

NOVEMBER 2022: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	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)	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) French Toast (VE)

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p>	<p>OFFERED DAILY</p> <p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p> <p>Options may vary by location</p> <p>Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



NOVEMBER 2022: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	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)
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 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 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 HIGHLIGHTED 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)

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p>	<p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p>	<p>Options may vary by location</p> <p>Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries</p>
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- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

NOVEMBER 2022: Breakfast Express Menu

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

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

Breakfast After the Bell Grab and Go

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)

Options may vary by location

Cold Cereal Choices

Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)
Cinnamon Flakes (VE)

Seasonal Fresh Fruit

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

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- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

NOVEMBER 2022: Pre-K - 8 Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Tasty Waffles (V) Fresh Oranges (VE)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Fresh Cantaloupes (VE)	Croissant (V) served with Jelly (VE) Hot Oatmeal (V) Fresh Apples (VE)	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)	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE) French Toast (VE)

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p>	<p>OFFERED DAILY</p> <p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p> <p>Options may vary by location</p> <p>Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

NOVEMBER 2022: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>Turkey Sausage</p> <p>Soft Roll (VE)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (VE)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
7	Election Day 8	9	10	Veterans Day 11
<p>Blueberry Muffin</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (VE)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (VE)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
14	15	16	17	18
<p>Blueberry Muffin</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (VE)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (VE)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
<p>Blueberry Muffin</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (VE)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (VE)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p>Banana Muffin (V)</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
28	29	30		
<p>Blueberry Muffin</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Turkey Sausage</p> <p>Soft Roll (VE)</p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Croissant (V)</p> <p><i>New York Yogurt Choice (V)</i></p> <p>Hot Oatmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

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

Other Fruits
Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

Cold Cereal Choices
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)
Cinnamon Flakes (VE)

Options may vary by location

Assorted Yogurts

OFNS has an extensive Prohibitive Ingredients List available at:



Available Daily Upon Request: Transitional, Thick Puree or Thin Puree

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



NOVEMBER 2022: Pre-K - 8 Lunch Menu

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

Milk*

1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFFERED DAILY


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:

- 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



NOVEMBER 2022: Pre-K - 8 Express 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		
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 HIGHLIGHTED IN GREEN	
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • 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)	Thursday • 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)

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu 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:

- 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



NOVEMBER 2022: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Crispy Chicken Sandwich <i>Whole Wheat Bun</i> Roasted Chickpeas with Basil Pesto (V) Seasoned Wedge Fries (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Fresh Broccoli and Cauliflower (VE) <i>Garlic Knot (V)</i>	Roasted Chicken Thigh Slow Roasted Baby Carrots (V) <i>Dinner Roll (VE)</i> 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)	Crispy Chicken Tenders With Dipping Sauce Sweet Potato Waffle Fries (VE) <i>Garlic Knot (V)</i>	Hamburgers Cheeseburgers <i>Whole Wheat Bun</i> Home Fries (V)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) <i>New York Apples Slices (VE)</i>	Veggie Nuggets (VE) with Dipping Sauce Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
14	15	16	17	18
Pizza Bagel (V) Crispy Broccoli (V)	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (VE) <i>New York Cookie Treat (V)</i>	Turkey Burger <i>Whole Wheat Bun</i> Green Garden Salad (VE) Seasoned Wedge Fries (VE)	Chicken Dumplings with Veggie Ginger Soy Rice (VE) Seasoned Fresh Green Beans (V) <i>New York Apples Slices (VE)</i>	Veggie Burger (VE) Veggie Cheeseburger (V) <i>Whole Wheat Bun</i> Roasted Fresh Tomatoes (VE)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
Pizza Bagel (V) Superhero Spinach (VE)	Crispy Chicken Sandwich <i>Whole Wheat Bun</i> Roasted Chickpeas with Basil Pesto (V) Seasoned Wedge Fries (VE)	Roasted Chicken Thigh Honey Diced Sweet Potato (V) <i>Dinner Roll (VE)</i> <i>New York Cookie Treat (V)</i>	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Fresh Broccoli and Cauliflower (VE) <i>Garlic Knot (V)</i> 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) <i>Garlic Knot (V)</i>	Hamburgers Cheeseburgers <i>Whole Wheat Bun</i> Home Fries (V)	 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Friday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

