		Pepartment of Education		
	DECEMBER 20	22: Pre-K - 8 E	Breakfast Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) French Toast (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		1 Turkey Sausage With Cheese on an English Muffin Hot Oatmeal (V) New York Apples Slices (VE)	2 Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
5 Zucchini Carrot Breakfast Bread (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	6 Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	7 Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	8 Buttermilk Pancakes (V) Turkey Sausage Hot Oatmeal (V) Fresh Apples (VE)	9 Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
12	13	14	15	16
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage Croissant (V) Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
19	20	21	22	23
Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Honey Corn Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage With Cheese on an English Muffin Hot Oatmeal (V) New York Apples Slices (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30
Zucchini Carrot Breakfast Bread (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Turkey Sausage Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
		OFFERED DAILY		OFNS has an extensive
<u>Milk*</u> 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 <u>Cold Cereal Choices</u> 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, Honeydew, and Strawberries	Prohibitive Ingredients List available at:
• Vegan Item (VE): A plant-	based food that consist of whole	ATTENTION: ents CANNOT be Offered CHC e grains, vegetables, legumes, ducts. Vegan also excludes bo	nuts, and/or fruit; and excludes	any eggs, dairy and animal

Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and a 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



		Department of Education		
		2. High School	Prockfoot Mo	
	Tuesday	Wednesday	Breakfast Mei Thursday	Friday
Monday	Tuesday	weunesuay	1 Inursuay	гпау
<text><text><text></text></text></text>	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	7	Turkey Sausage With Cheese on an English Muffin Breakfast Bar Hot Oatmeal (V) New York Apples Slices (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE Seasonal Fresh Fruit (VE)
5		,	0	
Zucchini Carrot Breakfast Bread (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Turkey Sausage Hot Oatmeal (V) Breakfast Bar Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE Seasonal Fresh Fruit (VE)
12	13	14	15	1
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage Croissant (V) Breakfast Bar Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE Seasonal Fresh Fruit (VE)
19	20	21	22	2
Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Honey Corn Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage With Cheese on an English Muffin Breakfast Bar Hot Oatmeal (V) New York Apples Slices (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE Seasonal Fresh Fruit (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 3
Zucchini Carrot Breakfast Bread (V)New York Yogurt Choice (V)Hot Oatmeal (V)Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Turkey Sausage Hot Oatmeal (V) Breakfast Bar Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
		OFFERED DAILY		
<u>Milk*</u> 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 <u>Cold Cereal Choices</u> Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries	OFNS has an extensive Prohibitive Ingredients List available at:
	pro	ducts. Vegan also excludes ho	nuts, and/or fruit; and excludes ney ts, fruit, eggs and/or dairy; exclu	



		Department of Education		
Monday	Tuesday	022: Breakfast I Wednesday	Thursday	Friday
wonday	Tuesuay	weunesuay	1 Inuisuay	2 2
	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		Sweet Potato Oatmeal Muffin (V) New York Apples Slices (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
5	6	7	8	9
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Banana Muffin (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Fresh Apples (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
12	13	14	15	16
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant (V) served with Jelly (VE) Sunflower Seeds (V) Seasonal Fresh Fruit (VE)	Blueberry Muffin (V) New York Yogurt Choice (V) New York Apples Slices (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
19	20	21	22	23
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Honey Corn Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) New York Apples Slices (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Banana Muffin (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Fresh Apples (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
<u>Milk*</u> 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)	OFFERED DAILY Options may vary by location <u>Cold Cereal Choices</u> 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, Honeydew, and Strawberries	OFNS has an extensive Prohibitive Ingredients List available at:
	ased food that consist of whole proc	ducts. Vegan also excludes ho	nuts, and/or fruit; and excludes	
	O.F.N.S. HEOOD			Menu subject to change.



	MREP 2022- P	Department of Education	rian Breakfast	Monu
Monday	Tuesday	Wednesday	Thursday	Friday
<text></text>	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	7	1 English Muffin (VE) served with Jelly (VE) Sunflower Seeds (V) Hot Oatmeal (V) New York Apples Slices (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
		,		y
Zucchini Carrot Breakfast Bread (V)New York Yogurt Choice (V)Hot Oatmeal (V)Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
12	13	14	15	16
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Croissant (V) served with Jelly (VE) Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
19	20	21	22	23
Sweet Potato Oatmeal Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Honey Corn Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	English Muffin (VE) served with Jelly (VE) Sunflower Seeds (V) Hot Oatmeal (V) New York Apples Slices (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30
Zucchini Carrot Breakfast Bread (V)New York Yogurt Choice (V)Hot Oatmeal (V)Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
		OFFERED DAILY		OENS has an extension
<u>Milk*</u> 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 <u>Cold Cereal Choices</u> Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE) ATTENTION:	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries	OFNS has an extensive Prohibitive Ingredients List available at:

• 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

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



		Department of		
		Education		-11
	17			
		2022: Puree Bro		
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey Sausage	Banana Muffin (V)
		STE PA	Soft Roll (VE)	New York Yogurt Choice (V)
	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &		Hot Oatmeal (V)	Hot Oatmeal (VE)
	PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	AVEW 10	<i>Fruit Offering</i> Bananas (VE)	<i>Fruit Offering</i> Apple Sauce (VE)
5	6	7	8	
Blueberry Muffin (V)	Turkey Sausage	Croissant (V)	Turkey Sausage	Banana Muffin (V)
New York Yogurt Choice (V)	Soft Roll (VE)	New York Yogurt Choice (V)	Soft Roll (VE)	New York Yogurt Choice (V)
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (VE)
<i>Fruit Offering</i> Peaches (VE)	<i>Fruit Offering</i> Flavored Apple Sauce (VE)	<i>Fruit Offering</i> Pears (VE)	<i>Fruit Offering</i> Bananas (VE)	<i>Fruit Offering</i> Apple Sauce (VE)
12	13	14	15	
Blueberry Muffin (V)	Turkey Sausage	Croissant (V)	Turkey Sausage	Banana Muffin (V)
New York Yogurt Choice (V)	Soft Roll (VE)	New York Yogurt Choice (V)	Soft Roll (VE)	New York Yogurt Choice (V)
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (VE)
<i>Fruit Offering</i> Peaches (VE)	<i>Fruit Offering</i> Flavored Apple Sauce (VE)	<i>Fruit Offering</i> Pears (VE)	<i>Fruit Offering</i> Bananas (VE)	<i>Fruit Offering</i> Apple Sauce (VE)
19	20	21	22	:
Blueberry Muffin (V)	Turkey Sausage	Croissant (V)	Turkey Sausage	Banana Muffin (V)
New York Yogurt Choice (V)	Soft Roll (VE)	New York Yogurt Choice (V)	Soft Roll (VE)	New York Yogurt Choice (V)
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (VE)
<i>Fruit Offering</i> Peaches (VE)	<i>Fruit Offering</i> Flavored Apple Sauce (VE)	<i>Fruit Offering</i> Pears (VE)	<i>Fruit Offering</i> Bananas (VE)	<i>Fruit Offering</i> Apple Sauce (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess
Blueberry Muffin (V)	Turkov Sausasa	Croissant (V)	Turkey Sausage	Banana Muffin (V)
New York	Turkey Sausage Soft Roll (VE)	New York	Soft Roll (VE)	New York
Yogurt Choice (V) Hot Oatmeal (V)	Hot Oatmeal (V)	Yogurt Choice (V) Hot Oatmeal (V)	Hot Oatmeal (V)	Yogurt Choice (V) Hot Oatmeal (VE)
Fruit Offering	<i>Fruit Offering</i> Flavored Apple Sauce (VE)	Fruit Offering	<i>Fruit Offering</i> Bananas (VE)	Fruit Offering
Peaches (VE)		Pears (VE)		Apple Sauce (VE)
		OFFERED DAILY		OFNS has an extensive
<u>Milk*</u> 1% Low-fat Fat Free	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices,	Options may vary by location	Assorted Yogurts	Prohibitive Ingredients Lis available at:
Fat Free Chocolate	Bananas, Grapefruit, Oranges, Pears, Grapes,	<u>Cold Cereal Choices</u> Shredded Wheat Multi-Grain Oats (VE)	<u>Alternate Fruit</u> Peaches, Pineapples	
*Alternative options are available upon request	Honeydew, and Strawberries	Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)	Pears, Applesauce	
	Available Daily Upon	Request: Transitional, Thick	Puree or Thin Puree	
	• All Pre-K Stude	ATTENTION: ents CANNOT be Offered CHC	COLATE MILK	
	based food that consist of whole proc	e grains, vegetables, legumes, i ducts. Vegan also excludes hor	nuts, and/or fruit; and exclude: ney	
• Vegetarian Item (V)	: A food that consist of whole gr	ains, vegetables, legumes, nut	s, fruit, eggs and/or dairy; excl	
NYC Department of Education	O.F.N.S. MEOOD			Menu subject to change Our menus are pork free

