




OCTOBER 2021: Breakfast Express Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| | | | 1 | |
| <p><i>Breakfast Bread</i> Honey Corn (V) Apple Cinnamon (V)</p> <p><i>Muffin Assortment</i> Banana (V) Blueberry (V)</p> | <p style="text-align: center;">Breakfast May Be Served Warm on Wednesday, Thursday and Friday</p> | |  EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN | <p style="text-align: center;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p> |
| 4 | 5 | 6 | 7 | 8 |
| <p>Fruity Cheerios® (VE)</p> <p style="text-align: center;">Graham Crackers (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p> | <p style="text-align: center;">Yogurt Parfait (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p> | <p style="text-align: center;">Cinnamon Burst Pancakes (V)</p> <p style="text-align: center;">Fresh Nectarines (VE)</p> | <p style="text-align: center;">Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> | <p style="text-align: center;">Assorted Breakfast Bread and Muffins (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p> |
| 11 | 12 | 13 | 14 | 15 |
| <p>Apple Cinnamon Cheerios® (VE)</p> <p style="text-align: center;">Graham Crackers (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p> | <p style="text-align: center;">Upstate Farms® Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Craisins (VE)</p> <p style="text-align: center;">Fresh Peaches (VE)</p> | <p style="text-align: center;">Pillsbury® Mini Blueberry Waffles (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p> | <p style="text-align: center;">Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> | <p style="text-align: center;">Zucchini Loaf (V)</p> <p style="text-align: center;">Fresh Bananas (VE)</p> |
| 18 | 19 | 20 | 21 | 22 |
| <p>Sun Butter Cup (VE)</p> <p style="text-align: center;">Graham Crackers (V)</p> <p style="text-align: center;">Grape Jelly (VE)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p> | <p style="text-align: center;">Upstate Farms® Yogurt Choice (V)</p> <p style="text-align: center;">Assorted Granola (V)</p> <p style="text-align: center;">Raisins (VE)</p> <p style="text-align: center;">Fresh Oranges (VE)</p> | <p style="text-align: center;">Pillsbury® Mini Maple Pancakes (V)</p> <p style="text-align: center;">Fresh Plums (VE)</p> | <p style="text-align: center;">Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> | <p style="text-align: center;">Sweet Potato Oatmeal Muffin (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p> |
| 25 | 26 | 27 | 28 | 29 |
| <p>Fruity Cheerios® (VE)</p> <p style="text-align: center;">Graham Crackers (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p> | <p style="text-align: center;">Yogurt Parfait (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p> | <p style="text-align: center;">Cinnamon Burst Pancakes (V)</p> <p style="text-align: center;">Fresh Nectarines (VE)</p> | <p style="text-align: center;">Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> | <p style="text-align: center;">Assorted Breakfast Bread and Muffins (V)</p> <p style="text-align: center;">Seasonal Fresh Fruit (VE)</p> |


| | | | |
|--|---|---|--|
| <p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p><small>*Alternative options are available upon request</small></p> <p><small>(V) Indicates Vegetarian (VE) Indicates Vegan</small></p> | <p style="text-align: center;">OFFERED DAILY</p> <p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p> | <p>Cold Cereal Choices</p> <p>Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Cheerios®</p> | <p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p> |
| | | | <p>OFNS has an extensive Prohibitive Ingredients List available at:</p>  |

ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK



OCTOBER 2021: Pre-K - 8 Express Hot Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 1 | | | | |
| <p>Lunch Specials Offered Every Day</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) • Hummus Grab & Go (VE) <p>Only Tuesday, Wednesday and Thursday</p> <ul style="list-style-type: none"> • Tuna or Turkey Sandwich <p>Only Monday and Friday</p> <ul style="list-style-type: none"> • Chickpea Wrap (V) | | |  <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p> | <p>Mozzarella Sticks (V) Marinara Dipping Sauce (VE)</p> <p>Superhero Spinach (V)</p> <p>Baked! Tostitos® Scoops® (VE)</p> |
| 4 | 5 | 6 | 7 | 8 |
| <p>Manicotti (V)</p> <p>PIZZA (V)</p> <p>Chickpea Salad (V)</p> | <p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Confetti Corn (VE)</p> <p>Garlic Toast (V)</p> | <p>Turkey Burger Deluxe</p> <p>Sautéed Spinach (V)</p> <p>Healthy Cole Slaw (V)</p> | <p>Caribbean Style Beef Patty</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p>Fresh New York Apples (VE)</p> <p>New York Cookie Treat (V)</p> | <p>Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Waffle Fries (VE)</p> |
| National School Lunch Week | | | | |
| Indigenous Peoples' Day 11 | 12 | 13 | 14 | World Food Day 15 |
| <p>Southwest Burrito (V)</p> <p>PIZZA (V)</p> <p>Three Bean Salad (V)</p> | <p>Roasted Chicken Drumsticks</p> <p>Mashed Potatoes with Gravy (V)</p> <p>Buttermilk Biscuit (V)</p> | <p>Teriyaki Chicken With Broccoli</p> <p>Rice Medley (VE)</p> <p>Orange Ginger Carrots (V)</p> | <p>New York Hamburgers & Cheeseburgers Deluxe</p> <p>Baked New York French Fries (VE)</p> <p>Fresh New York Apples (VE)</p> | <p>Vegetable Quesadilla (V) served with Pico de Gallo (VE)</p> <p>Black Beans and Yellow Rice (V)</p> <p>Cilantro Slaw (VE)</p> |
| 18 | 19 | 20 | 21 | 22 |
| <p>Stuffed Shells (V)</p> <p>PIZZA (V)</p> <p>Marinated Bean Salad (VE)</p> | <p>BRUNCH BUFFET</p> <p>Waffles (V)</p> <p>Chicken Tenders</p> <p>Sweet Potato Home Fries (VE)</p> | <p>Southwest Fish Sandwich served with Chipotle Ranch</p> <p>Street Style Corn (VE)</p> <p>Carrot Snackers (VE)</p> | <p>Chicken Dumplings</p> <p>Rice Medley (VE)</p> <p>Fresh Teriyaki Green Beans (VE)</p> <p>Fresh New York Apples (VE)</p> | <p>Mozzarella Sticks (V) Marinara Dipping Sauce (VE)</p> <p>Superhero Spinach (V)</p> <p>Baked! Tostitos® Scoops® (VE)</p> |
| 25 | 26 | 27 | 28 | 29 |
| <p>Manicotti (V)</p> <p>PIZZA (V)</p> <p>Chickpea Salad (V)</p> | <p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Confetti Corn (VE)</p> <p>Garlic Toast (V)</p> | <p>Turkey Burger Deluxe</p> <p>Sautéed Spinach (V)</p> <p>Healthy Cole Slaw (V)</p> | <p>Caribbean Style Beef Patty</p> <p>Seasoned Roasted Potato Wedges (VE)</p> <p>Fresh New York Apples (VE)</p> <p>New York Cookie Treat (V)</p> | <p>Grilled Cheese Sandwich (V)</p> <p>Baked Sweet Potato Waffle Fries (VE)</p> |

| | | | |
|--|---|---|---|
| <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>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p> <p>(V) Indicates Vegetarian (VE) Indicates Vegan</p> | <p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p> | <p>OFNS has an extensive Prohibitive Ingredients List available at:</p>  |
|--|---|---|---|

ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK



OCTOBER 2021: After School Snack Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| | | | | 1 |
| | |  | EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN. | (2) Ranch Carrot Snackers (V) Milk (V) |
| 4 | 5 | 6 | 7 | 8 |
| Animal Crackers (V) Milk (V) | Land O'Lakes® Cheddar Cheese Stick (V) Fresh Fruit (VE) | Rold Gold® Hartzels (VE) Hummus Cup (VE) Fresh Fruit (VE) | Baked! Tostitos® Scoops® (VE) Fresh Fruit (VE) | Honey Roasted Sunflower Seeds (V) Milk (V) |
| Indigenous Peoples' Day 11 | 12 | 13 | 14 | 15 |
| Hummus Cup (VE) Whole Wheat Crackers (VE) Milk (V) | Land O'Lakes® Colby Cheese Stick (V) Fresh Fruit (VE) | Animal Crackers (V) Milk (V) | Baked! Tostitos® Scoops® (VE) Salsa Cup (VE) Milk (V) | Upstate Farms® Yogurt (V) Raisins (VE) |
| 18 | 19 | 20 | 21 | 22 |
| Honey Graham Biscuits (V) Milk (V) | Land O'Lakes® Mozzarella Cheese Stick (V) Fresh Fruit (VE) | Upstate Farms® Yogurt (V) Craisins (VE) | Rold Gold® Hartzels (VE) Milk (V) | (2) Ranch Carrot Snackers (V) Milk (V) |
| 25 | 26 | 27 | 28 | 29 |
| Animal Crackers (V) Milk (V) | Land O'Lakes® Cheddar Cheese Stick (V) Fresh Fruit (VE) | Rold Gold® Hartzels (VE) Hummus Cup (VE) Fresh Fruit (VE) | Baked! Tostitos® Scoops® (VE) Fresh Fruit (VE) | Honey Roasted Sunflower Seeds (V) Milk (V) |

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian
(VE) Indicates Vegan

All Fruit Offerings are 1 cup

OFNS has an extensive Prohibitive Ingredients List available at:

