	NOVEMBER 20	Department of Education	Reakfast Monu	
Monday	Tuesday	Wednesday	Thursday 3	Friday 4
	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage Croissant Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
7	Election Day 8	9	10	Veterans Day 11
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)
14	15	16	17	18
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)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
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 Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
28	29	30		
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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) French Toast (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, Plums, Honeydew, and Strawberries	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 vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



		Department of Education		3
	37	X ZIII		
NO	VEMBER 2022	2: High School	Breakfast Me	nu
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tasty Waffles (V) Breakfast Bar Seasonal Fresh Fruit (VE)	2 Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	3 Turkey Sausage Croissant Breakfast Bar Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
7	Election Day 8	9	10	Veterans Day 11
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)
14	15	16	17	18
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)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
Assorted Fresh Bagel Sticks (VE) served with ream 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 Breakfast Bar Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
28	29	30		
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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) French Toast (VE) Breakfast Bar Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (VE) New York Yogurts (V) Cheese Sticks (V)
		OFFERED DAILY		OFNS has an extensive
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 <u>Cold Cereal Choices</u> Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE)	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries	Prohibitive Ingredients List available at:

Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



		Education		-11
	22			
	NOVEMBER 2	022: Breakfast	Express Menu	
Monday	Tuesday	Wednesday 2	Thursday 3	Friday
7	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) 9	Blueberry Muffin (V) New York Yogurt Choice (V) New York Apples Slices (VE) 10	Whole Grain Bagel (VI served with Cream Cheese (V) & Jelly (V Seasonal Fresh Fruit (VE
7	Election Day 8	9	10	Veterans Day
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 (VI served with Cream Cheese (V) & Jelly (V Seasonal Fresh Fruit (VE
14	15	16	17	
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 (VI served with Cream Cheese (V) & Jelly (V Seasonal Fresh Fruit (VE
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess
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 (VI served with Cream Cheese (V) & Jelly (V Seasonal Fresh Fruit (VE
28	29	30		
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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
		OFFERED DAILY		OFNS has an extensive
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 <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, Plums, Honeydew, and Strawberries	Prohibitive Ingredients Li available at:
		ATTENTION:		



NOVE	MBER 2022: Pr	Pepartment of Education	rian Breakfast	Menu
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tasty Waffles (V) Fresh Oranges (VE)	2 Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Fresh Cantaloupes (VE)	3 Croissant (V) served with Jelly (VE) Hot Oatmeal (V) Fresh Apples (VE)	4 Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Fresh Plums (VE)
7	Election Day 8	9	10	Veterans Day 11
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)
14	15	16	17	18
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)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
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)
28	29	30		
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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) French Toast (VE)
BA: 11.*		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, Plums, Honeydew, and Strawberries	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



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	NOVEMBER 2	2022: Puree Bi	reakfast Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
	1		2 3	Depend Muffin ()()
	Turkey Sausage	Croissant (V) New York	Turkey Sausage	Banana Muffin (V) New York
	Soft Roll (VE)	Yogurt Choice (V)	Soft Roll (VE)	Yogurt Choice (V)
	Hot Oatmeal (V) <i>Fruit Offering</i>	Hot Oatmeal (V)	Hot Oatmeal (V) Fruit Offering	Hot Oatmeal (VE)
	Flavored Apple Sauce (VE)	<i>Fruit Offering</i> Pears (VE)	Bananas (VE)	<i>Fruit Offering</i> Apple Sauce (VE)
	7 Election Day 8	Ş	9 10	Veterans Day
Blueberry Muffin	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)
1,	4 15	16	6 17	
Blueberry Muffin	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)
2	1 22	23	3 Thanksgiving Recess 24	Thanksgiving Recess
Blueberry Muffin	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)
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)
2	8 29	30		
Blueberry Muffin	Turkey Sausage	Croissant (V)		
New York Yogurt Choice (V)	Soft Roll (VE)	New York Yogurt Choice (V)	ALEW YO	
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	WE'RE PROUDLY CELEBRATING	
<i>Fruit Offering</i> Peaches (VE)	<i>Fruit Offering</i> Flavored Apple Sauce (VE)	<i>Fruit Offering</i> Pears (VE)	LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
	Socoopel Freeh Fruit	OFFERED DAILY		OFNS has an extensive
<u>Milk*</u> 1% Low-fat	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Oranges,	Cold Cereal Choices	Options	Prohibitive Ingredients Li available at:
Fat Free Fat Free Chocolate	Pears, Grapes, Plums, Honeydew, and Strawberries	Multi-Grain Oats (VE) Toasted Oats (VE)	Options may vary by location	
*Alternative options are available upon request	<u>Other Fruits</u> Apple Sauce, Sliced Peaches, Diced Pears, Pineapples	Oat Circles (VE) Cinnamon Flakes (VE)	<u>Assorted Yogurts</u>	
	Available Daily Upon	Request: Transitional, Thic	k Puree or Thin Puree	
		ATTENTION: ents CANNOT be Offered CH		

• 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 vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



		Department of Education		
	NOVEMBER	2022: Pre-K - 8	Lunch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
monady	1	2	3	4
	Crispy Chicken Sandwich Whole Wheat Bun Grab and Go Salad	<u>Plastic Free Lunch</u> <u>Day USA</u>	Roasted Chicken Thigh	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE)
	Roasted Chickpeas With Basil	Mozzarella Sticks (V) with marinara sauce (VE)	Slow Roasted Baby Carrots (V)	and Pico de Gallo (VE)
	Pesto (V) Seasoned Wedge Fries (VE)	Fresh Broccoli and Cauliflower Florets (VE)	Dinner Roll (VE)	Southwest Burrito (V) Green Garden Salad (VE)
	Salad Bar	Garlic Knot (V)	Fresh Apples (VE)	Salad Bar
	Pickles, Lettuce and Tomato (VE)	Salad Bar Veggie Dippers (VE)	Salad Bar Confetti Corn Salad (V)	Fresh Cilantro Healthy Cole Slaw (V)
7	Election Day 8	9	10	Veterans Day 11
French Bread Pizza (V) Corn, Peas and Carrots (VE)	Crispy Chicken Tenders With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE)	Hamburgers Cheeseburgers or Veggie Burger (VE) Whole Wheat Bun Home Fries (V)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V)	Three Bean Chili (VE) served with Rice (VE) Veggie Nuggets (VE) Confetti Corn (VE) Crispy Tortillas (VE)
	Garlic Knot (V)		New York Apples Slices (VE)	Served with Salsa (VE)
Salad Bar Fresh Marinated Vegetable Salad (VE)	Salad Bar Strawberry and Cucumber Salad (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	Salad Bar Broccoli Salad (V)	Salad Bar Carrot Raisin Salad (V)
14 Personal Pizza (V)	15 Chicken Quesadilla	16 Turkey Burger Whole Wheat Bun Fish and Cheese	17 Chicken Dumplings with Veggie Ginger Soy Rice (VE) Grab and Go Salad	18 White Bean and Pasta 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 (V)
Salad Bar	New York Cookie Treat (V)	Salad Bar	Fresh Apples (VE)	
Italian Classico Salad (VE) 21	Salad Bar Kid Friendly Kale (V) 22	Pickles, Lettuce and Tomato (VE) 23	Salad Bar Asian Red Cabbage Slaw (V) Thanksgiving Recess 24	Salad Bar Greek Zucchini Salad (VE) Thanksgiving Recess 25
21	Crispy Chicken	23		Thanksgiving Recess 20
Classic Cheese Pizza (V)	Sandwich Whole Wheat Bun Grab and Go Salad Roasted Chickpeas With Basil Pesto (V)	Roasted Chicken Thigh Brown Gravy Honey Diced Sweet Potato (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Broccoli and Cauliflower (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V)
Superhero Spinach (VE)	Seasoned Wedge Fries (VE)	Dinner Roll (VE)	Garlic Knot (V)	Green Garden Salad (VE)
Salad Bar	Salad Bar Pickles, Lettuce	New York Cookie Treat (V) Salad Bar	Fresh Apples (VE) Salad Bar	Salad Bar Fresh Cilantro Healthy
Veggie Dippers (VE) 28	and Tomato (VE) 29	Confetti Corn Salad (V) 30	Caesar Salad (V)	Cole Slaw (V)
French Bread Pizza (V) Corn, Peas and Carrots (VE)	Crispy Chicken Tenders With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE)	Hamburgers Cheeseburgers or Veggie Burger (VE) Whole Wheat Bun Home Fries (V)	WE'RE PROUDLY	
Salad Bar Fresh Marinated Vegetable Salad (VE)	Garlic Knot (V) Salad Bar Strawberry and Cucumber Salad (V)	Salad Bar Pickles, Lettuce and Tomato (VE)	CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
<u>Monday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V)	<u>Tuesday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V)	<u>Wednesday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V)	<u>Thursday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V)	Friday • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese
• Assorted Vegetarian Wraps (V)	 Tuna Sandwich 	Tuna Sandwich	Tuna Sandwich	Sandwich (V) • Southwest Burrito (V)
<u>Milk*</u> 1% Low-fat	OFNS Menus Support	OFFERED DAILY	<u>Seasonal Fresh Fruit</u>	OFNS has an extensive Prohibitive Ingredients List available at:
*Alternative options are available upon request	Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries	
	based food that consist of wh	ATTENTION: T be Offered CHOCOLATE M nole grains, vegetables, legur products. Vegan also exclude	mes, nuts, and/or fruit; and ex	
• Vegetarian Item (V): A t		ains, vegetables, legumes, nu		xcludes animal products
NYC Department of Education	O.F.N.S. IFOOD			Menu subject to change. Our menus are pork free.

		Department of Education		
NOVE	MBER 2022: P	re-K - 8 Expres	ss Cold Lunch	Menu
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	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)
7	Election Day 8	9	10	Veterans Day 11
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) Italian Marinated Cucumber Salad (V)	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)
14	15	16	17	18
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) Cauliflower Salad (VE) Cheese Sandwich (V)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
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)
28	29	30	<i>6</i> 7	
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) Italian Marinated Cucumber Salad (V)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
<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)	<u>Friday</u> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • 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	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries	Prohibitive Ingredients List available at:
• Vegan Item (VE): A plant	-based food that consist of v and anima	ATTENTION: be Offered CHOCOLATE N whole grains, vegetables, leg l products. Vegan also exclu hins, vegetables, legumes, nu	gumes, nuts, and/or fruit; and des honey	d excludes any eggs, dairy
NYC Department of Education	O.F.N.S. IFOOD			Menu subject to change. Our menus are pork free.

		Department of Education			
NOVEMBER 2022: Pre-K - 8 Express Hot Lunch Menu					
Monday	Tuesday	Wednesday 2	Thursday 3	Friday	
	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 and Cauliflower (VE) Garlic Knot (V)	Roasted Chicken Thigh Slow Roasted Baby Carrots (V) Dinner Roll (VE) Apple Bake (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Southwest Burrito (V)	
7	Election Day 8	9	10	Veterans Day	
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)	
14	15	16	17		
Pizza Bagel (V) Crispy Broccoli (V)	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (VE) New York Cookie Treat (V)	Turkey Burger 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)	
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess	
Pizza Bagel (V) Superhero Spinach (VE)	Crispy Chicken Sandwich Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V) Seasoned Wedge Fries (VE)	Roasted Chicken Thigh Honey Diced Sweet Potato (V) Dinner Roll (VE) New York Cookie Treat (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Fresh Broccoli and Cauliflower (VE) Garlic Knot (V) 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)	
28 Pizza Bagel (V) Corn, Peas and Carrots (VE)	29 Crispy Chicken Tenders With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)	Hamburgers Cheeseburgers Whole Wheat Bun Home Fries (V)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN		
<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)	<u>Wednesday</u> • 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* (V • Hummus Grab & Go (VE • Assorted Vegan Wraps (V • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (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	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries	Prohibitive Ingredients Lis available at:	
Vegan Item (VE): A plant-l	based food that consist of wh animal p	nole grains, vegetables, legur products. Vegan also exclude	/ILK or CHICKEN with Bones mes, nuts, and/or fruit; and ex es honey uts, fruit, eggs and/or dairy; e	cludes any eggs, dairy ai	