DECEMBER 2022: Pre-K - 8 Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	
	SE SA		Roasted Chicken Drumsticks	Three Bean Chili served with Rice (
			Baked Beans (VE)	Veggie Nuggets
	WEW Y		Green Garden Salad (VE)	Confetti Corn (V
	WE'RE PROUDLY CELEBRATING		Buttermilk Biscuit (V)	Crispy Tortillas (\ Served with Salsa (
	LOCALLY SOURCED & PRODUCED FOOD		New York Apples Slices (VE)	Salad Bar
	ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		Salad Bar Broccoli Salad (V)	Carrot Raisin Salad (V)
5	6	7	8	
		Voggio Burgor (VE)	Chicken Dumplings	
Deve evel Di-	Chicken Quesadilla	Veggie Burger (VE) Whole Wheat Bun	with Veggie Ginger Soy Rice (VE)	White Bean and F Primavera (VE
Personal Pizza (V)	Fiesta Black Beans (VE)	Fish and Cheese Sandwich	Grab and Go Salad	Roasted Fresh Tomatoes (VE)
Crispy Broccoli (V)	Salsa (VE)	Whole Wheat Bun	Seasoned Fresh Green Beans (V)	Homemade
Salad Bar	New York Cookie Treat (V)	Seasoned Wedge Fries (VE) Salad Bar	Fresh Apples (VE)	Grilled Cheese ('
Italian Classico Salad (VE)	Salad Bar Kid Friendly Kale (V)	Pickles, Lettuce and Tomato (VE)	Salad Bar Asian Red Cabbage Slaw (V)	Salad Bar Greek Zucchini Sala
12	13 Crispy Chicken	14 <u>Plastic Free Lunch</u>	15	
	Sandwich Whole Wheat Bun	<u>Day</u>	Roasted Chicken Thigh	Black Bean and Plantain
Classic Cheese	Grab and Go Salad	Mozzarella Sticks (V)	Honey Diced	Power Bowl (V with Vegetable Rice
Pizza (V) Italian Green Beans (VE)	Roasted Chickpeas With Basil Pesto (V)	with marinara sauce (VE)	Sweet Potato (V) Dinner Roll (VE)	and Pico de Gallo Southwest Burrite
	Seasoned Wedge Fries (VE)	Fresh Broccoli Florets (VE) Garlic Knot (V)	Fresh Apples (VE)	Green Garden Salad
Salad Bar	Salad Bar Pickles, Lettuce	Salad Bar	Salad Bar	Salad Bar Fresh Cilantro Hea
Kale Caesar (VE)	and Tomato (VE)	Veggie Dippers (VE) 21	Lemon Arugula Salad (V)	Cole Slaw (V)
	Crispy Chicken Tenders		Roasted Chicken	Three Bean Chili
	With Dipping Sauce	Hamburgers or Cheeseburgers	Drumsticks	served with Rice (
French Bread Pizza (V)	Grab and Go Salad Sweet Potato	Whole Wheat Bun	Baked Beans (VE) Green Garden Salad (VE)	Veggie Nuggets (Confetti Corn (V
Corn, Peas and Carrots (VE)	Waffle Fries (VE)	Home Fries (V)	Buttermilk Biscuit (V)	Crispy Tortillas (\
Solod Por	Garlic Knot (V) Salad Bar	Solod Por	New York Apples Slices (VE)	Served with Salsa (Salad Bar
Salad Bar Fresh Marinated Vegetable Salad (VE)	Strawberry and Cucumber Salad (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Broccoli Salad (V)	Carrot Raisin Salad (V)
Winter Recess 26		. ,		
		Veggie Burger (VE)	Chicken Dumplings with	White Bean and F
Personal Pizza (V)	Chicken Quesadilla	Whole Wheat Bun Fish and Cheese	Veggie Ginger Soy Rice (VE) Grab and Go Salad	Primavera (VE
Crispy Broccoli (V)	Fiesta Black Beans (VE)	Sandwich Whole Wheat Bun	Seasoned Fresh	Roasted Fresh Tomatoes (VE)
	Salsa (VE)	Seasoned Wedge Fries (VE)	Green Beans (V)	Homemade Grilled Cheese (\
Salad Bar Italian Classico	Salad Bar	Salad Bar Pickles, Lettuce	Fresh Apples (VE) Salad Bar	Salad Bar
Salad (VE) <u>Monday</u>	Kid Friendly Kale (V) <u>Tuesday</u>	and Tomato (VE) <u>Wednesday</u>	Asian Red Cabbage Slaw (V) <u>Thursday</u>	Greek Zucchini Salad <u>Friday</u>
 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese 	 Peanut Butter & Jell Hummus Lunch Pa Assorted Vegan Wra
Sandwich (V) • Assorted Vegetarian	 Hot of Cold Cheese Sandwich (V) Tuna Sandwich 	 Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Hot or Cold Chee Sandwich (V)
Wraps (V)		OFFERED DAILY		Southwest Burrito OFNS has an exten
<u>Milk*</u> 1% Low-fat	OFNS Menus Support		<u>Seasonal Fresh Fruit</u>	Prohibitive Ingredien available at:
Fat Free Chocolate	Seasonal Fresh Fruit and Vegetables	Assorted Dressings	Apples, Apple Slices, Bananas, Grapefruit,	
*Alternative options are	when available		Oranges, Pears, Grapes, Honeydew, and	
available upon request			Strawberries	💼 🖬 ie 🗸 🖓

		Department of Education		3
		-	ss Cold Lunch	
Monday	Tuesday	Wednesday	Thursday	Friday
	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		Assorted Cold Sandwiches and Wraps Broccoli Salad (V) New York Apples Slices (VE) New York Cookie Treat (V)	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)
5 Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Ranch Carrot Sticks (V)	6 Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	7 Chicken Caesar Wrap Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	8 Chicken Salad Hoagie Kid Friendly Kale Salad (V) New York Apples Slices (VE)	Black Bean and Corn Grab & Go Salad (VE) Salsa (VE) Italian Marinated Cucumber Salad (VE) Cheese Sandwich (V)
12	13	14	15	
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	Chicken Salad Grab and Go Salad Confetti Corn Salad (V)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V) Lemon Arugula Salad (V)	Assorted Cold Sandwiches and Wraps Cilantro Healthy Coleslaw (V) New York Apples Slices (VE)	Italian Veggie Grab & Go Salad (VE) White Bean Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
19	20	21	22	
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	Asian Sesame Chicken Grab and Go Salad Cilantro Black Bean Salad (V)	Chicken Tender Wrap Dipping Sauce Confetti Corn Salad (VE)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V) New York Apples Slices (VE) New York Cookie Treat (V)	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Ranch Carrot Sticks (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chicken Caesar Wrap Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) New York Apples Slices (VE)	Black Bean and Corn Grab & Go Salad (VE) Salsa (VE) Italian Marinated Cucumber Salad (VE) Cheese Sandwich (V)
 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Cheese Sandwich (V) Assorted Vegetarian Wraps (V) 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Cheese Sandwich (V) Tuna Sandwich Chickpea Wrap (V) 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Cheese Sandwich (V) Tuna Sandwich Chickpea Wrap (V) 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Cheese Sandwich (V) Tuna Sandwich Chickpea Wrap (V) 	 Peanut Butter & Jelly* (VE Hummus Lunch Pack (VE Assorted Vegan Wraps (VI Cheese Sandwich (V)
		OFFERED DAILY		OFNS has an extensive
<u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate *Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries	Prohibitive Ingredients Lis available at:
 Vegan Item (VE): A plant Vegetarian Item (V): A fe 	t-based food that consist of v and anima	vhole grains, vegetables, leg I products. Vegan also exclu	/ILK or CHICKEN with Bone jumes, nuts, and/or fruit; and des honey uts, fruit, eggs and/or dairy; e	excludes any eggs, dairy