Milk*

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, Pears, Grapes, Plums, Honeydew, and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK 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



NOVEMBER 2022: Pre-K - 8 Vegetarian Lunch Menu

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

OFFERED DAILY

Milk*
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:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

NOVEMBER 2022: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>Crispy Chicken Sandwich</p> <p>Sweet Plantains (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers</p> <p>Puree Carrots (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Italian Chicken Tenders</p> <p>Soft Cooked Penne (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
7	Election Day 8	9	10	Veterans Day 11
<p>Braised Tuna with Tomato Sauce</p> <p>Broccoli With Garlic & Oil (V)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Crispy Chicken Sandwich</p> <p>Sweet Plantains (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers</p> <p>Puree Carrots (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Ranch Chicken Tenders</p> <p>Soft Cooked Penne (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
14	15	16	17	18
<p>Fish & Cheese Sandwich</p> <p>Broccoli With Garlic & Oil (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Crispy Chicken Sandwich</p> <p>Sweet Plantains (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers</p> <p>Puree Carrots (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Italian Chicken Tenders</p> <p>Soft Cooked Penne (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
<p>Braised Tuna with Tomato Sauce</p> <p>Broccoli With Garlic & Oil (V)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Crispy Chicken Sandwich</p> <p>Sweet Plantains (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers</p> <p>Puree Carrots (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p>Ranch Chicken Tenders</p> <p>Soft Cooked Penne (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p>Manicotti (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
28	29	30		
<p>Fish & Cheese Sandwich</p> <p>Broccoli With Garlic & Oil (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p>Crispy Chicken Sandwich</p> <p>Sweet Plantains (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>100% Beef Hamburgers & Cheeseburgers</p> <p>Puree Carrots (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Daily Lunch Specials</p> <ul style="list-style-type: none"> • Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna <p>Options may vary by location</p>

OFFERED DAILY

Milk*
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, Plums, Honeydew, and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:



Available Daily Upon Request: Other Transitional, Thick Puree or Thin Puree



NOVEMBER 2022: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Grab and Go Salad</p> <p>Roasted Chickpeas With Basil Pesto (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Salad Bar Pickles, Lettuce and Tomato (VE)</p>	<p style="color: red;"><u>Plastic Free Lunch Day USA</u></p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Fresh Broccoli and Cauliflower Florets (VE)</p> <p>Garlic Knot (V)</p> <p>Salad Bar Veggie Dippers (VE)</p>	<p>Roasted Chicken Thigh</p> <p>Slow Roasted Baby Carrots (V)</p> <p>Dinner Roll (VE)</p> <p>Fresh Apples (VE)</p> <p>Salad Bar Confetti Corn Salad (V)</p>	<p>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</p> <p>Southwest Burrito (V)</p> <p>Green Garden Salad (VE)</p> <p>Salad Bar Fresh Cilantro Healthy Cole Slaw (V)</p>
7	8	9	10	11
<p>French Bread Pizza (V)</p> <p>Corn, Peas and Carrots (VE)</p> <p>Salad Bar Fresh Marinated Vegetable Salad (VE)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Grab and Go Salad</p> <p>Sweet Potato Waffle Fries (VE)</p> <p>Garlic Knot (V)</p> <p>Salad Bar Strawberry and Cucumber Salad (V)</p>	<p>Hamburgers Cheeseburgers or Veggie Burger (VE) Whole Wheat Bun</p> <p>Home Fries (V)</p> <p>Salad Bar Pickles, Lettuce and Tomato (VE)</p>	<p>Roasted Chicken Drumsticks</p> <p>Baked Beans (VE)</p> <p>Green Garden Salad (VE)</p> <p>Buttermilk Biscuit (V)</p> <p>New York Apples Slices (VE)</p> <p>Salad Bar Broccoli Salad (V)</p>	<p>Three Bean Chili (VE) served with Rice (VE)</p> <p>Veggie Nuggets (VE)</p> <p>Confetti Corn (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p>Salad Bar Carrot Raisin Salad (V)</p>
14	15	16	17	18
<p>Personal Pizza (V)</p> <p>Crispy Broccoli (V)</p> <p>Salad Bar Italian Classic Salad (VE)</p>	<p>Chicken Quesadilla</p> <p>Fiesta Black Beans (VE)</p> <p>Salsa (VE)</p> <p>New York Cookie Treat (V)</p> <p>Salad Bar Kid Friendly Kale (V)</p>	<p>Turkey Burger Whole Wheat Bun</p> <p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p>Salad Bar Pickles, Lettuce and Tomato (VE)</p>	<p>Chicken Dumplings with Veggie Ginger Soy Rice (VE)</p> <p>Grab and Go Salad</p> <p>Seasoned Fresh Green Beans (V)</p> <p>Fresh Apples (VE)</p> <p>Salad Bar Asian Red Cabbage Slaw (V)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Roasted Fresh Tomatoes (VE)</p> <p>Homemade Grilled Cheese (V)</p> <p>Salad Bar Greek Zucchini Salad (VE)</p>
21	22	23	24	25
<p>Classic Cheese Pizza (V)</p> <p>Superhero Spinach (VE)</p> <p>Salad Bar Veggie Dippers (VE)</p>	<p>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Grab and Go Salad</p> <p>Roasted Chickpeas With Basil Pesto (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Salad Bar Pickles, Lettuce and Tomato (VE)</p>	<p>Roasted Chicken Thigh Brown Gravy</p> <p>Honey Diced Sweet Potato (V)</p> <p>Dinner Roll (VE)</p> <p>New York Cookie Treat (V)</p> <p>Salad Bar Confetti Corn Salad (V)</p>	<p style="background-color: #4a86e8; color: white; text-align: center; padding: 5px;">Thanksgiving Recess</p>	<p>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</p> <p>Southwest Burrito (V)</p> <p>Green Garden Salad (VE)</p> <p>Salad Bar Fresh Cilantro Healthy Cole Slaw (V)</p>
28	29	30		
<p>French Bread Pizza (V)</p> <p>Corn, Peas and Carrots (VE)</p> <p>Salad Bar Fresh Marinated Vegetable Salad (VE)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Grab and Go Salad</p> <p>Sweet Potato Waffle Fries (VE)</p> <p>Garlic Knot (V)</p> <p>Salad Bar Strawberry and Cucumber Salad (V)</p>	<p>Hamburgers Cheeseburgers or Veggie Burger (VE) Whole Wheat Bun</p> <p>Home Fries (V)</p> <p>Salad Bar Pickles, Lettuce and Tomato (VE)</p>	<div style="text-align: center;">  <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p> </div>	
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

Milk*
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:

- 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



NOVEMBER 2022: High School Lunch Menu

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

OFFERED DAILY

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p>	<p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Assorted Dressings</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries</p>
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OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

