



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

Monday	Tuesday	Wednesday	Thursday	Friday
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<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 style="font-size: small; text-align: center; margin-top: 5px;">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>

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

(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:



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