		Department of Education		
DECE	EMBER 2022: F	Pre-K - 8 Expre	ss Hot Lunch I	Menu
Monday	Tuesday	Wednesday	Thursday	Friday
	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		1 Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE)	2 Veggie Nuggets (VE) with Dipping Sauce Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
5 Pizza Bagel (V) Crispy Broccoli (V)	6 Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (VE) New York Cookie Treat (V)	7 Fish and Cheese Sandwich Whole Wheat Bun Green Garden Salad (VE) Seasoned Wedge Fries (VE)	Chicken Dumplings with Veggie Ginger Soy Rice (VE) Seasoned Fresh Green Beans (V) New York Apples Slices (VE)	9 Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Roasted Fresh Tomatoes (VE)
12 Pizza Bagel (V) Italian Green Beans (VE)	13 Crispy Chicken Sandwich Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V) Seasoned Wedge Fries (VE)	14 Mozzarella Sticks (V) with marinara sauce (VE) Roasted Fresh Broccoli (VE) Garlic Knot (V)	15 Roasted Chicken Thigh Honey Diced Sweet Potato (V) Dinner Roll (VE) Fresh Apples (VE)	16 Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Southwest Burrito (V)
19	20	21	22	23
Pizza Bagel (V) Corn, Peas and Carrots (VE)	Crispy Chicken Tenders With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)	Hamburgers Cheeseburgers Whole Wheat Bun Home Fries (V)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE)	Veggie Nuggets (VE) with Dipping Sauce Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30
Pizza Bagel (V) Crispy Broccoli (V)	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (VE) New York Cookie Treat (V)	Fish and Cheese Sandwich Whole Wheat Bun Green Garden Salad (VE) Seasoned Wedge Fries (VE)	Chicken Dumplings with Veggie Ginger Soy Rice (VE) Seasoned Fresh Green Beans (V) New York Apples Slices (VE)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Roasted Fresh Tomatoes (VE)
<u>Monday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	<u>Tuesday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	<u>Thursday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	<u>Friday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)
<u>Milk*</u> Whole Milk *Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	OFFERED DAILY	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries	OFNS has an extensive Prohibitive Ingredients List available at:
• Vegan Item (VE): A plant	-based food that consist of v and anima	vhole grains, vegetables, lec l products. Vegan also exclu	/IILK or CHICKEN with Bone gumes, nuts, and/or fruit; and ides honey uts, fruit, eggs and/or dairy; e	l excludes any eggs, dairy

DEC		Bro K 8 Vogo	tarian Lunch	
			tarian Lunch M	
Monday	Tuesday	Wednesday	Thursday 1	Friday
	OF ON		Veggie Burger (VE)	served with Rice
			Veggie Burger (VE) Veggie Cheeseburger(V) Whole Wheat Bun	Confetti Corn (
	+ NEW S		Seasoned Wedge Fries (VE)	Crispy Tortillas Served with Salsa
	WE'RE PROUDLY		New York Apples Slices (VE)	Homemade
	CELEBRATING LOCALLY SOURCED &		Salad Bar	Grilled Cheese Salad Bar
	PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		Pickles, Lettuce and Tomato (VE)	Carrot Raisi Salad (V)
5	6	7	8	
	Vegetarian	Mediteranean Chickpea with Pasta (VE)	Zucchini Parmesan Hero (V)	White Bean and Primavera (V
Personal Pizza (V)	Quesadilla (V) served with Salsa (VE)	Seasoned Fresh	Seasoned Wedge Fries (VE)	Roasted
Crispy Broccoli (V)	Grab and Go Salad	Green Beans (V)	Fresh Apples (VE)	Fresh Tomatoes Homemade
	Fiesta Black Beans (VE)	Dinner Roll (V)	New York Cookie Treat (V)	Grilled Cheese
Salad Bar Italian Classico	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Salad (VE) 12	Confetti Corn Salad (VE) 13	Kid Friendly Kale Salad (V) 14	Veggie Cup (VE) 15	Greek Zucchini Sal
		<u>Plastic Free Lunch</u> <u>Day USA</u>		Black Bear and Plantai
	Zesty Chickpea Stew (VE)	<u>Day USH</u>	Red White and Green	Power Bowl (with Vegetable Rid
Classic Cheese Pizza (V)	Grab and Go Salad	Mozzarella Sticks (V) with marinara sauce (VE)	Panini (V)	and Pico de Gallo
Italian Green Beans (VE)	Slow Roasted Baby Carrots (VE)	Fresh Broccoli Florets (VE)	Seasoned Wedge Fries (VE) Balsamic Chickpea	Homemade Grilled Cheese
		Garlic Knot (V)	Salad (V)	Green Garden Sala
Salad Bar	Salad Bar Strawberry and Cucumber	Salad Bar Veggie Dippers (VE)	Salad Bar	Salad Bar Fresh Cilantro He
Caesar Salad (V) 19	Salad (V) 20		Italian Classico Salad (VE) 22	Cole Slaw (V
	Veggie Nuggets (VE)			Three Bean Chi served with Rice
French Bread	With Dipping Sauce	Manicotti (V)	Veggie Burger (VE) Veggie Cheeseburger(V)	Confetti Corn (
Pizza (V) Roasted Chickpeas With	Grab and Go Salad Sweet Potato	with Marinara Sauce (VE)	Whole Wheat Bun Seasoned Wedge Fries (VE)	Crispy Tortillas Served with Salsa
Basil Pesto (V)	Waffle Fries (VE)	Corn, Peas and Carrots (VE)	New York Apples Slices (VE)	Homemade
	Garlic Knot (V)	Green Garden Salad (VE)		Grilled Cheese
Salad Bar Fresh Marinated	Salad Bar Celery and Apple	Salad Bar	Salad Bar Pickles, Lettuce	Salad Bar Carrot Raisir
Vegetable Salad (VE) Winter Recess 26	Salad (V) Winter Recess 27	Broccoli Salad (VE) Winter Recess 28	and Tomato (VE) Winter Recess 29	Salad (V) Winter Rece
	Vocatorian	Mediteranean Chickpea	Zucchini Parmesan	White Bean and
	Vegetarian Quesadilla (V) served with Salsa (VE)	with Pasta (VE)	Hero (V)	Primavera (N
Personal Pizza (V)	Grab and Go Salad	Seasoned Fresh Green Beans (V)	Seasoned Wedge Fries (VE) Fresh Apples (VE)	Roasted Fresh Tomatoes
Crispy Broccoli (V)	Fiesta Black Beans (VE)	Dinner Roll (V)	New York Cookie Treat (V)	Homemade Grilled Cheese
Salad Bar	Colod Dor	Calad Day	Colod Dor	Colod Dor
Italian Classico Salad (VE) Monday	Salad Bar Confetti Corn Salad (VE) Tuesday	Salad Bar Kid Friendly Kale Salad (V) Wednesday	Salad Bar Veggie Cup (VE) Thursday	Salad Bar Greek Zucchini Sal <u>Friday</u>
 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) 	Peanut Butter & Jelly* (VE) Hummus Grab & Go (V)	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) 	Peanut Butter & Je Hummus Lunch Pa
• Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Assorted Vegan Wi Hot or Cold Ch
 Assorted Vegetarian Wraps (V) 	• Chickpea Wrap (V)	• Chickpea Wrap (V)	• Chickpea Wrap (V)	Sandwich (V • Southwest Burr
		OFFERED DAILY		OFNS has an exte
<u>Milk*</u> 1% Low-fat			<u>Seasonal Fresh Fruit</u>	Prohibitive Ingredie available at
Fat Free Fat Free Chocolate	OFNS Menus Support Seasonal Fresh Fruit and Vegetables	Assorted Dressings	Apples, Apple Slices, Bananas, Grapefruit,	
*Alternative options are	when available		Oranges, Pears, Grapes, Honeydew, and	
available upon request			Strawberries	



