


NOVEMBER 2022: Pre-K - 8 Lunch Menu

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

<p>Milk*</p> <p>1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p>	<p>OFFERED DAILY</p> <p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</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> 
---	--	--	---

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