



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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN			Chicken Dumplings Roasted Carrots (V) New York Apples Slices (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Frozen Fruit Cup (VE) Southwest Burrito (V)
Labor Day 5	6	7	First Day Of Classes 8	9
Pizza Bagel (V) Italian Green Beans (VE)	Crispy Chicken Tenders With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V)	Hamburgers Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE) New York Apples Slices (VE) New York Cookie Treat (V)	Veggie Nuggets (VE) With Dipping Sauce Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
12	13	14	15	16
Pizza Bagel (V) Crispy Broccoli (V)	Turkey Burger Whole Wheat Bun Green Garden Salad (VE) Seasoned Wedge Fries (VE)	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (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)
19	20	21	22	23
Pizza Bagel (V) Superhero Spinach (VE)	Crispy Chicken Sandwich Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V) Seasoned Wedge Fries (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Fresh Broccoli 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)
Rosh Hashanah 26	Rosh Hashanah 27	28	29	30
Pizza Bagel (V) Italian Green Beans (VE)	Crispy Chicken Tenders With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V)	Hamburgers Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE) New York Apples Slices (VE)	Veggie Nuggets (VE) with Dipping Sauce Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
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 Lunch Pack (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 Menu Support
 Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit
 Apple Slices, Bananas, Blueberries, Sliced Oranges, Cantaloupe Wedge, and Honeydew Wedge

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