	37	Department of Education		
	DECEMBER	2022: Puree L	unch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
Daily Lunch Specials • Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna Options may vary by location	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		1 Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Zucchini (VE) <i>Fruit Offering</i> Apple Sauce (VE)	2 Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
5	6	7	8	9
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (V) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Zucchini (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
12	13	14	15	16
Fish & Cheese Sandwich Broccoli With Garlic & Oil (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Zucchini (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
19	20	21	22	23
Braised Tuna with Tomato Sauce Broccoli With Garlic & Oil (V) Soft Roll (VE) Fruit Offering Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Ranch Chicken Tenders Soft Cooked Penne (VE) Roasted Zucchini (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30
Fish & Cheese Sandwich Broccoli With Garlic & Oil (V) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Crispy Chicken Sandwich Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Zucchini (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
		OFFERED DAILY		OFNS has an extensive
<u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate *Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available (V) Indicates Vegetarian (VE) Indicates Vegan	Assorted Dressings	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries	Prohibitive Ingredients List available at:
	Available Daily Upon Re	quest: Other Transitional, Th	ick Puree or Thin Puree	
NYC Department of Education	O.F.N.S. IFOOD			Menu subject to change. Our menus are pork free.

DECE	MBER 2022: J.	H.S. & Middle	School Lunch	Menu
Monday	Tuesday	Wednesday	Thursday	Friday
			Roasted Chicken	Three Bean Chili
			Drumsticks	served with Rice (Veggie Nuggets
	AT A STATE		Baked Beans (VE) Green Garden Salad (VE)	Confetti Corn (V
	WE'RE PROUDLY		Buttermilk Biscuit (V)	Crispy Tortillas (Served with Salsa
	CELEBRATING LOCALLY SOURCED & PRODUCED FOOD		New York Apples Slices (VE)	Salad Bar
	ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		Salad Bar Broccoli Salad (V)	Carrot Raisin Salad (V)
5	6	7	8	
		Veggie Burger (VE)	Chicken Dumplings	
	Chicken Quesadilla	Whole Wheat Bun	with Veggie Ginger Soy Rice (VE)	White Bean and I Primavera (VI
Personal Pizza (V)	Fiesta Black Beans (VE)	Fish and Cheese Sandwich	Grab and Go Salad	Roasted Fresh Tomatoes (VE)
Crispy Broccoli (V)	Salsa (VE)	Whole Wheat Bun	Seasoned Fresh Green Beans (V)	Homemade
Salad Bar	New York Cookie Treat (V)	Seasoned Wedge Fries (VE) Salad Bar	Fresh Apples (VE)	Grilled Cheese (
Italian Classico Salad (VE)	Salad Bar Kid Friendly Kale (V)	Pickles, Lettuce and Tomato (VE)	Salad Bar Asian Red Cabbage Slaw (V)	Salad Bar Greek Zucchini Sala
12	13 Crispy Chicken	14 <u>Plastic Free Lunch</u>	15	
	Sandwich Whole Wheat Bun	Day	Roasted Chicken Thigh	Black Bean and Plantain
Classic Cheese Pizza (V)	Grab and Go Salad	Mozzarella Sticks (V)	Honey Diced Sweet Potato (V)	Power Bowl (W with Vegetable Rice and Pico de Gallo
Italian Green Beans (VE)	Roasted Chickpeas With Basil Pesto (V)	with marinara sauce (VE) Fresh Broccoli Florets (VE)	Dinner Roll (VE)	Southwest Burrit
	Seasoned Wedge Fries (VE)	Garlic Knot (V)	Fresh Apples (VE)	Green Garden Salad
Salad Bar	Salad Bar Pickles, Lettuce	Salad Bar Veggie Dippers (VE)	Salad Bar	Salad Bar Fresh Cilantro Hea
Kale Caesar (VE) 19	and Tomato (VE) 20	21	Lemon Arugula Salad (V) 22	Cole Slaw (V)
	Crispy Chicken Tenders		Roasted Chicken	Three Bean Chili
	With Dipping Sauce	Hamburgers or Cheeseburgers	Drumsticks	served with Rice (
French Bread Pizza (V)	Grab and Go Salad Sweet Potato	Whole Wheat Bun	Baked Beans (VE) Green Garden Salad (VE)	Veggie Nuggets Confetti Corn (V
Corn, Peas and Carrots (VE)	Waffle Fries (VE)	Home Fries (V)	Buttermilk Biscuit (V)	Crispy Tortillas (\
Salad Bar	Garlic Knot (V) Salad Bar	Salad Bar	New York Apples Slices (VE)	Served with Salsa (Salad Bar
Fresh Marinated Vegetable Salad (VE)	Strawberry and Cucumber Salad (V)	Pickles, Lettuce and Tomato (VE)	Salad Bar Broccoli Salad (V)	Carrot Raisin Salad (V)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Reces
		Veggie Burger (VE)	Chicken Dumplings with	White Bean and I
Personal Pizza (V)	Chicken	Whole Wheat Bun	Veggie Ginger Soy Rice (VE)	
. ,	Quesadilla Fiesta Black Beans (VE)	Fish and Cheese Sandwich	Grab and Go Salad Seasoned Fresh	Roasted Fresh Tomatoes (VE)
Crispy Broccoli (V)	Salsa (VE)	Whole Wheat Bun Seasoned Wedge Fries (VE)	Green Beans (V)	Homemade Grilled Cheese (
Salad Bar Italian Classico	Salad Bar	Salad Bar Pickles Lettuce	Fresh Apples (VE) Salad Bar	Salad Bar
Salad (VE) <u>Monday</u>	Salad Bar Kid Friendly Kale (V) <u>Tuesday</u>	Pickles, Lettuce and Tomato (VE) <u>Wednesday</u>	Asian Red Cabbage Slaw (V) Thursday	Greek Zucchini Sala <u>Friday</u>
 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese 	 Peanut Butter & Jelly* (VE) Hummus Grab & Go (V) Hot or Cold Cheese 	 Peanut Butter & Jell Hummus Lunch Pace Assorted Vegan Wrate
Sandwich (V) • Assorted Vegetarian	 Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Hot of Cold Cheese Sandwich (V) Tuna Sandwich 	 Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Hot or Cold Chee Sandwich (V)
Wraps (V)		OFFERED DAILY		Southwest Burrite
<u>Milk*</u> 1% Low-fat			<u>Seasonal Fresh Fruit</u>	OFNS has an exter Prohibitive Ingredien available at:
Fat Free Fat Free	OFNS Menus Support Seasonal Fresh Fruit and Vegetables	Assorted Dressings	Apples, Apple Slices, Bananas, Grapefruit,	
*Alternative options are	when available		Oranges, Pears, Grapes, Honeydew, and	
available upon request			Strawberries	
	All Pre-K Students CANNOT	ATTENTION:	MILK or CHICKEN with Bone	es