		Department of Education		
NOV	EMBER 2022	Pro-K - 8 Vogo	tarian Lunch N	
Monday	Tuesday	Wednesday	Thursday 3	Friday
	Zesty Chickpea Stew (VE) Grab and Go Salad	Plastic Free Lunch Day USA Mozzarella Sticks (V) with marinara sauce (VE)	Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)
	Slow Roasted Carrots (VE)	Fresh Broccoli and Cauliflower Florets (VE) Garlic Knot (V)	Balsamic Chickpea Salad (V)	Homemade Grilled Cheese (V)
	Salad Bar Strawberry and Cucumber Salad (V)	Salad Bar Veqqie Dippers (VE)	Salad Bar Italian Classico Salad (VE)	Salad Bar Fresh Cilantro Healthy Cole Slaw (V)
7	Election Day 8	9	10	Veterans Day
French Bread Pizza (V)	Veggie Nuggets (VE) With Dipping Sauce Grab and Go Salad	Manicotti (V) with Marinara Sauce (VE)	Veggie Burger (VE) Veggie Cheeseburger(V) Whole Wheat Bun	Three Bean Chili (VE served with Rice (VE) Confetti Corn (VE)
Roasted Chickpeas With Basil Pesto (V)	Sweet Potato Waffle Fries (VE)	Italian Green Beans (VE)	Seasoned Wedge Fries (VE) New York Apples Slices (VE)	Crispy Tortillas (VE) Served with Salsa (VE) Homemade
Salad Bar	Garlic Knot (V) Salad Bar	Green Garden Salad (VE)	Salad Bar	Grilled Cheese (V) Salad Bar
Fresh Marinated Vegetable Salad (VE)	Confetti Corn Salad (V)	Salad Bar Broccoli Salad (VE)	Pickles, Lettuce and Tomato (VE)	Carrot Raisin Salad (V)
14	15	16	17	
	Vegetarian Quesadilla (V)	Manicotti (V) with marinara sauce (VE)	Zucchini Parmesan Hero (V)	White Bean and Past Primavera (VE)
Personal Pizza (V)	served with Salsa (VE) Grab and Go Salad	Seasoned Fresh Green Beans (V)	Seasoned Wedge Fries (VE) Fresh Apples (VE)	Roasted Fresh Tomatoes (VE)
Crispy Broccoli (V)	Fiesta Black Beans (VE)	Dinner Roll (V)	New York Cookie Treat (V)	Homemade Grilled Cheese (V)
Salad Bar Italian Classico Salad (VE) 21	Salad Bar Confetti Corn Salad (VE) 22	Salad Bar Kid Friendly Kale Salad (V) 23	Salad Bar Veggie Cup (VE) Thanksgiving Recess 24	Salad Bar Greek Zucchini Salad (VI Thanksgiving Recess
Classic Cheese Pizza (V)	Zesty Chickpea Stew (VE) Grab and Go Salad	Mozzarella Sticks (V) with Marinara Sauce (VE)	Red White and Green Panini (V)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE
Superhero Spinach (VE)	Slow Roasted Carrots (VE)	Garlic Knot (V) Roasted Broccoli and Cauliflower (VE)	Seasoned Wedge Fries (VE) Balsamic Chickpea Salad (V)	and Pico de Gallo (VE) Homemade Grilled Cheese (V)
Salad Bar	Salad Bar Strawberry and	Salad Bar	Salad Bar	Salad Bar Fresh Cilantro Healthy
Veggie Dippers (VE) 28	Cucumber Salad (V) 29	Caesar Salad (V) 30	Italian Classico Salad (VE)	Cole Slaw (V)
French Bread Pizza (V)	Veggie Nuggets (VE) With Dipping Sauce Grab and Go Salad	Manicotti (V) with Marinara Sauce (VE)		
Roasted Chickpeas With Basil Pesto (V)	Sweet Potato Waffle Fries (VE)	Italian Green Beans (VE)	WE'RE PROUDLY	
Salad Bar	Garlic Knot (V) Salad Bar	Green Garden Salad (VE)	CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	
Fresh Marinated Vegetable Salad (VE)	Confetti Corn Salad (V)	Salad Bar Broccoli Salad (VE)	ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
<u>Monday</u> Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian	<u>Tuesday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	<u>Wednesday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	<u>Thursday</u> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Chickpea Wrap (V)	Friday • Peanut Butter & Jelly* (\ • Hummus Lunch Pack (V • Assorted Vegan Wraps (' • Hot or Cold Cheese Sandwich (V)
Wraps (V)				Southwest Burrito (V)
		OFFERED DAILY		OFNS has an extensive
<u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate	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,	Prohibitive Ingredients Li available at:
*Alternative options are available upon request			Plums, Honeydew, and Strawberries	
	t-based food that consist of v and anima	l products. Vegan also exclu	jumes, nuts, and/or fruit; and	
NYC Department of Education	O.F.N.S.	ine, regetables, regames, m	ale, mare, eggs and/or dairy, e	Menu subject to chang Our menus are pork fre

		Department of Education		
		- Contraction		
	NOVEMBER	2022: Puree L	unch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Crispy Chicken Sandwich Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	2 100% Beef Hamburgers & Cheeseburgers Puree Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	3 Italian Chicken Tenders Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (V <i>Fruit Offering</i> Bananas (VE)
7	Election Day 8	9	10	Veterans Day
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 Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (V <i>Fruit Offering</i> Bananas (VE)
14	15	16	17	
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 Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	Manicotti (V) Marinated White Beans (V <i>Fruit Offering</i> Bananas (VE)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess
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 TendersSoft Cooked Penne (VE)Roasted Cauliflower (VE)Fruit Offering Apple Sauce (VE)	Manicotti (V) Marinated White Beans (V <i>Fruit Offering</i> Bananas (VE)
28	29	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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	<i>Daily Lunch Special</i> • Hummus and Soft Roll (V • 8 oz. Yogurt (V) • Tuna Options may vary by locat
		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	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries	Prohibitive Ingredients L available at:
	Available Daily Upon Re	quest: Other Transitional, Th	ick Puree or Thin Puree	
	D.F.N.S. IIFOOD			Menu subject to chang Our menus are pork fre