NOVEMBER 2022: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>Chicken Salad Grab and Go Salad</p> <p>Confetti Corn Salad (V)</p>	<p>Curried Chicken Wrap Dipping Sauce</p> <p>Fresh Tomato Salad (V)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Cilantro Healthy Coleslaw (V)</p> <p>New York Apples Slices (VE)</p>	<p>Italian Veggie Grab & Go Salad (VE)</p> <p>White Bean Salad (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p>Cheese Sandwich (V)</p>
7	Election Day 8	9	10	Veterans Day 11
<p>Assorted Cold Vegetarian Option (V)</p> <p>Carrot Sticks (VE)</p>	<p>Asian Sesame Chicken Grab and Go Salad</p> <p>Cilantro Black Bean Salad (V)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Confetti Corn Salad (VE)</p> <p>Italian Marinated Cucumber Salad (V)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Broccoli Salad (V)</p> <p>New York Apples Slices (VE)</p> <p>New York Cookie Treat (V)</p>	<p>Eggless Egg Sandwich (VE)</p> <p>Cheese Sandwich (V)</p> <p>Mediterranean Zucchini and Tomato Salad (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p>
14	15	16	17	18
<p>Assorted Cold Vegetarian Option (V)</p> <p>Balsamic Chickpea Salad (V)</p>	<p>Crispy Chicken Grab and Go Salad</p> <p>Carrot Raisin Salad (V)</p>	<p>Chicken Caesar Wrap</p> <p>Basil Corn Salad (V)</p> <p>Heart Shaped Pretzels (VE)</p>	<p>Chicken Salad Hoagie</p> <p>Kid Friendly Kale Salad (V)</p> <p>New York Apples Slices (VE)</p>	<p>Black Bean and Corn Grab & Go Salad (VE)</p> <p>Salsa (VE)</p> <p>Cauliflower Salad (VE)</p> <p>Cheese Sandwich (V)</p>
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
<p>Assorted Cold Vegetarian Option (V)</p> <p>Lemon Arugula Salad (V)</p>	<p>Chicken Salad Grab and Go Salad</p> <p>Confetti Corn Salad (V)</p>	<p>Curried Chicken Wrap Dipping Sauce</p> <p>Fresh Tomato Salad (V)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Cilantro Healthy Coleslaw (V)</p> <p>New York Apples Slices (VE)</p>	<p>Italian Veggie Grab & Go Salad (VE)</p> <p>White Bean Salad (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p>Cheese Sandwich (V)</p>
28	29	30		
<p>Assorted Cold Vegetarian Option (V)</p> <p>Carrot Sticks (VE)</p>	<p>Asian Sesame Chicken Grab and Go Salad</p> <p>Cilantro Black Bean Salad (V)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Confetti Corn Salad (VE)</p> <p>Italian Marinated Cucumber Salad (V)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V) 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V) 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V) 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Cheese Sandwich (V)

OFFERED DAILY

Milk*
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-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



NOVEMBER 2022: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	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)	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	18
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 HIGHLIGHTED IN GREEN	
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V)	Friday • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu 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-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

NOVEMBER 2022: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	New York Yogurt Choice (V) Raisins (VE)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Crispy Tortilla (VE) Salsa (VE)
7	Election Day 8	9	10	Veterans Day 11
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	18
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 25
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	29	30		
Honey Graham Crackers (V) Milk (V)	(2) Ranch Carrot Snackers (V) Milk (V)	New York Yogurt Choice (V) Raisins (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

Milk*
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 Offerings are 1 cup

OFNS has an extensive
Prohibitive Ingredients List
available at:



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

NOVEMBER 2022: After School Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>Chicken Tender Wrap</p> <p>Italian Green Beans (VE)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Carrot Sticks (VE)</p>	<p>Asian Sesame Chicken Grab and Go Salads</p> <p>Cilantro Black Bean Salad (VE)</p> <p>New York Apple Slices (VE)</p>	<p>Eggless Egg Sandwich (VE)</p> <p>Cheese Sandwich (V)</p> <p>Mediterranean Zucchini and Tomato Salad (V)</p>
7	Election Day 8	9	10	Veterans Day 11
<p>Red, White and Green Panini (V)</p> <p>Balsamic Chickpea Salad (V)</p>	<p>Chicken Caesar Wrap</p> <p>Basil Corn Salad (VE)</p> <p>Heart Shaped Pretzels (VE)</p>	<p>Chicken Salad Hoagie</p> <p>Kid Friendly Kale Salad (V)</p>	<p>Crispy Chicken Grab and Go Salad</p> <p>Carrot Sticks (VE)</p>	<p>Black Bean and Corn Grab & Go Salad (VE)</p> <p>Cheese Sandwich (V)</p> <p>Cauliflower Salad (VE)</p> <p>Crispy Tortillas (VE) served with Salsa (VE)</p>
14	15	16	17	18
<p>Grab and Go Cheese Plate (V)</p> <p>Italian Green Beans (VE)</p>	<p>Curried Chicken Wrap</p> <p>Dipping Sauce</p> <p>Fresh Tomato Salad (V)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Cilantro Healthy Coleslaw (V)</p>	<p>Chicken Salad Grab and Go Salad</p> <p>Confetti Corn Salad (V)</p> <p>New York Cookie Treat</p>	<p>Italian Veggie Grab & Go Salad (VE)</p> <p>Cheese Sandwich (V)</p> <p>White Bean Salad (VE)</p>
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
<p>Superhero Spinach Wrap (V)</p> <p>Broccoli Salad (V)</p>	<p>Chicken Tender Wrap</p> <p>Italian Green Beans (VE)</p>	<p>Assorted Cold Sandwiches and Wraps</p> <p>Carrot Sticks (VE)</p>	<p>Asian Sesame Chicken Grab and Go Salads</p> <p>Cilantro Black Bean Salad (VE)</p> <p>New York Apple Slices (VE)</p>	<p>Eggless Egg Sandwich (VE)</p> <p>Cheese Sandwich (V)</p> <p>Mediterranean Zucchini and Tomato Salad (V)</p>
28	29	30		
<p>Red, White and Green Panini (V)</p> <p>Balsamic Chickpea Salad (V)</p>	<p>Chicken Caesar Wrap</p> <p>Basil Corn Salad (VE)</p> <p>Heart Shaped Pretzels (VE)</p>	<p>Chicken Salad Hoagie</p> <p>Kid Friendly Kale Salad (V)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (VE) <p>Options may vary by location</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu 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:

