OCTOBER 2022: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	Yom Kippur 5	6	7
Personal Pizza (V) Crispy Broccoli (V) *Salad Bar* Italian Classico Salad (VE)	**Chicken Quesadilla** Fiesta Black Beans (VE) Salsa (VE) *Salad Bar* Kid Friendly Kale (V)	**Turkey Burger** Whole Wheat Bun **Fish and Cheese Sandwich** Whole Wheat Bun Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Chicken Dumplings** with Veggie Ginger Soy Rice (VE) Grab and Go Salad Seasoned Fresh Green Beans (V) Fresh Apples (VE) New York Cookie Treat (V) *Salad Bar* Asian Slaw (V)	**White Bean and Pasta Primavera (VE)** Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) *Salad Bar* Greek Zucchini Salad (VE)
Italian Heritage Indigenous Peoples Day 10	11	12	13	14

National School Lunch Week: Peace, Love and School Lunch

Classic Cheese Pizza (V) Superhero Spinach (VE) *Salad Bar* Caesar Salad (VE)	**Crispy Chicken Sandwich** Whole Wheat Bun Roasted Chickpeas With Basil Pesto (V) Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Mozzarella Sticks (V)** with marinara sauce (VE) Fresh Broccoli and Cauliflower Florets (VE) Garlic Knot (V) *Salad Bar* Veggie Dippers (VE)	**Roasted Chicken Thigh** Slow Roasted Baby Carrots (V) Dinner Roll (VE) Apple Bake (VE) *Salad Bar* Blueberry Spinach Salad (VE)	**Black Bean and Plantain Power Bowl (VE)** with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V) Green Garden Salad (VE) *Salad Bar* Fresh Cilantro Healthy Cole Slaw (V)
17	18	19	20	21
French Bread Pizza (V) Italian Green Beans (VE) *Salad Bar* Fresh Marinated Vegetable Salad (VE)	**Crispy Chicken Tenders** With Dipping Sauce Grab and Go Salad Sweet Potato Waffle Fries (VE) Garlic Knot (V) *Salad Bar* Celery and Apple Salad (V)	**Hamburgers Cheeseburgers or Veggie Burger (VE)** Whole Wheat Bun Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Roasted Chicken Drumsticks** Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE) *Salad Bar* Broccoli Salad (V)	**Three Bean Chili (VE)** served with Rice (VE) Veggie Nuggets (VE) Confetti Corn (VE) Crispy Tortillas (VE) Served with **Salsa (VE)** *Salad Bar* Carrot Raisin Salad (V)
24	25	26	27	28
Personal Pizza (V) Crispy Broccoli (V) *Salad Bar* Italian Classico Salad (VE)	**Chicken Quesadilla** Fiesta Black Beans (VE) Salsa (VE) *Salad Bar* Kid Friendly Kale (V)	**Turkey Burger** Whole Wheat Bun **Fish and Cheese Sandwich** Whole Wheat Bun Seasoned Wedge Fries (VE) *Salad Bar* Pickles, Lettuce and Tomato (VE)	**Chicken Dumplings** with Veggie Ginger Soy Rice (VE) Grab and Go Salad Seasoned Fresh Green Beans (V) Fresh Apples (VE) *Salad Bar* Asian Slaw (V)	**White Bean and Pasta Primavera (VE)** Roasted Fresh Tomatoes (VE) Homemade Grilled Cheese (V) *Salad Bar* Greek Zucchini Salad (VE)
Halloween 31				
Classic Cheese Pizza (V) Superhero Spinach (VE) New York Cookie Treat (V) *Salad Bar* Veggie Dippers (VE)			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	

Monday	Tuesday	Wednesday	Thursday	Friday
• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	• Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	• Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (V) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

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 | FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.