



SEPTEMBER 2024: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
<p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Teriyaki Veggie Nuggets (VE)</p> <p>Sweet & Sour Chicken Bites</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p>Garlic Knot (V)</p> <p><i>Salad Bar</i> Pizza Bar</p>	<p>Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p>Curry Potato (VE)*</p> <p>Flat Bread (V)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Sweet Potato Quesadilla Rollup (V)*</p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Veggie Burger (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>
9	10	11	12	13
<p>Margherita Pizza (V)</p> <p>Pizza by the Slice (V)</p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p>Street Style Corn (V)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Veggie Nuggets (VE) Dipping Sauce</p> <p>Chicken Dumplings</p> <p>Garlic Teriyaki Green Beans (VE)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Turkey Cheeseburger <i>Whole Wheat Bun</i></p> <p>Turkey Burger <i>Whole Wheat Bun</i></p> <p>Fish and Cheese Sandwich <i>Whole Wheat Bun</i></p> <p>Herb Roasted Potatoes (VE) <i>Salad Bar</i> Classic Toppings</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
16	17	18	19	20
<p>Pepper and Onion Pizza (V)</p> <p>French Bread Pizza (V)</p> <p>Mixed Greens Salad (VE)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p style="color: red; text-align: center;"><i>Plastic Free Lunch Day</i></p> <p>Chicken Tenders</p> <p>Corn on the Cob (VE)</p> <p><i>Dinner Roll (VE)</i></p> <p><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Mushroom Swiss Veggie Burger (V)* <i>Whole Wheat Bun</i></p> <p>Mushroom Swiss Beef Burger* <i>Whole Wheat Bun</i></p> <p>Hamburger <i>Whole Wheat Bun</i></p> <p>Seasoned Wedge Fries (VE) <i>Salad Bar</i> Classic Toppings</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p><i>Salad Bar</i> Fiesta Bar With Diced Tomato (VE)</p>
23	24	25	26	27
<p>Sicilian Slice Pizza (V)</p> <p>Parmigiana Spinach (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Teriyaki Veggie Nuggets (VE)</p> <p>Sweet & Sour Chicken Bites</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p>Garlic Knot (V)</p> <p><i>Salad Bar</i> Pizza Bar</p>	<p>Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p>Curry Potato (VE)*</p> <p>Flat Bread (V)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Sweet Potato Quesadilla Rollup (V)*</p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Veggie Burger (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>
30				
<p>Margherita Pizza (V)</p> <p>Pizza by the Slice (V)</p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>			<p style="text-align: center; color: green; font-weight: bold;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

<p>Milk</p> <p>1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)</p> <p><small>Alternative options are available upon request</small></p>	<p>ATTENTION:</p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Oranges, Mandarins, Pears, Peaches, Bananas, and Strawberries (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p>
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* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
 • **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.