- 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

NOVEMBER 2022: After School Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>Chicken Dumplings</p> <p>Seasoned Fresh Green Beans (VE)</p>	<p>Turkey Burger Whole Wheat Bun</p> <p>Baked Sweet Potato Waffle Fries (VE)</p>	<p>Chicken Tenders</p> <p>Roasted Baby Carrots (V)</p> <p>Dinner Roll (V)</p>	<p>Pizza Choice (V)</p> <p>Roasted Zucchini (VE)</p>
7	Election Day 8	9	10	Veterans Day 11
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Cilantro Healthy Coleslaw (V)</p>	<p>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Manicotti (V) with Marinara Sauce (VE)</p> <p>Slow Roasted Baby Carrots (V)</p> <p>Garlic Knot (V)</p>	<p>Southwest Burrito (V)</p> <p>Roasted Cauliflower (VE)</p>
14	15	16	17	18
<p>Mozzarella Sticks (V) Marinara Sauce (VE)</p> <p>Superhero Spinach (V)</p>	<p>Hamburgers & Cheeseburgers Whole Wheat Bun</p> <p>Baked Sweet Potato Waffle Fries (VE)</p>	<p>Pizza Choice (V)</p> <p>Roasted Zucchini (VE)</p>	<p>Roasted Chicken</p> <p>Crispy Broccoli (V)</p> <p>Buttermilk Biscuit (V)</p>	<p>Veggie Nuggets (VE) with Dipping Sauce (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Dinner Roll (VE)</p>
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
<p>Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Chicken Dumplings</p> <p>Seasoned Fresh Green Beans (VE)</p>	<p>Turkey Burger Whole Wheat Bun</p> <p>Baked Sweet Potato Waffle Fries (VE)</p>	<p>Chicken Tenders</p> <p>Roasted Baby Carrots (V)</p> <p>Dinner Roll (V)</p>	<p>Pizza Choice (V)</p> <p>Roasted Zucchini (VE)</p>
28	29	30		
<p>Homemade Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Wedge Fries (VE)</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Cilantro Healthy Coleslaw (V)</p>	<p>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (VE) <p>Options may vary by location</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu 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:

- 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

NOVEMBER 2022: After School Vegetarian Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	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)
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 ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Daily Supper Specials <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzels Grab & Go (VE) Options may vary by location

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu 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:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



NOVEMBER 2022: 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)	

Milk*
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

OFNS has an extensive Prohibitive Ingredients List available at:



Menu subject to change. Our menus are pork free.



NOVEMBER 2022: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
5	12	19	26	
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)	

Milk*
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

OFNS has an extensive Prohibitive Ingredients List available at:



Menu subject to change. Our menus are pork free.