	2.	A In		
			Seheel	Man
			School Lunch	
Monday	Tuesday	Wednesday	Thursday 3	Friday
	Crispy Chicken Sandwich Whole Wheat Bun	2 <u>Plastic Free Lunch</u> <u>Day USA</u>	s Roasted Chicken Thigh	Black Bear and Plantai Power Bowl (
	Grab and Go Salad Roasted Chickpeas With	Mozzarella Sticks (V) with marinara sauce (VE)	Slow Roasted Baby Carrots (V)	with Vegetable Ric and Pico de Gallo
	Basil Pesto (V)	Fresh Broccoli and Cauliflower Florets (VE)	Dinner Roll (VE)	Southwest Burri
	Seasoned Wedge Fries (VE)	Garlic Knot (V)	Fresh Apples (VE)	Green Garden Sala
	Salad Bar Pickles, Lettuce	Salad Bar	Salad Bar	Salad Bar Fresh Cilantro He
7	and Tomato (VE) Election Day 8	Veggie Dippers (VE) 9	Confetti Corn Salad (V) 10	Cole Slaw (V Veterans Da
,		5		Veteralis Da
	Crispy Chicken Tenders With Dipping Sauce	Hamburgers	Roasted Chicken Drumsticks	Three Bean Chil served with Rice
French Bread Pizza (V)	Grab and Go Salad	Cheeseburgers or	Baked Beans (VE)	Veggie Nuggets
Corn, Peas	Sweet Potato	Veggie Burger (VE) Whole Wheat Bun	Green Garden Salad (VE)	Confetti Corn (
and Carrots (VE)	Waffle Fries (VE)	Home Fries (V)	Buttermilk Biscuit (V)	Crispy Tortillas
	Garlic Knot (V)		New York Apples Slices (VE)	Served with Salsa
Salad Bar Fresh Marinated	Salad Bar Strawberry and	Salad Bar Pickles, Lettuce	Salad Bar	Salad Bar Carrot Raisir
Vegetable Salad (VE) 14	Cucumber Salad (V) 15	and Tomato (VE) 16	Broccoli Salad (V) 17	Salad (V)
Personal Pizza (V)	Chicken Quesadilla	Turkey Burger Whole Wheat Bun	Chicken Dumplings with Veggie Ginger Soy Rice (VE)	White Bean and Primavera (V
	Fiesta Black Beans (VE)	Fish and Cheese Sandwich	Grab and Go Salad	Roasted Fres Tomatoes (VE
Crispy Broccoli (V)	Salsa (VE)	Whole Wheat Bun	Seasoned Fresh Green Beans (V)	Homemade
	New York Cookie Treat (V)	Seasoned Wedge Fries (VE)	Fresh Apples (VE)	Grilled Cheese
Salad Bar Italian Classico	Salad Bar	Salad Bar Pickles, Lettuce	Salad Bar	Salad Bar
Salad (VE) 21	Kid Friendly Kale (V) 22	and Tomato (VE)	Asian Red Cabbage Slaw (V) Thanksgiving Recess 24	Greek Zucchini Sala Thanksgiving Re
21		23	mainsylving Recess 24	
	Crispy Chicken Sandwich Whole Wheat Bun	Roasted Chicken Thigh Brown Gravy	Mozzarella Sticks (V)	Black Bear and Plantai Power Bowl ()
Classic Cheese	Grab and Go Salad	Honey Diced	with marinara sauce (VE)	with Vegetable Ric and Pico de Gallo
Pizza (V)	Roasted Chickpeas With Basil Pesto (V)	Sweet Potato (V)	Roasted Broccoli and Cauliflower (VE)	Southwest Burri
Superhero Spinach (VE)	Seasoned Wedge Fries (VE)	Dinner Roll (VE)	Garlic Knot (V)	Green Garden Sala
	Salad Bar	New York Cookie Treat (V)		Salad Bar
Salad Bar Veggie Dippers (VE)	Pickles, Lettuce and Tomato (VE)	Salad Bar Confetti Corn Salad (V)	Salad Bar Caesar Salad (V)	Fresh Cilantro He Cole Slaw (V
28	29	30		
	Crispy Chicken Tenders			
French Bread	With Dipping Sauce	Hamburgers		
Pizza (V)	Grab and Go Salad	Cheeseburgers or Veggie Burger (VE)		
Corn, Peas and Carrots (VE)	Sweet Potato Waffle Fries (VE)	Whole Wheat Bun	VEW Y	
	Garlic Knot (V)	Home Fries (V)	WE'RE PROUDLY CELEBRATING	
Salad Bar	Salad Bar	Salad Bar	LOCALLY SOURCED & PRODUCED FOOD	
Fresh Marinated Vegetable Salad (VE)	Strawberry and Cucumber Salad (V)	Pickles, Lettuce and Tomato (VE)	ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
<u>Monday</u> Peanut Butter & Jelly* (VE)	• Peanut Butter & Jelly* (VE)	<u>Wednesday</u> ▪ Peanut Butter & Jelly* (VE)	<u>Thursday</u> • Peanut Butter & Jelly* (VE)	<u>Friday</u> • Peanut Butter & Je
Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Grab & Go (V) Hot or Cold Cheese	Hummus Grab & Go (V) Hot or Cold Cheese	• Hummus Grab & Go (V)	 Hummus Lunch Pa Assorted Vegan Wr
Sandwich (V) • Assorted Vegetarian	Sandwich (V) • Tuna Sandwich	Sandwich (V) • Tuna Sandwich	Sandwich (V) • Tuna Sandwich	 Hot or Cold Che Sandwich (V
Wraps (V)		OFFERED DAILY		Southwest Burri
<u>Milk*</u>			<u>Seasonal Fresh Fruit</u>	OFNS has an exte Prohibitive Ingredie
1% Low-fat Fat Free	OFNS Menus Support		Apples, Apple Slices,	available at:
Fat Free Chocolate	Seasonal Fresh Fruit and Vegetables	Assorted Dressings	Bananas, Grapefruit, Oranges, Pears, Grapes,	
*Alternative options are	when available		Plums, Honeydew, and	
available upon request			Strawberries	
		ATTENTION:		
			MILK or CHICKEN with Bone legumes, nuts, and/or fruit;	

