



JANUARY 2023: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
<p style="text-align: center;">Classic Cheese Pizza (V)</p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center;">Salad Bar Kale Caesar (VE)</p>	<p style="text-align: center;">Crispy Chicken Sandwich Whole Wheat Bun</p> <p style="text-align: center;">Roasted Chickpeas (V)</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;">Salad Bar Pickles, Lettuce and Tomato (VE)</p>	<p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Broccoli (V)</p> <p style="text-align: center;">Garlic Knot (V)</p> <p style="text-align: center;">Salad Bar Veggie Dippers (VE)</p>	<p style="text-align: center;">Roasted Chicken Thigh</p> <p style="text-align: center;">Honey Diced Sweet Potato (V)</p> <p style="text-align: center;">Dinner Roll (VE)</p> <p style="text-align: center;">Fresh Apples (VE)</p> <p style="text-align: center;">Salad Bar Lemon Arugula 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;">Salad Bar Fresh Cilantro Healthy Cole Slaw (V)</p>
9	10	11	12	13
<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;">Salad Bar 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;">Garlic Knot (V)</p> <p style="text-align: center;">Salad Bar Strawberry and Cucumber Salad (V)</p>	<p style="text-align: center;">Hamburgers or Cheeseburgers Whole Wheat Bun</p> <p style="text-align: center;">Home Fries (V)</p> <p style="text-align: center;">Salad Bar 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;">Kid Friendly Kale Salad (VE)</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center;">New York Apples Slices (VE)</p> <p style="text-align: center;">Salad Bar 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;">Salad Bar Carrot Raisin Salad (V)</p>
16	17	18	19	20
<p style="text-align: center;">Personal Pizza (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;">Salad Bar Italian Classic 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;">New York Cookie Treat (V)</p> <p style="text-align: center;">Salad Bar Kid Friendly Kale (V)</p>	<p style="text-align: center;">Veggie Burger (VE) or Veggie Cheeseburger (V) Whole Wheat Bun</p> <p style="text-align: center;">Fish and Cheese Sandwich Whole Wheat Bun</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;">Salad Bar 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;">Fresh Apples (VE)</p> <p style="text-align: center;">Salad Bar Asian Red Cabbage Slaw (V)</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;">Salad Bar Greek Zucchini Salad (VE)</p>
23	24	25	26	27
<p style="text-align: center;">Classic Cheese Pizza (V)</p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center;">Salad Bar Kale Caesar (VE)</p>	<p style="text-align: center;">Crispy Chicken Sandwich Whole Wheat Bun</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;">Salad Bar Pickles, Lettuce and Tomato (VE)</p>	<p style="text-align: center;">Plastic Free Lunch Day</p> <p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Fresh Broccoli Florets (VE)</p> <p style="text-align: center;">Garlic Knot (V)</p> <p style="text-align: center;">Salad Bar Veggie Dippers (VE)</p>	<p style="text-align: center;">Roasted Chicken Thigh</p> <p style="text-align: center;">Honey Diced Sweet Potato (V)</p> <p style="text-align: center;">Dinner Roll (VE)</p> <p style="text-align: center;">Fresh Apples (VE)</p> <p style="text-align: center;">Salad Bar Lemon Arugula 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;">Salad Bar Fresh Cilantro Healthy Cole Slaw (V)</p>
30	31	 <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;">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 (V) • Assorted Veggie Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

<p style="text-align: center;">Milk*</p> <p style="text-align: center;">1% Low-fat Fat Free Fat Free Chocolate</p> <p style="font-size: small;">*Alternative options are available upon request</p>	<p style="text-align: center;">OFFERED DAILY</p> <p style="font-size: small;">OFNS has an extensive Prohibitive Ingredients List available at:</p>	<p style="text-align: center;">Seasonal Fresh Fruit</p> <p style="font-size: small;">Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries</p>
<p style="text-align: center;">Assorted Dressings</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



JANUARY 2023: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 2	3	4	5	6
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage Croissant (V) Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
9	10	11	12	13
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)
Martin Luther King Day 16	17	18	19	20
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)
23	24	25	26	27
Assorted Fresh Bagel Sticks (VE) served with Cream Cheese (V) & Jelly (VE) New York Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Tasty Waffles (V) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Turkey Sausage Croissant (V) Hot Oatmeal (V) Fresh Apples (VE)	Assorted Fresh Bagels (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
30	31			
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)		 <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)

OFFERED DAILY

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

Breakfast After the Bell Grab and Go

Options may vary by location

Seasonal Fresh Fruit

Apples, Apple Slices, Grapefruit, Oranges, Pears, Mandarins and Strawberries

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

OFNS has an extensive Prohibitive Ingredients List available at:



*Alternative options are available upon request

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