (V)</p>
20	21	22	Thanksgiving Recess 23	Thanksgiving Recess 24
<p>Sicilian Slice Pizza (V)</p> <p>Green Garden Salad (VE)</p> <p>Salad Bar White Bean Salad (VE)</p>	<p>Fiesta Quesadilla (V)</p> <p>Turkey Quesadilla</p> <p>Street Style Corn (V)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE) and Guacamole (VE)</p> <p>Salad Bar Spinach, Tomato, Red Pepper Salad (V)</p>	<p>Chicken Thighs with Peach BBQ Sauce</p> <p>Jollof Cauliflower (V)*</p> <p>Dinner Roll (V)</p> <p>New York Cookie Treat (V)</p> <p>Salad Bar Carrot Raisin Salad (V)</p>	<p>Crispy Chicken Bites With Dipping Sauce</p> <p>Grab & Go Salad</p> <p>Honey Butternut Squash (V)</p> <p>Garlic Knot (V)</p> <p>Salad Bar Classic Potato Salad (V)</p>	<p>Kidney Bean Rajma (VE) served with Naan (VE)</p> <p>Kachumber Salad* (Spiced Cucumber and Tomato Salad) (VE)</p> <p>Veggie Nuggets (VE) Dipping Sauce</p> <p>Heart Shaped Pretzels (VE)</p> <p>Salad Bar Roasted Broccoli & Cauliflower (VE)</p>
27	28	29	30	
<p>Pizza by the Slice (V)</p> <p>Kid Friendly Kale Salad (V)</p> <p>Salad Bar Broccoli Salad (V)</p>	<p>Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun</p> <p>Turkey Burger Turkey Cheeseburger Whole Wheat Bun</p> <p>Sweet Potato Waffle Fries (VE)</p> <p>Baked Beans (VE)</p> <p>Salad Bar Pickles, Lettuce and Tomato (VE)</p>	<p><i>Plastic Free Lunch Day</i></p> <p>Red White and Green Panini (V)</p> <p>Caribbean Style Beef Patty</p> <p>Baby Carrots (VE)</p> <p>Salad Bar Veggie Dipper (VE)</p>	<p>International Roasted Chicken Drumsticks</p> <p>Grab & Go Salad</p> <p>Confetti Corn (VE)</p> <p>Buttermilk Biscuit (V)</p> <p>Salad Bar Lemon Arugula Salad (V)</p>	
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed 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 and/or Sunflower Seed 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 and/or Sunflower Seed 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 and/or Sunflower Seed 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 and/or Sunflower Seed Butter & Jelly (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V)

Milk

1% Low-fat (V)
Fat Free (V)

Fat Free Chocolate (V)
Alternative options are available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk, Cookies or Chicken with Bones

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Pre-K Chicken Choices

Chicken Tenders
Chicken Patty
Chicken Bites

Seasonal Fresh Fruit

Apples, Apple Slices, Blueberries, Grapes, Grapefruit, Honeydew, Nectarines Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

* Recipes created in collaboration with OFNS and the Chef Council

- **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