Monday		The second second		
Monday	NOVEMBER 20	22: High Scho	ol Lunch Men	u
	Tuesday	Wednesday	Thursday 3	Friday
		2 <u>Plastic Free Lunch</u>	3	
	Crispy Chicken Sandwich Whole Wheat Bun	<u>Day USA</u>	Roasted Chicken Thigh	Black Bean and Plantain
	Grab and Go Salad	Mozzarella Sticks (V) with marinara sauce (VE)	Grab and Go Salad	Power Bowl (VE) with Vegetable Rice (VE)
	Roasted Chickpeas With	Fresh Broccoli and	Slow Roasted Baby Carrots (V)	and Pico de Gallo (VE)
	Basil Pesto (V)	Cauliflower Florets (VE) Garlic Knot (V)	Dinner Roll (VE)	Southwest Burrito (V)
	Seasoned Wedge Fries (VE) Salad Bar		Fresh Apples (VE)	Green Garden Salad (VE) Salad Bar
	Pickles, Lettuce and Tomato (VE)	Salad Bar Veggie Dippers (VE)	Salad Bar Confetti Corn Salad (V)	Fresh Cilantro Healthy Cole Slaw (V)
7	Election Day 8	9		Veterans Day 1
	Crispy Chicken Tenders		Roasted Chicken	Three Bean Chili (VE)
French Bread	With Dipping Sauce	Hamburgers Cheeseburgers or	Drumsticks	served with Rice (VE)
Pizza (V)	Grab and Go Salad	Veggie Burger (VE) Whole Wheat Bun	Baked Beans (VE)	Veggie Nuggets (VE)
Corn, Peas and Carrots (VE)	Sweet Potato Waffle Fries (VE)	Grab and Go Salad	Green Garden Salad (VE)	Confetti Corn (VE)
	Garlic Knot (V)	Home Fries (V)	Buttermilk Biscuit (V) New York Apples Slices (VE)	Crispy Tortillas (VE) Served with Salsa (VE)
Salad Bar Fresh Marinated	Salad Bar Strawberry and	Salad Bar Pickles, Lettuce	Salad Bar	Salad Bar Carrot Raisin
Vegetable Salad (VE) 14	Cucumber Salad (V) 15	and Tomato (VE) 16	Broccoli Salad (V) 17	Salad (VE)
		Turkey Burger		
		Whole Wheat Bun	Chicken Dumplings with	White Bean and Pasta
Personal Pizza (V)	Chicken Quesadilla	Fish and Cheese Sandwich	Veggie Ginger Soy Rice (VE)	Primavera (VE)
	Fiesta Black Beans (VE)	Whole Wheat Bun	Grab and Go Salad	Roasted Fresh Tomatoes (VE)
Crispy Broccoli (V)	Salsa (VE)	Grab and Go Salad	Seasoned Fresh Green Beans (V)	Homemade
Salad Bar	New York Cookie Treat (V)	Seasoned Wedge Fries (VE) Salad Bar	Fresh Apples (VE)	Grilled Cheese (V)
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 Salad (VE)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
	Crispy Chicken Sandwich	Roasted Chicken Thigh Brown Gravy		Black Bean
Classic Cheese	Whole Wheat Bun	Grab and Go Salad	Mozzarella Sticks (V)	and Plantain Power Bowl (VE)
Pizza (V)	Grab and Go Salad	Honey Diced	with marinara sauce (VE)	with Vegetable Rice (VE) and Pico de Gallo (VE)
Superhore Spinsch (VE)	Roasted Chickpeas With Basil Pesto (V)	Sweet Potato (V) Dinner Roll (VE)	Roasted Broccoli and Cauliflower (VE)	Southwest Burrito (V)
Superhero Spinach (VE)	Seasoned Wedge Fries (VE)	New York Cookie Treat (V)	Garlic Knot (V)	Green Garden Salad (VE)
Salad Bar	Salad Bar Pickles, Lettuce	Salad Bar	Salad Bar	Salad Bar Fresh Cilantro Healthy
Veggie Dippers (VE) 28	and Tomato (VE) 29	Confetti Corn Salad (V) 30	Caesar Salad (V)	Cole Slaw (V)
	Crispy			
French Bread	Chicken Tenders With Dipping Sauce	Hamburgers Cheeseburgers or		
Pizza (V)	Grab and Go Salad	Veggie Burger (VE) Whole Wheat Bun		
Corn, Peas and Carrots (VE)	Sweet Potato Waffle Fries (VE)	Grab and Go Salad	VEW Y	
	Garlic Knot (V)	Home Fries (V)	WE'RE PROUDLY CELEBRATING	
Salad Bar Fresh Marinated	Salad Bar Strawberry and	Salad Bar Pickles, Lettuce	LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS	
Vegetable Salad (VE) Monday	Cucumber Salad (V)	and Tomato (VE)	ARE HIGHLIGHED IN GREEN Thursday	<u>Friday</u>
eanut 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 & Jelly* (VE) Hummus Lunch Pack (VE)
 Hot or Cold Cheese Sandwich (V) Assorted Vegetarian 	 Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Hot or Cold Cheese Sandwich (V) Tuna Sandwich 	 Assorted Vegan Wraps (VE) Hot or Cold Cheese Sandwich (V)
Wraps (V)				• Southwest Burrito (V)
Milk*		OFFERED DAILY	Seasonal Fresh Fruit	OFNS has an extensive Prohibitive Ingredients List
<u>Milk*</u> 1% Low-fat Fat Free	OFNS Menus Support			available at:
Fat Free Chocolate	Seasonal Fresh Fruit and Vegetables whon available	Assorted Dressings	Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes,	
*Alternative options are available upon request	when available		Plums, Honeydew, and Strawberries	

• Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



		Pepartment of Education		
NOVEM	BER 2022: Hig	h School Expr	ess Cold Lune	ch Menu
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	-
	Chicken Salad Grab and Go Salad Confetti Corn Salad (V)	Curried Chicken Wrap Dipping Sauce Fresh Tomato 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)
7	Election Day 8	9	10	Veterans Day 1
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) Italian Marinated Cucumber Salad (V)	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)
14	15	16	17	
Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V)	Crispy Chicken Grab and Go Salad Carrot Raisin Salad (V)	Chicken Caesar Wrap Basil Corn Salad (V) 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) Cauliflower Salad (VE) Cheese Sandwich (V)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 2
Assorted Cold Vegetarian Option (V) Lemon Arugula Salad (V)	Chicken Salad Grab and Go Salad Confetti Corn Salad (V)	Curried Chicken Wrap Dipping Sauce Fresh Tomato 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)
28	29	30		
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) Italian Marinated Cucumber Salad (V)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
<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)	<u>Wednesday</u> • 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)	<u>Friday</u> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE • 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, Plums, Honeydew, and Strawberries	Prohibitive Ingredients List available at:
		ATTENTION:		
• Vegetarian Item (V): A for	and animal	vhole grains, vegetables, leg products. Vegan also exclu ins, vegetables, legumes, n	ides honey	

	376	Department of Education		
NOVEN	IBER 2022: Hig	gh School Exp	ress Hot Luncl	h Menu
Monday	Tuesday	Wednesday	Thursday	Friday
monady	1	2	_	4
	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 and Cauliflower (VE) Garlic Knot (V)	Roasted Chicken Thigh Slow Roasted Baby Carrots (V) Dinner Roll (VE) Apple Bake (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Southwest Burrito (V)
7	Election Day 8	9	10	Veterans Day 11
Pizza Bagel (V) Corn, Peas and Carrots (VE) 14	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)
	13	10		10
Pizza Bagel (V) Crispy Broccoli (V)	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (V) New York Cookie Treat (V)	Turkey Burger Whole Wheat Bun 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)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
Pizza Bagel (V) Superhero Spinach (VE)	Crispy Chicken Sandwich Whole Wheat Bun Roasted Chickpeas With Basil Pesto (V) Seasoned Wedge Fries (VE)	Roasted Chicken Thigh Honey Diced Sweet Potato (V) Dinner Roll (VE) New York Cookie Treat (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Fresh Broccoli and Cauliflower (VE) Garlic Knot (V) 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)
28	29	30		
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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
<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	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries	Prohibitive Ingredients List available at:
		ATTENTION:		
	and animal	l products. Vegan also exclu	gumes, nuts, and/or fruit; and ides honey uts, fruit, eggs and/or dairy; e	excludes animal products
NYC Department of Education	O.F.N.S. IFOOD			Menu subject to change. Our menus are pork free.

		Department of Education		3
1	NOVEMBER 20	22: After Scho	ol Snack Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
	New York Yogurt Choice (V) Raisins (VE)	2 Animal Crackers (V) Milk (V)	3 Colby Cheese Stick (V) Fresh Fruit (VE)	Crispy Tortilla (VE) Salsa (VE)
7	Election Day 8	9	10	Veterans Day
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)
14	15	16	17	
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)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess
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)
28 Honey Graham Crackers (V) Milk (V)	29 (2) Ranch Carrot Snackers (V) Milk (V)	30 New York Yogurt Choice (V) Raisins (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
<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 Lis 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				

NCC Department of Education				
	NOVEMBER 2	022: After Scho	ool Cold Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Tender Wrap Italian Green Beans (VE)	2 Assorted Cold Sandwiches and Wraps Carrot Sticks (VE)	3 Asian Sesame Chicken Grab and Go Salads Cilantro Black Bean Salad (VE) New York Apple Slices (VE)	4 Eggless Egg Sandwich (VE) Cheese Sandwich (V) Mediterranean Zucchini and Tomato Salad (V)
7	Election Day 8	9	10	Veterans Day 11
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)
14	15	16	17	18
Grab and Go Cheese Plate (V) Italian Green Beans (VE)	Curried Chicken Wrap Dipping Sauce Fresh Tomato Salad (V)	Assorted Cold Sandwiches and Wraps Cilantro Healthy Coleslaw (V)	Chicken Salad Grab and Go Salad Confetti Corn Salad (V) New York Cookie Treat	Italian Veggie Grab & Go Salad (VE) Cheese Sandwich (V) White Bean Salad (VE)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
Superhero Spinach Wrap (V) Broccoli Salad (V)	Chicken Tender Wrap Italian Green Beans (VE)	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)
28	29	30		
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)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &	Daily Supper Specials • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (VE) Options may vary by location
		OFFERED DAILY	ARE HIGHEIGHED IN GREEN	
<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, Plums, Honeydew, and Strawberries	OFNS has an extensive Prohibitive Ingredients List available at:
		ATTENTION:		
 Vegan Item (VE): A plant Vegetarian Item (V): A fe 	based food that consist of and anima	T be Offered CHOCOLATE N whole grains, vegetables, leg Il products. Vegan also exclu ains, vegetables, legumes, ni	gumes, nuts, and/or fruit; and des honey	excludes any eggs, dairy