		Education		
	DECEMBER 20	22: High Scho	ol Lunch Men	u
Monday	Tuesday	Wednesday	Thursday	Frida
			1	
	SE SA		Roasted Chicken Drumsticks	Three Bean (served with F
			Baked Beans (VE)	Veggie Nugg
	ALEW TO		Green Garden Salad (VE)	Confetti Co
	WE'RE PROUDLY CELEBRATING		Buttermilk Biscuit (V)	Crispy Tortil Served with S
	LOCALLY SOURCED & PRODUCED FOOD		New York Apples Slices (VE)	Salad E
5	ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	7	Salad Bar Broccoli Salad (V) 8	Carrot R Salad
J		,		
		Veggie Burger (VE)	Chicken Dumplings with	White Bean a
Personal Pizza (V)	Chicken Quesadilla	Whole Wheat Bun Fish and Cheese	Veggie Ginger Soy Rice (VE)	Primaver
Crispy Broccoli (V)	Fiesta Black Beans (VE)	Sandwich Whole Wheat Bun	Grab and Go Salad Seasoned Fresh	Roasted Tomatoes
,	Salsa (VE)	Seasoned Wedge Fries (VE)	Green Beans (V)	Homem Grilled Che
Salad Bar Italian Classico	New York Cookie Treat (V) Salad Bar	Salad Bar Pickles, Lettuce	Fresh Apples (VE) Salad Bar	Salad
Salad (VE)	Kid Friendly Kale (V)	and Tomato (VE)	Asian Red Cabbage Slaw (V)	Greek Zucchini
		Plastic Free Lunch		
	Crispy Chicken Sandwich Whole Wheat Bun	<u>Day</u>	Popotod Chickon Thigh	Black E and Pla
	Grab and Go Salad	Mozzarella Sticks (V)	Roasted Chicken Thigh Honey Diced	Power Boy with Vegetable
Classic Cheese Pizza (V)	Roasted Chickpeas With	with marinara sauce (VE) Fresh Broccoli Florets (VE)	Sweet Potato (V)	and Pico de C
Italian Green Beans (VE)	Basil Pesto (V) Seasoned Wedge Fries (VE)	Garlic Knot (V)	Dinner Roll (VE) Fresh Apples (VE)	Southwest B Green Garden
0.4.4.0.4	Salad Bar	Salad Bar Veggie Dippers (VE)		Salad
Salad Bar Kale Caesar (VE) 19	Pickles, Lettuce and Tomato (VE) 20		Salad Bar Lemon Arugula Salad (V) 22	Fresh Cilantr Cole Slav
	Crispy			
	Chicken Tenders With Dipping Sauce	Hamburgers or	Roasted Chicken Drumsticks	Three Bean served with F
French Bread	Grab and Go Salad	Cheeseburgers Whole Wheat Bun	Baked Beans (VE)	Veggie Nug
Pizza (V) Corn, Peas	Sweet Potato Waffle Fries (VE)		Green Garden Salad (VE)	Confetti Co
and Carrots (VE)	Garlic Knot (V)	Home Fries (V)	Buttermilk Biscuit (V)	Crispy Torti Served with S
Salad Bar Fresh Marinated	Salad Bar Strawberry and	Salad Bar Pickles, Lettuce	New York Apples Slices (VE) Salad Bar	Salad I Carrot R
Vegetable Salad (VE) Winter Recess 26	Cucumber Salad (V)	and Tomato (VE)	Broccoli Salad (V) Winter Recess 29	Salad
		Veggie Burger (VE) Whole Wheat Bun	Chicken Dumplings with Veggie Ginger Soy Rice (VE)	White Bean a Primaver
Personal Pizza (V)	Chicken Quesadilla	Fish and Cheese	Grab and Go Salad	Roasted
Crispy Broccoli (V)	Fiesta Black Beans (VE)	Sandwich Whole Wheat Bun	Seasoned Fresh Green Beans (V)	Tomatoes Homem
	Salsa (VE)	Seasoned Wedge Fries (VE)	Fresh Apples (VE)	Grilled Che
Salad Bar Italian Classico Salad (VE)	Salad Bar Kid Friendly Kale (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Asian Red Cabbage Slaw (V)	Salad Greek Zucchini
<u>Monday</u> • Peanut Butter & Jelly* (VE)	<u>Tuesday</u> • Peanut Butter & Jelly* (VE)	<u>Wednesday</u> • Peanut Butter & Jelly* (VE)	<u>Thursday</u> • Peanut Butter & Jelly* (VE)	Frida • Peanut Butter •
 Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) 	 Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) 	 Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) 	 Hummus Grab & Go (V) Hot or Cold Cheese Sandwich (V) 	 Hummus Lunc Assorted Vegar Hot or Cold
• Assorted Vegetarian Wraps (V)	• Tuna Sandwich	• Tuna Sandwich	• Tuna Sandwich	• Not of Cold Sandwick • Southwest B
		OFFERED DAILY		OFNS has an o
<u>Milk*</u> 1% Low-fat	OFNS Menus Support		Seasonal Fresh Fruit	Prohibitive Ingr available
Fat Free Fat Free Chocolate	Seasonal Fresh Fruit and Vegetables	Assorted Dressings	Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes,	
*Alternative options are available upon request	when available		Honeydew, and Strawberries	
		ATTENTION		
		ATTENTION:	nuts, and/or fruit; and exclude	

	3			
DECEM	BER 2022: Hig	h School Expr	ess Cold Lunc	h Menu
Monday	Tuesday	Wednesday	Thursday	Friday
	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		1 Assorted Cold Sandwiches and Wraps Broccoli Salad (V) New York Apples Slices (VE) New York Cookie Treat (V)	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE)
5 Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Ranch Carrot Sticks (V)	6 Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	7 Chicken Caesar Wrap Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	8 Chicken Salad Hoagie Kid Friendly Kale Salad (V) New York Apples Slices (VE)	Black Bean and Corn Grab & Go Salad (VE) Salsa (VE) Italian Marinated Cucumber Salad (VE) Cheese Sandwich (V)
12	13	14	15	1
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	Chicken Salad Grab and Go Salad Confetti Corn Salad (V)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V) Lemon Arugula Salad (V)	Assorted Cold Sandwiches and Wraps Cilantro Healthy Coleslaw (V) New York Apples Slices (VE)	Italian Veggie Grab & Go Salad (VE) White Bean Salad (VE) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
19	20	21	22	2
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	Asian Sesame Chicken Grab and Go Salad Cilantro Black Bean Salad (V)	Chicken Tender Wrap Dipping Sauce Confetti Corn Salad (VE)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V) New York Apples Slices (VE) New York Cookie Treat (V)	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (VE) Crispy Tortillas (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Served with Salsa (VE) Winter Recess 3
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Ranch Carrot Sticks (V)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V)	Chicken Caesar Wrap Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) New York Apples Slices (VE)	Black Bean and Corn Grab & Go Salad (VE) Salsa (VE) Italian Marinated Cucumber Salad (VE) Cheese Sandwich (V)
<u>Monday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	<u>Tuesday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	<u>Thursday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Friday • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE • Cheese Sandwich (V)
<u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate *Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	OFFERED DAILY Assorted Dressings	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries	OFNS has an extensive Prohibitive Ingredients List available at:
		ATTENTION:		
Vegetarian Item (V): A fo	and animal	vhole grains, vegetables, leg l products. Vegan also exclu	gumes, nuts, and/or fruit; and ides honey uts, fruit, eggs and/or dairy; o	