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)	
		Daily Lunch Specials • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) Options may vary by location		

OFFERED DAILY

Milk*
 1% Low-fat
 Fat Free
 Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
 (VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

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

OFNS has an extensive Prohibitive Ingredients List available at:



Menu subject to change. Our menus are pork free.



NOVEMBER 2022: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
5	12	19	26	
<p>Grilled Cheese Sandwich (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Hamburgers & Cheeseburgers</p> <p>Baked Sweet Potato Waffle Fries (VE)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Baked Mozzarella Sticks (V) Marinara Sauce (VE)</p> <p>Crispy Broccoli (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	<p>Pizza Chioce (V)</p> <p>Roasted Zucchini (V)</p> <p>Fresh Fruit (VE) Milk (V)</p>	
		<p><i>Daily Lunch Specials</i></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) <p>Options may vary by location</p>		

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

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

OFNS has an extensive Prohibitive Ingredients List available at:



Menu subject to change. Our menus are pork free.

NOVEMBER 2022: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>Spicy Chicken Sandwich Whole Wheat Bun</p> <p>Roasted Chickpea with Basil Pesto (V)</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Roasted Broccoli and Cauliflower (VE)</p>	<p>Roasted Chicken Thigh Dinner Roll (VE)</p> <p>Slow Roasted Baby Carrots (V)</p> <p>Fresh Apples (VE)</p>	<p>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</p> <p>Green Garden Salad (VE)</p>
7	Election Day 8	9	10	Veterans Day 11
<p>Veggie Nuggets with Dipping Sauce</p> <p>Corn, Peas and Carrots (VE)</p> <p>Garlic Knot (V)</p>	<p>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Sweet Potato Wedge Fries (VE)</p>	<p>Roasted Chicken Drumstick</p> <p>Baked Beans (VE)</p> <p>Buttermilk Biscuit (V)</p>	<p>Hamburgers & Cheeseburgers Whole Wheat Bun</p> <p>Green Garden Salad (VE)</p> <p>New York Apples Slices (VE)</p>	<p>Three Bean Chili (VE) served with Rice (VE)</p> <p>Confetti Corn (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p>
14	15	16	17	18
<p>Manicotti (V) with Marinara Sauce (VE)</p> <p>Crispy Broccoli (V)</p> <p>Garlic Knot (V)</p>	<p>Chicken Quesadilla</p> <p>Fiesta Black Beans (VE)</p> <p>Salsa (VE)</p>	<p>Turkey Burger Whole Wheat Bun</p> <p>Street Style Corn (V)</p>	<p>Chicken Dumplings</p> <p>Seasoned Fresh Green Beans (V)</p> <p>Fresh Apples (VE)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Roasted Fresh Tomatoes (VE)</p>
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
<p>Veggie Burger (VE) or Veggie Cheeseburger(V) Whole Wheat Bun</p> <p>Superhero Spinach</p>	<p>Spicy Chicken Sandwich Whole Wheat Bun</p> <p>Roasted Chickpea with Basil Pesto (V)</p>	<p>Roasted Chicken Thigh Dinner Roll (VE)</p> <p>Honey Diced Sweet Potato (V)</p> <p>New York Cookie Treat (V)</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Roasted Broccoli and Cauliflower (VE)</p> <p>Fresh Apples (VE)</p>	<p>Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE)</p> <p>Green Garden Salad (VE)</p>
28	29	30		
<p>Veggie Nuggets with Dipping Sauce</p> <p>Corn, Peas and Carrots (VE)</p> <p>Garlic Knot (V)</p>	<p>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Sweet Potato Wedge Fries (VE)</p>	<p>Roasted Chicken Drumstick</p> <p>Baked Beans (VE)</p> <p>Buttermilk Biscuit (V)</p>	<p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	
<p>Monday</p> <ul style="list-style-type: none"> • 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) 	<p>Tuesday</p> <ul style="list-style-type: none"> • 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) 	<p>Wednesday</p> <ul style="list-style-type: none"> • 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) 	<p>Thursday</p> <ul style="list-style-type: none"> • 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) 	<p>Friday</p> <ul style="list-style-type: none"> • 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)