		Department of Education		
	NOVEMBER 2	2022: After Sch	ool Hot Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Dumplings Seasoned Fresh Green Beans (VE)	2 Turkey Burger Whole Wheat Bun Baked Sweet Potato Waffle Fries (VE)	3 Chicken Tenders Roasted Baby Carrots (V) Dinner Roll (V)	4 Pizza Choice (V) Roasted Zucchini (VE)
7	Election Day 8	9	10	Veterans Day 11
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)
14	15	16	17	18
Mozzarella Sticks (V) Marinara Sauce (VE) Superhero Spinach (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)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Seasoned Wedge Fries (VE)	Chicken Dumplings Seasoned Fresh Green Beans (VE)	Turkey Burger Whole Wheat Bun Baked Sweet Potato Waffle Fries (VE)	Chicken Tenders Roasted Baby Carrots (V) Dinner Roll (V)	Pizza Choice (V) Roasted Zucchini (VE)
28 Homemade Grilled Cheese Sandwich (V) Baked Sweet Potato Wedge Fries (VE)	29 Fish and Cheese Sandwich Whole Wheat Bun Cilantro Healthy Coleslaw (V)	Crispy Chicken Sandwich Whole Wheat Bun Seasoned Wedge Fries (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	Daily Supper Specials Peanut Butter & Jelly* (VE) Hot or Cold Cheese Sandwich (V) Hummus and Pretzels Grab & Go (VE) Options may vary by location
N4:11/*		OFFERED DAILY	Concernel Erech Erwit	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, Plums, Honeydew, and Strawberries	Prohibitive Ingredients List available at:
		ATTENTION:		
• Vegan Item (VE): A plant	t-based food that consist of v and anima	F be Offered CHOCOLATE N whole grains, vegetables, leg I products. Vegan also exclu ains, vegetables, legumes, nu	gumes, nuts, and/or fruit; and ides honey	d excludes any eggs, dairy

• Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



	3	Pepartment of Education		
		: After School		
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Vegetarian Quesadilla (V) served with Salsa (VE) Fiesta Black Beans (VE)	2 Manicotti (V) with marinara sauce (VE) Seasoned Fresh Green Beans (VE) Dinner Roll (VE)	3 Pizza (V) Crispy Broccoli (V)	4 White Bean and Pasta Primavera (VE) Roasted Fresh Tomatoes (VE)
7	Election Day 8	9	10	Veterans Day 11
Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini (VE)	Grilled Cheese (V) Baked Beans (VE)	Red White and Green Panini (V) Seasoned Wedge Fries (VE)	Pizza (V) Superhero Spinach (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) Green Garden Salad (VE)
14	15	16	17	18
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)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
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)
28	29	30		
Mozzarella Sticks (V) with marinara sauce (VE) Roasted Zucchini (VE)	Grilled Cheese (V) Baked Beans (VE)	Red White and Green Panini (V) Seasoned Wedge Fries (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	Daily Supper Specials Peanut Butter & Jelly* (VE) Hot or Cold Cheese Sandwich (V) Hummus and Pretzels Grab & Go (VE) Options may vary by location
		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, Plums, Honeydew, and Strawberries	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				
NYC Department of Education	O.F.N.S. INFOOD			Menu subject to change. Our menus are pork free.



NOVEMBER 2022: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
5	12	19	26	
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)	

OFNS has an extensive

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

(V) Indicates Vegetarian(VE) Indicates Vegan

*Alternative options are available upon request

Seasonal Fresh Fruit

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









NOVEMBER 2022: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
5	12	19	26	outuruuy
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)	

OFNS has an extensive

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

(V) Indicates Vegetarian(VE) Indicates Vegan

*Alternative options are available upon request

Seasonal Fresh Fruit

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





Department of Education

NOVEMBER 2022: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday		
5	12	19	26			
Assorted Cold Sandwiches and Wraps Confetti Corn Salad (VE)	Assorted Cold Sandwiches and Wraps Italian Green Beans (V)	Assorted Cold Sandwiches and Wraps Carrot Sticks (VE)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V)			
		<i>Daily Lunch Specials</i> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) Options may vary by location				
		OFFERED DAILY		OFNS has an extensive		

Assorted Dressings

OFNS has an extensive

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

*Alternative options are available upon request

(V) Indicates Vegetarian(VE) Indicates Vegan

Seasonal Fresh Fruit

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





Department of O.F.N.S.

	NOVEMBER 20	Department of Education 222: Saturday H	lot Lunch Men	u
Saturday	Saturday	Saturday	Saturday	Saturday
5	12	19	26	
Grilled Cheese Sandwich (V) Seasoned Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Hamburgers & Cheeseburgers Baked Sweet Potato Waffle Fries (VE) Fresh Fruit (VE) Milk (V)	Baked Mozzarella Sticks (V) Marinara Sauce (VE) Crispy Broccoli (V) Fresh Fruit (VE) Milk (V)	Pizza Chioce (V) Roasted Zucchini (V) Fresh Fruit (VE) Milk (V)	
		<i>Daily Lunch Specials</i> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) Options may vary by location		

OFFERED DAILY

Assorted Dressings

OFNS has an extensive

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

*Alternative options are available upon request

(V) Indicates Vegetarian (VE) Indicates Vegan

Seasonal Fresh Fruit

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





Monday 7	NOVEMBE Duesday 1 Spicy Chicken Sandwich Whole Wheat Bun Roasted Chickpea with Basil Pesto (V)	R 2022: Food C Wednesday 2 Fish and Cheese Sandwich Whole Wheat Bun	Thursday	Friday
7	Tuesday 1 Spicy Chicken Sandwich Whole Wheat Bun Roasted Chickpea with	Wednesday 2 Fish and Cheese Sandwich	Thursday ³	
7	1 Spicy Chicken Sandwich Whole Wheat Bun Roasted Chickpea with	2 Fish and Cheese Sandwich	3	
	Spicy Chicken Sandwich Whole Wheat Bun Roasted Chickpea with	Fish and Cheese Sandwich		
		Roasted Broccoli and Cauliflower (VE)	Dinner Roll (VE) Slow Roasted Baby Carrots (V) Fresh Apples (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE)
	Election Day 8	9	10	Veterans Day
Veggie Nuggets with Dipping Sauce Corn, Peas and Carrots (VE) Garlic Knot (V)	Crispy Chicken Sandwich Whole Wheat Bun Sweet Potato Wedge Fries (VE)	Roasted Chicken Drumstick Baked Beans (VE) Buttermilk Biscuit (V)	Hamburgers & Cheeseburgers Whole Wheat Bun Green Garden Salad (VE) New York Apples Slices (VE)	Three Bean Chili (VE) served with Rice (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
14	15	16	17	
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)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess
Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun Superhero Spinach	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 and Cauliflower (VE) Fresh Apples (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE)
28	29	30		
Veggie Nuggets with Dipping Sauce Corn, Peas and Carrots (VE) Garlic Knot (V)	Crispy Chicken Sandwich Whole Wheat Bun Sweet Potato Wedge Fries (VE)	Roasted Chicken Drumstick Baked Beans (VE) Buttermilk Biscuit (V)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
zza (V) asoned Wedge Fries (VE) aked Mozzarella Sticks buthwest Burrito rab and Go Salads (V) eanut Butter & Jelly* (VE) ummus Grab & Go (V) ot or Cold Cheese ndwich (V) ssorted Vegetarian aps (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 Cheese Sandwich (V) • Tuna Sandwich • Assorted Wraps and Sandwiches (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)
D Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Bagel Bar An Assortment of Bagel rieties & Spreads including Hummus, Peanut Butter, Cream Cheeses and Jelly *Alternative options are available upon request	Daily Breakfast Offerings Yogurt Granola Raisins	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries	<u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate Assorted Condiments Dipping Sauces and Dressings are Available Daily	OFNS has an extensive Prohibitive Ingredients Lis available at:
		ATTENTION:		