		Department of Education		3
		gh School Exp		
Monday	Tuesday	Wednesday	Thursday	Friday
	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE)	Veggie Nuggets (VE) with Dipping Sauce Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
5	6	7	8	9
Pizza Bagel (V) Crispy Broccoli (V) 12	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (VE) New York Cookie Treat (V) 13	Fish and Cheese Sandwich Whole Wheat Bun Green Garden Salad (VE) Seasoned Wedge Fries (VE) 14	Chicken Dumplings with Veggie Ginger Soy Rice (VE) Seasoned Fresh Green Beans (V) New York Apples Slices (VE)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Roasted Fresh Tomatoes (VE)
Pizza Bagel (V) Italian Green Beans (VE)	Crispy Chicken Sandwich Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V) Seasoned Wedge Fries (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Fresh Broccoli (VE) Garlic Knot (V)	Roasted Chicken Thigh Honey Diced Sweet Potato (V) Dinner Roll (VE) Fresh Apples (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Southwest Burrito (V)
19	20	21	22	23
Pizza Bagel (V) Corn, Peas and Carrots (VE)	Crispy Chicken Tenders With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)	Hamburgers Cheeseburgers Whole Wheat Bun Home Fries (V)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE)	Veggie Nuggets (VE) with Dipping Sauce Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30
Pizza Bagel (V) Crispy Broccoli (V)	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (VE) New York Cookie Treat (V)	Fish and Cheese Sandwich Whole Wheat Bun Green Garden Salad (VE) Seasoned Wedge Fries (VE)	Chicken Dumplings with Veggie Ginger Soy Rice (VE) Seasoned Fresh Green Beans (V) New York Apples Slices (VE)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Roasted Fresh Tomatoes (VE)
<u>Monday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	<u>Tuesday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)	<u>Wednesday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)	<u>Thursday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)	<u>Friday</u> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)
		OFFERED DAILY		OFNS has an extensive
<u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate *Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries	Prohibitive Ingredients List available at:
		ATTENTION:		
	and anima	whole grains, vegetables, leg I products. Vegan also exclu ains, vegetables, legumes, nu	des honey	
NYC Department of Education	O.F.N.S. IFOOD			Menu subject to change. Our menus are pork free.

		Department of Education		
			ol Snack Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
5	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	7	Cheddar Cheese Stick (V) Fresh Fruit (VE) 8	Heart Shaped Pretzels (VE) Hummus Cup (VE)
o Animal Crackers (V) Milk (V)	• Honey Graham Biscuits (V) Milk (V)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)	o Mozzarella Cheese Stick (V) Fresh Fruit (VE)	9 Multi-Grain Oats (VE) Milk (V)
12	13	14	15	16
Heart Shaped Pretzels (VE) Hummus Cup (VE)	New York Yogurt Choice (V) Raisins (VE)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Crispy Tortilla (VE) Salsa (VE)
19	20	21	22	23
Honey Graham Crackers (V) Milk (V)	(2) Ranch Carrot Snackers (V) Milk (V)	New York Yogurt Choice (V) Raisins (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30
Animal Crackers (V) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE) Milk (V)
<u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate *Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	All Fruit Offeri	ngs are 1 cup	OFNS has an extensive Prohibitive Ingredients List available at:
	based food that consist of v. and anima	l products. Vegan also exclu	jumes, nuts, and/or fruit; and	



		Department of Education		
	DECEMBER 2	022: After Sch	ool Cold Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
Daily Supper Specials • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (VE) Options may vary by location 5 Grab and Go Cheese Plate (V)	With the second state of the second	7 Chicken Salad Grab and Go Salad Confetti Corn Salad (V)	Assorted Cold Sandwiches and Wraps	2 Black Bean and Corn Grab & Go Salad (VE) Cheese Sandwich (V) Cauliflower Salad (VE) Crispy Tortillas (VE) served with Salsa (VE) 9 Italian Veggie Grab & Go Salad (VE) Cheese Sandwich (V)
Italian Green Beans (VE) 12	Ranch Carrot Snacker (V)	New York Cookie Treat	Cilantro Healthy Coleslaw (V)	White Bean Salad (VE) 16
Superhero Spinach Wrap (V) Broccoli Salad (V)	13 Chicken Tender Wrap Italian Green Beans (VE)	14 Assorted Cold Sandwiches and Wraps Carrot Sticks (VE)	Asian Sesame Chicken Grab and Go Salads Cilantro Black Bean Salad (VE) New York Apple Slices (VE)	Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (V)
19	20	21	22	23
Red, White and Green Panini (V) Balsamic Chickpea Salad (V)	Chicken Caesar Wrap Basil Corn Salad (VE) Heart Shaped Pretzels (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)	Crispy Chicken Grab and Go Salad Carrot Sticks (VE)	Black Bean and Corn Grab & Go Salad (VE) Cheese Sandwich (V) Cauliflower Salad (VE) Crispy Tortillas (VE) served with Salsa (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Curried Chicken Wrap Dipping Sauce Ranch Carrot Snacker (V)	Chicken Salad Grab and Go Salad Confetti Corn Salad (V) New York Cookie Treat	Assorted Cold Sandwiches and Wraps Cilantro Healthy Coleslaw (V)	Italian Veggie Grab & Go Salad (VE) Cheese Sandwich (V) White Bean Salad (VE)
		OFFERED DAILY		
<u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate *Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries	OFNS has an extensive Prohibitive Ingredients List available at:
 Vegan Item (VE): A plant Vegetarian Item (V): A for 	 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 Menu subject to change. Our menus are pork free. 			

		Department of Education		
	DECEMBER 2	022: After Sch	ool Hot Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
Daily Supper Specials Peanut Butter & Jelly* (VE) Hot or Cold Cheese Sandwich (V) Hummus and Pretzels Grab & Go (VE) Options may vary by location	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		1 Manicotti (V) with Marinara Sauce (VE) Slow Roasted Baby Carrots (V) Garlic Knot (V)	2 Southwest Burrito (V) Roasted Cauliflower (VE)
5 Mozzarella Sticks (V) Marinara Sauce (VE) Kale Caesar (V)	6 Hamburgers & Cheeseburgers Whole Wheat Bun Baked Sweet Potato Waffle Fries (VE)	7 Pizza Choice (V) Roasted Zucchini (VE)	8 Roasted Chicken Crispy Broccoli (V) Buttermilk Biscuit (V)	9 Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
12 Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)	13 Chicken Dumplings Seasoned Fresh Green Beans (VE)	14 Turkey Burger Whole Wheat Bun Baked Sweet Potato Waffle Fries (VE)	15 Chicken Tenders Roasted Baby Carrots (V) Dinner Roll (V)	16 Pizza Choice (V) Roasted Zucchini (VE)
19	20	21	22	23
Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	Fish and Cheese Sandwich Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Crispy Chicken Sandwich Whole Wheat Bun Seasoned Wedge Fries (VE)	Manicotti (V) with Marinara Sauce (VE) Slow Roasted Baby Carrots (V) Garlic Knot (V)	Southwest Burrito (V) Roasted Cauliflower (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30
Mozzarella Sticks (V) Marinara Sauce (VE) Kale Caesar (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Baked Sweet Potato Waffle Fries (VE)	Pizza Choice (V) Roasted Zucchini (VE)	Roasted Chicken Crispy Broccoli (V) Buttermilk Biscuit (V)	Veggie Nuggets (VE) with Dipping Sauce (V) Seasoned Wedge Fries (VE) Dinner Roll (VE)
		OFFERED DAILY		
<u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate *Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries	OFNS has an extensive Prohibitive Ingredients List available at:
• Vegan Item (VE): A plant	-based food that consist of v and anima ood that consist of whole gra	ATTENTION: be Offered CHOCOLATE N whole grains, vegetables, leg I products. Vegan also exclu ains, vegetables, legumes, no	jumes, nuts, and/or fruit; and des honey	l excludes any eggs, dairy
Education	Constant and the services ALLIANCE			our menus are pork free.

