

OCTOBER 2022: After School Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Mozzarella Sticks (V) Marinara Sauce (VE) **Superhero Spinach (V)**	**Hamburgers & Cheeseburgers** **Whole Wheat Bun** **Baked Sweet Potato Waffle Fries (VE)**	**Pizza Choice (V)** **Roasted Zucchini (VE)**	**Roasted Chicken** **Roasted Baby Carrots (V)** **Buttermilk Biscuit (V)**	**Veggie Nuggets (VE) with Dipping Sauce (V)** **Seasoned Wedge Fries (VE)** **Dinner Roll (VE)**
Italian Heritage Indigenous Peoples Day 10	11	12	13	14
Veggie Burger (VE) or Veggie Cheeseburger(V) **Whole Wheat Bun** **Seasoned Wedge Fries (VE)**	**Chicken Dumplings** **Seasoned Fresh Green Beans (VE)**	**Turkey Burger** **Whole Wheat Bun** **Baked Sweet Potato Waffle Fries (VE)**	**Chicken Tenders** **Roasted Baby Carrots (V)** **Dinner Roll (V)**	**Pizza Choice (V)** **Roasted Zucchini (VE)**
17	18	19	20	21
Homemade Grilled Cheese Sandwich (V) **Baked Sweet Potato Wedge Fries (VE)**	**Fish and Cheese Sandwich** **Whole Wheat Bun** **Cilantro Healthy Coleslaw (V)**	**Crispy Chicken Sandwich** **Whole Wheat Bun** **Seasoned Wedge Fries (VE)**	**Chicken Tenders** **Slow Roasted Baby Carrots (V)** **Garlic Knot (V)**	**Southwest Burrito (V)** **Roasted Cauliflower (VE)**
24	25	26	27	28
Mozzarella Sticks (V) Marinara Sauce (VE) **Superhero Spinach (V)**	**Hamburgers & Cheeseburgers** **Whole Wheat Bun** **Baked Sweet Potato Waffle Fries (VE)**	**Pizza Choice (V)** **Roasted Zucchini (VE)**	**Roasted Chicken** **Roasted Baby Carrots (V)** **Buttermilk Biscuit (V)**	**Veggie Nuggets (VE) with Dipping Sauce (V)** **Seasoned Wedge Fries (VE)** **Dinner Roll (VE)**
Veggie Burger (VE) or Veggie Cheeseburger(V) **Whole Wheat Bun** **Seasoned Wedge Fries (VE)**		PRIDE OF NEW YORK	**WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN**	***Daily Supper Specials*** **• Peanut Butter & Jelly* (VE)** **• Hot or Cold Cheese Sandwich (V)** **• Hummus and Pretzels Grab & Go (VE)** **Options may vary by location**

OFFERED DAILY

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

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries

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

NYC Department of Education O.F.N.S. Office of Food & Nutrition Services URBAN SCHOOL FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.