		Pepartment of Education		
NC	OVEMBER 2022:	Infant - Toddl	er Breakfast Mo	enu
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Tasty Waffles (V) Hot Oatmeal (V)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V)	Whole Grain Croissant (V) Hot Oatmeal (V)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE)
	7 Election Day 8	9	10	Veterans Day 11
Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V)	Blueberry Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V)	English Muffin Hot Oatmeal (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE)
	14 15	16	17	18
Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V)	Mini Blueberry Waffles (V) Hot Oatmeal (V)	Banana Muffin (V) Hot Oatmeal (V)	Buttermilk Pancakes (V) Hot Oatmeal (V)	Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE)
	21 22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
New York Yogurt Choice (V) Hot Oatmeal (V)	Tasty Waffles (V) Hot Oatmeal (V)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V)	Whole Grain Croissant (V) Hot Oatmeal (V)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (VE)
	28 29	30		
Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V)	Cinnamon Burst Pancakes (V) Hot Oatmeal (V)	Blueberry Muffin (V) New York Yogurt Choice (V) Hot Oatmeal (V)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
<u>Milk*</u> Whole Milk *Alternative options are available upon request (V) Indicates Vegetarian (VE) Indicates Vegan	<u>Seasonal Fresh Fruit</u> Apple Slices, Bananas, Sliced Grapefruit, Sliced Oranges <u>Other Fruits</u> Apple Sauce, Sliced Peaches, Diced Pears, Pineapples	OFFERED DAILY <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>	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 to children 12 to 24 months. Formula is to be provided by the parent.



Construction of Construction o								
Monday	Tuesday	Wednesday	Thursday	Friday				
7	1 Crispy Chicken Sandwich Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V) Election Day 8	2 Mozzarella Sticks (V) with marinara sauce (VE) Steamed Broccoli and Cauliflower (V) 9	3 Veggie Nuggets (VE) With Dipping Sauce Steamed Carrot Coins (VE) 10	4 Stewed Black Beans (VE) and Small Diced Plantains (VE) Brown Rice (VE) Homemade Grilled Cheese (V) Veterans Day 11				
French Bread Pizza (V) Italian Green Beans (VE)	Baked Chicken Tenders with Dipping Sauce Sweet Potato Waffle Fries (VE)	Manicotti (V) with marinara sauce (VE) Superhero Spinach (VE) Dinner Roll (V)	Hamburger, Cheeseburger or Veggie Burger (VE) Whole Wheat Bun Seasoned Wedge Fries (VE)	Three Bean Chili (VE) served with Rice (VE) Homemade Grilled Cheese (V) Zucchini Squash (V)				
14	15	16	17	18				
Personal Pizza (V) Steamed Seasoned Broccoli (V)	Chicken Quesadilla Fiesta Black Beans (VE)	Turkey Burger Whole Wheat Bun Seasoned Wedge Fries (VE)	Steamed Chicken Dumplings Brown Rice (VE) Steamed Green Beans (VE)	White Bean and Pasta Primavera (VE) Homemade Grilled Cheese (V) Roasted Fresh Tomatoes (VE)				
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25				
Classic Cheese Pizza (V) Superhero Spinach (VE)	Crispy Chicken Sandwich Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V)	Mozzarella Sticks (V) with marinara sauce (VE) Steamed Broccoli and Cauliflower (V)	Veggie Nuggets (VE) With Dipping Sauce Steamed Carrot Coins (VE)	Stewed Black Beans (VE) and Small Diced Plantains (VE) Brown Rice (VE) Homemade Grilled Cheese (V)				



NOVEMBER 2022: After School Infant - Toddler Snack Menu								
Monday	Tuesday	Wednesday	Thursday	Friday				
	1 Fresh Banana (VE) Milk (V)	2 New York Yogurt Choice (V) Diced Peaches (VE)	3 Animal Crackers (V) Milk (V)	4 Whole Wheat Crackers (VE) Hummus Cup (VE)				
7	Election Day 8	9	10	Veterans Day 11				
Assorted Cheese Stick (V) Apple Sauce (VE)	New York Yogurt Choice (V) Apple Slices (VE)	Whole Wheat Crackers (VE) Hummus Cup (VE)	New York Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)				
14	15	16	17	18				
Assorted	Fresh Banana (VE)	New York	Animal Crackers (V)	Whole Wheat				

Assorted Cheese Stick (V) Apple Sauce (VE)	Fresh Banana (VE) Milk (V)	New York Yogurt Choice (V) Diced Peaches (VE)	Animal Crackers (V) Milk (V)	Whole Wheat Crackers (VE) Hummus Cup (VE)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
Assorted Cheese Stick (V) Apple Sauce (VE)	New York Yogurt Choice (V) Apple Slices (VE)	Whole Wheat Crackers (VE) Hummus Cup (VE)	New York Yogurt Choice (V) Diced Peaches (VE)	Multi-Grain Oats (VE) Milk (V)
28	29	30		
Assorted Cheese Stick (V) Apple Sauce (VE)	Fresh Banana (VE) Milk (V)	New York Yogurt Choice (V) Diced Peaches (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	
<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			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