DE	CEMBER 2022	E School	Vegetarian Me	nu
Monday	Tuesday	Wednesday	Thursday	Friday
Daily Supper Specials • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (VE) Options may vary by location 5 Veggie Burger (VE) Veggie Cheeseburger(V) Whole Wheat Bun Sweet Potato	With the second state of the second	7 Southwest Burrito (V) Served with Salsa (VE) Roasted Zucchini (VE)	1 Pizza (V) Kale Caesar (V) 8 Veggie Nuggets (VE) With Dipping Sauce Seasoned Wedge Fries (VE)	2 Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) Green Garden Salad (VE) 9 Three Bean Chili (VE) served with Rice (VE) Confetti Corn (VE) Crispy Tortillas (VE)
Waffle Fries (VE)	13	14	Dinner Roll (V) 15	Served with Salsa (VE)
Superhero Spinach Wrap (V) Seasoned Wedge Fries (VE)	Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (VE) Dinner Roll (VE)	Pizza (V) Crispy Broccoli (V)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
19 Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini (VE)	20 Grilled Cheese (V) Baked Beans (VE)	21 Red White and Green Panini (V) Seasoned Wedge Fries (VE)	22 Pizza (V) Kale Caesar (V)	23 Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) Green Garden Salad (VE)

Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30
Veggie Burger (VE) Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)	Pizza (V) Roasted Chickpeas With Basil Pesto (V)	Southwest Burrito (V) Served with Salsa (VE) Roasted Zucchini (VE)	Veggie Nuggets (VE) With Dipping Sauce Sweet Potato Waffle Fries (VE) Dinner Roll (V)	Three Bean Chili (VE) served with Rice (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
		OFFERED DAILY		OFNS has an extensive
Milk*			<u>Seasonal Fresh Fruit</u>	Prohibitive Ingredients List available at:
1% Low-fat Fat Free Fat Free Chocolate	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes,	
*Alternative options are available upon request	when available		Honeydew, and Strawberries	
		ATTENTION:		
• Vegan Item (VE): A plant		nts CANNOT be Offered CH vhole grains, vegetables, leg	IOCOLATE MILK jumes, nuts, and/or fruit; and	excludes any eggs, dairy
	and anima	l products. Vegan also exclu		
NYC Department of Education	O.F.N.S. IFOOD			Menu subject to change. Our menus are pork free.

DECE	MBER 2022: S	Department of Education	Aorning Snack	Menu
Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	31
Honey Corn Breakfast Muffin Bread (V) Milk (V)	Mini Blueberry Waffles (V) Milk (V)	Cinnamon Burst Pancakes (V) Milk (V)	Blueberry Breakfast Muffin Bread (V) Milk (V)	Whole Grain Croissant (V) served with Jelly (VE) Milk (V)

<u>Milk*</u> 1% Low-fat Fat Free

Seasonal Fresh Fruit

OFNS has an extensive Prohibitive Ingredients List available at:

Apples, Apple Slices,

⋒;??;22°®

Fat Free Chocolate

(V) Indicates Vegetarian (VE) Indicates Vegan

*Alternative options are available upon request

Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries





DECI	EMBER 2022: \$	Department of Education	orning Snack	Menu
Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	31
Honey Corn Breakfast Muffin Bread (V) Milk (V)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE)	Mini Blueberry Waffles (V) Fresh Fruit (VE)	Blueberry Breakfast Muffin Bread (V) Milk (V)	Whole Grain Croissant (V) served with Jelly (VE) Fresh Fruit (VE)

<u>Milk*</u> 1% Low-fat Fat Free Seasonal Fresh Fruit

OFNS has an extensive Prohibitive Ingredients List available at:

Apples, Apple Slices,

Fat Free Chocolate

(V) Indicates Vegetarian (VE) Indicates Vegan

*Alternative options are available upon request

Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries





	ECEMBER 202	Department of Education 22: Saturday Co	old Lunch Men	u
Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	31
Assorted Cold Sandwiches and Wraps Confetti Corn Salad (V)	Assorted Cold Sandwiches and Wraps Italian Marinated Green Beans (V)	Assorted Cold Sandwiches and Wraps Carrot Sticks (VE)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V)	Assorted Cold Sandwiches and Wraps Ranch Carrot Snacker (V)
Assorted Fresh Fruits (VE) Milk (V)	Assorted Fresh Fruits (VE) Milk (V)	Assorted Fresh Fruits (VE) Milk (V)	Assorted Fresh Fruits (VE) Milk (V)	Assorted Fresh Fruits (VE) Milk (V)
		<i>Daily Lunch Specials</i> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) Options may vary by location		
		OFFERED DAILY		OFNS has an extensive
<u>Milk*</u> 1% Low-fat			<u>Seasonal Fresh Fruit</u>	Prohibitive Ingredients List available at:
			Apples Apple Cliese	CENTRA ARCEN

Apples, Apple Slices,

Fat Free Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian (VE) Indicates Vegan

Assorted Dressings

Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries





	DECEMBER 20	Department of Education 222: Saturday H	ot Lunch Men	u
Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	31
Grilled Cheese Sandwich (V) Seasoned Wedge Fries (VE) Assorted Fresh Fruits (VE) Milk (V)	Hamburgers & Cheeseburgers Baked Sweet Potato Waffle Fries (VE) Assorted Fresh Fruits (VE) Milk (V)	Baked Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V) Assorted Fresh Fruits (VE) Milk (V)	Pizza Chioce (V) Roasted Zucchini (V) Assorted Fresh Fruits (VE) Milk (V)	Crispy Chicken Sandwich Whole Wheat Bun Seasoned Wedge Fries (VE) Assorted Fresh Fruits (VE) Milk (V)
		<i>Daily Lunch Specials</i> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) Options may vary by location		
		OFFERED DAILY		OFNS has an extensive

<u>Milk*</u> 1% Low-fat Fat Free OFNS has an extensive Prohibitive Ingredients List available at:

Seasonal Fresh Fruit

TEL: 20-247 Feb

Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian (VE) Indicates Vegan **Assorted Dressings**