Daily Breakfast Offerings

Cold Cereal Choices
Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)

Bagel Bar
An Assortment of Bagel Varieties & Spreads including Hummus, Peanut Butter, Cream Cheeses and Jelly

*Alternative options are available upon request

Yogurt

Granola

Raisins

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

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

Assorted Condiments
Dipping Sauces and Dressings are Available Daily

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

NOVEMBER 2022: Infant - Toddler Breakfast Menu

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 HIGHLIGHTED IN GREEN	

OFFERED DAILY

Milk*
Whole Milk
*Alternative options are available upon request
(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit
Apple Slices, Bananas, Sliced Grapefruit, Sliced Oranges
Other Fruits
Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

Cold Cereal Choices
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)
Cinnamon Flakes (VE)

Options may vary by location

Assorted Yogurts

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.

NOVEMBER 2022: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Roasted Chickpeas with Basil Pesto (V)</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Steamed Broccoli and Cauliflower (V)</p>	<p>Veggie Nuggets (VE) With Dipping Sauce</p> <p>Steamed Carrot Coins (VE)</p>	<p>Stewed Black Beans (VE) and Small Diced Plantains (VE)</p> <p>Brown Rice (VE)</p> <p>Homemade Grilled Cheese (V)</p>
7	Election Day 8	9	10	Veterans Day 11
<p>French Bread Pizza (V) Italian Green Beans (VE)</p>	<p>Baked Chicken Tenders with Dipping Sauce</p> <p>Sweet Potato Waffle Fries (VE)</p>	<p>Manicotti (V) with marinara sauce (VE)</p> <p>Superhero Spinach (VE)</p> <p>Dinner Roll (V)</p>	<p>Hamburger, Cheeseburger or Veggie Burger (VE) Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Three Bean Chili (VE) served with Rice (VE)</p> <p>Homemade Grilled Cheese (V)</p> <p>Zucchini Squash (V)</p>
14	15	16	17	18
<p>Personal Pizza (V) Steamed Seasoned Broccoli (V)</p>	<p>Chicken Quesadilla Fiesta Black Beans (VE)</p>	<p>Turkey Burger Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p>Steamed Chicken Dumplings</p> <p>Brown Rice (VE)</p> <p>Steamed Green Beans (VE)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Homemade Grilled Cheese (V)</p> <p>Roasted Fresh Tomatoes (VE)</p>
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
<p>Classic Cheese Pizza (V) Superhero Spinach (VE)</p>	<p>Crispy Chicken Sandwich Whole Wheat Bun</p> <p>Roasted Chickpeas with Basil Pesto (V)</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Steamed Broccoli and Cauliflower (V)</p>	<p>Veggie Nuggets (VE) With Dipping Sauce</p> <p>Steamed Carrot Coins (VE)</p>	<p>Stewed Black Beans (VE) and Small Diced Plantains (VE)</p> <p>Brown Rice (VE)</p> <p>Homemade Grilled Cheese (V)</p>
28	29	30		
<p>French Bread Pizza (V) Italian Green Beans (VE)</p>	<p>Baked Chicken Tenders with Dipping Sauce</p> <p>Sweet Potato Waffle Fries (VE)</p>	<p>Manicotti (V) with marinara sauce (VE)</p> <p>Superhero Spinach (VE)</p> <p>Dinner Roll (V)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Daily Lunch Specials</p> <ul style="list-style-type: none"> • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers (VE) • 4 oz. Yogurt (V) • Tuna <p>Options may vary by location</p>

OFFERED DAILY

Milk*
Whole Milk
*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit
Apple Slices, Bananas, Sliced Grapefruit, Sliced Oranges

Other Fruits
Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

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.

Consistencies upon request: puree, mashed and finely chopped.

ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products

NOVEMBER 2022: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	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)
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 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 HIGHLIGHTED IN GREEN	

Milk*
1% Low-fat
Fat Free
Whole Milk

*Alternative options are available upon request

OFNS Menu 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