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





		Department of Education		22
	DECEMBE	R 2022: Food 0	Court Monu	
Monday	Tuesday	Wednesday	Thursday	Friday
	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		1 Hamburgers & Cheeseburgers Whole Wheat Bun Green Garden Salad (VE) New York Apples Slices (VE)	2 Three Bean Chili (VE) served with Rice (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
5	6	7	8	9
Manicotti (V) with Marinara Sauce (VE) Crispy Broccoli (V) Garlic Knot (V)	Chicken Quesadilla Fiesta Black Beans (VE) Salsa (VE) 13	Turkey Burger Whole Wheat Bun Street Style Corn (V)	Chicken Dumplings Seasoned Fresh Green Beans (V) Fresh Apples (VE)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE) 16
Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Italian Green Beans	Spicy Chicken Sandwich Whole Wheat Bun Roasted Chickpea with Basil Pesto (V)	Roasted Chicken Thigh Dinner Roll (VE) Honey Diced Sweet Potato (V) New York Cookie Treat (V)	Fish and Cheese Sandwich Whole Wheat Bun Roasted Broccoli (VE) Fresh Apples (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE)
19 Veggie Nuggets with Dipping Sauce Corn, Peas and Carrots (VE) Garlic Knot (V)	20 Crispy Chicken Sandwich Whole Wheat Bun Sweet Potato Wedge Fries (VE)	21 Roasted Chicken Drumstick Baked Beans (VE) Buttermilk Biscuit (V)	22 Hamburgers & Cheeseburgers Whole Wheat Bun Green Garden Salad (VE) New York Apples Slices (VE)	23 Three Bean Chili (VE) served with Rice (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30
Manicotti (V) with Marinara Sauce (VE) Crispy Broccoli (V) Garlic Knot (V)	Chicken Quesadilla Fiesta Black Beans (VE) Salsa (VE)	Turkey Burger Whole Wheat Bun Street Style Corn (V)	Chicken Dumplings Seasoned Fresh Green Beans (V) Fresh Apples (VE)	White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
Monday • Pizza (V) •Seasoned Wedge Fries (VE) • Baked Mozzarella Sticks • Southwest Burrito • Grab and Go Salads (V) • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	 Tuna Sandwich Assorted Wraps and 	Wednesday • Pizza •Seasoned Wedge Fries (VE) • Baked Mozzarella Sticks • Chicken Tenders • Southwest Burrito • Grab and Go Salads • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches (V)	Thursday• Pizza•Seasoned Wedge Fries (VE)• Baked Mozzarella Sticks• Chicken Tenders• Southwest Burrito• Grab and Go Salads• Peanut Butter & Jelly* (VE)• Hummus Grab & Go (V)• Hot or Cold CheeseSandwich (V)• Tuna Sandwich• Assorted Wraps andSandwiches (V)	Friday • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V) • Seasoned Wedge Fries (VE) • Grab and Go Salads (VE)
Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) <u>Bagel Bar</u> An Assortment of Bagel Varieties & Spreads including Hummus, Peanut Butter, Cream Cheeses and Jelly *Alternative options are available upon request	Daily Breakfast Offerings Yogurt Granola Craisins Raisins	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Honeydew, and Strawberries	<u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate Assorted Condiments Dipping Sauces and Dressings are Available Daily	<section-header></section-header>
 Vegan Item (VE): A plan Vegetarian Item (V): A f 	and anima	l products. Vegan also exclu	gumes, nuts, and/or fruit; and ides honey uts, fruit, eggs and/or dairy; e	

	EMBER 2022:	Pepartment of Education	Prockfoot M	
Monday	Tuesday	Wednesday	Thursday	Friday
	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		T English Muffin (VE) with Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	2 Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)
5	6	7	8	9
Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Mini Blueberry Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Banana Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Buttermilk Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)
12	13	14	15	16
New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Tasty Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Whole Grain Croissant (V) with Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)
19	20	21	22	23
Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or	Cinnamon Burst Pancakes (V) Hot Oatmeal (V) Seasonal Fresh Fruit or	Blueberry Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V)	English Muffin (VE) with Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE)
Pineapples (VE) Milk (V)	Flavored Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Peaches (VE)	Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Pears (VE) Milk (V)
Winter Recess 26	Winter Recess 27	Milk (V) Winter Recess 28	Winter Recess 29	
Zucchini Carrot Breakfast Bread (V)	Mini Blueberry Waffles (V)	Banana Muffin (V) Hot Oatmeal (V)	Buttermilk Pancakes (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE)
Hot Oatmeal (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Hot Oatmeal (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)
		OFFERED DAILY		OFNS has an extensive
<u>Milk*</u> Whole Milk *Alternative options are available upon request (V) Indicates Vegetarian (VE) Indicates Vegan	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, and Honeydew <u>Other Fruits</u> Apple Sauce, Sliced Peaches, Diced Pears, Pineapples	<u>Cold Cereal Choices</u> Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)	Options may vary by location <u>Assorted Yogurts</u>	Prohibitive Ingredients List available at:

PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 24 months. Formula is to be provided by the parent.



DECEMBER 2022: Infant - Toddler Lunch Menu						
Monday	Tuesday	Wednesday	Thursday	Friday		
Daily Lunch Specials of or Cold bese Sandwich (V) ummus and Crackers (VE) oz. Yogurt (V) una	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		Hamburger, Cheeseburger or Veggie Burger (VE) Whole Wheat Bun Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Three Bean Chili (VE) served with Rice (VE) Homemade Grilled Cheese (V) Zucchini Squash (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)		
5 Personal Pizza (V) Steamed Seasoned Broccoli (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Chicken Quesadilla Fiesta Black Beans (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)	7 Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	8 Steamed Chicken Dumplings Brown Rice (VE) Steamed Green Beans (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	White Bean and Pasta Primavera (VE) Homemade Grilled Cheese (V) Roasted Fresh Tomatoes (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)		
12	13	14	15			
Classic Cheese Pizza (V) Zucchini Squash (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Crispy Chicken Sandwich Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V) Seasonal Fresh Fruit or Pears (VE) Milk (V)	Mozzarella Sticks (V) with marinara sauce (VE) Steamed Broccoli (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Veggie Nuggets (VE) With Dipping Sauce Steamed Carrot Coins (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	Stewed Black Beans (VE) and Small Diced Plantains (VE Brown Rice (VE) Homemade Grilled Cheese (V) Seasonal Fresh Fruit or Flavored Applesauce (VE)		
19	20	21	22	Milk (V)		
rench Bread Pizza (V) talian Green Beans (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Baked Chicken Tenders with Dipping Sauce Sweet Potato Waffle Fries (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)	Manicotti (V) with marinara sauce (VE) Superhero Spinach (VE) Dinner Roll (V) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Hamburger, Cheeseburger or Veggie Burger (VE) Whole Wheat Bun Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Peaches (VE)	Three Bean Chili (VE) served with Rice (VE) Homemade Grilled Cheese (V) Zucchini Squash (V) Seasonal Fresh Fruit or Flavored Applesauce (VE)		
Winter Recess 26	. ,	Winter Recess 28	Milk (V) Winter Recess 29	Milk (V) Winter Recess		
Personal Pizza (V) Steamed Seasoned Broccoli (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Chicken Quesadilla Fiesta Black Beans (VE) Seasonal Fresh Fruit or Pears (VE) Milk (V)	Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Pineapples (VE) Milk (V)	Steamed Chicken Dumplings Brown Rice (VE) Steamed Green Beans (VE) Seasonal Fresh Fruit or Peaches (VE) Milk (V)	White Bean and Pasta Primavera (VE) Homemade Grilled Cheese (V) Roasted Fresh Tomatoes (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)		
		OFFERED DAILY		OFNS has an extensive		
<u>Milk*</u> Whole Milk *Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, and Honeydew <u>Other Fruits</u> Apple Sauce, Sliced Peaches, Diced Pears, Pineapples	Prohibitive Ingredients List available at:		
LEASE NOTE: 1 % and Fa	t Free Milk is available to stude Consistencies up	nts 2 years and over. Whole M provided by the parent. on request: puree, mashed and ATTENTION:		24 months. Formula is to be		

		Pepartment of ducation				
DECEMBER 2022: After School Infant - Toddler Snack Menu						
Monday	Tuesday	Wednesday	Thursday	Friday		
5	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	7	Cinnamon Flakes (VE) Milk (V) 8	۷ Whole Wheat Crackers (VE) Hummus Cup (VE)		
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	New York Yogurt Choice (V) Diced Peaches (VE)	s Multi-Grain Oats (VE) Milk (V)		
12	13	14	15	16		
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	New York Yogurt Choice (V) Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)		
19	20	21	22	23		
Cinnamon Flakes (VE) Milk (V)	Apple Slices (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)	New York Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)		
Winter Recess 26	Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30		
Animal Crackers (V) Milk (V)	Fresh Banana (VE) Milk (V)	New York Yogurt Choice (V) Diced Peaches (VE)	Cinnamon Flakes (VE) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)		
<u>Milk*</u> 1% Low-fat Fat Free Whole Milk *Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Free Milk is available to studer	nts 2 years and over. Whole Mi	ilk is available for youngsters 1	OFNS has an extensive Prohibitive Ingredients List available at:		

PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available for youngsters 12 to 24 months. Formula is to be provided by the parent.

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

