

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)		Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)  Cinnamon Knots (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
5	6	7	8	9
Blueberry Breakfast Bread (V) Colby Cheese Stick (V)	Egg & Cheese on a Bagel (V)  Yogurt Choice (V)  Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Cinnamon Apple Topping (VE)  Hot Oatmeal (V)	Breakfast Quesadilla (V) with Salsa (VE)  Hashbrowns (VE)  Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)  Hot Oatmeal (V)
Seasonal Fresh Fruit (VE)	000001111001111011(12)	Seasonal Fresh Fruit (VE)	ocasonar resir ruit (VL)	` ,
12	13	14	15	Seasonal Fresh Fruit (VE)
12	13	14	19	10
Apple Cinnamon Breakfast Bread (V)  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Egg & Cheese on a Croissant (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Strawberry Topping (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)  Hot Oatmeal (V)
				Seasonal Fresh Fruit (VE)
19	20	21	22	23
Banana Breakfast Bread (V) Mozzarella	Egg & Cheese on a Soft Roll (V)	Buttermilk Pancakes (V) Blueberry Topping (VE)	Egg & Cheese on a Buttermilk Biscuit (V)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)
Cheese Stick (V)	Yogurt Choice (V)	Hot Oatmeal (V)	Home Fries (VE)	Cinnamon Knots (V)
Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Hot Oatmeal (V)
				Seasonal Fresh Fruit (VE)
Memorial Day 26	27	28	29	30
Blueberry Breakfast Bread (V)  Colby Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Egg & Cheese on a Bagel (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Cinnamon Apple Topping (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)	Breakfast Quesadilla (V) with Salsa (VE)  Hashbrowns (VE)  Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)  Hot Oatmeal (V) Seasonal Fresh Fruit (VE)

#### Milk 1% Low-fat (V) Fat Free (V) **Fat Free Chocolate (V)** Alternative options are

available upon request

**Breakfast After the Bell Grab and Go** 

**Alternative Breakfast Grab and Go** (Cereal, Fruit and Milk) **Options may vary** by location

**OFFERED DAILY** 

**Cold Cereal Choices** Shredded Wheat **Multi-Grain Oats (VE)** Toasted Oats (VE)

**Seasonal Fresh Fruit** Apples, Apple Slices, Bananas, Blueberries, Grapefruit, Grapes, Mandarins, Oranges, Peaches, Pears, Strawberries (VE)

> **Condiments** Syrup (VE)

#### **OFNS** has an extensive **Prohibitive Ingredients List**



#### **ATTENTION:**

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• 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.



MAY 2025: High School	<b>Breakfast Menu</b>
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Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)  Breakfast Bar Yogurts (V) Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (V)		Egg & Cheese on a Buttermilk Biscuit (V)  Home Fries (VE)  Breakfast Bar (V)  Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)  Cinnamon Knots (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
5	6	7	8	9
Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Bagel (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Cinnamon Apple Topping (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)	Breakfast Quesadilla (V) with Salsa (VE)  Hashbrowns (VE)  Breakfast Bar (V)  Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)  Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
12	13	14	15	16
Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Croissant (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Strawberry Topping (V) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
				` ,
Banana Breakfast Bread (V)  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Egg & Cheese on a Soft Roll (V)  Breakfast Bar (V)  Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V)  Home Fries (VE)  Breakfast Bar (V)  Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)  Cinnamon Knots (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
Memorial Day 26	27	28	29	30
Blueberry Breakfast Bread (V)  Colby Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Egg & Cheese on a Bagel (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Cinnamon Apple Topping (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)	Breakfast Quesadilla (V) with Salsa (VE)  Hashbrowns (VE)  Breakfast Bar (V)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)  Hot Oatmeal (V)
Geasonal Flesh Fluit (VE)		OFFERED DAILY	Seasonal Fresh Fruit (VE)  Seasonal Fresh Fruit Apples Apple Slices	Seasonal Fresh Fruit (VE)  OFNS has an extensive

#### Milk 1% Low-fat (V)

Fat Free (V)
Fat Free Chocolate (V)

Alternative options are available upon request

Breakfast After the Bell Grab and Go

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk) Options may vary by location

Cold Cereal Choices
Shredded Wheat
Multi Grain Oats (VE)
Toasted Oats (VE)

# Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Grapefruit, Grapes, Mandarins, Oranges, Peaches, Pears, Strawberries (VE)

Condiments
Syrup (VE)

# OFNS has an extensive Prohibitive Ingredients List



#### ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• 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.





MAY 2025: Breakfast Express Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)		Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
5	6	7	8	9
Blueberry Breakfast Bread (V)  Colby Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Yogurt Choice (V)  Apple Cinnamon Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Scooters (V)  Blueberry Granola (V)  Strawberry Banana Applesauce (VE)	Zucchini Carrot Breakfast Bread (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
12	13	14	15	16
Apple Cinnamon Breakfast Bread (V)  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Whole Grain Croissant (V) Cheese Cubes (V) Seasonal Fresh Fruit (VE)	Honey Cheerios (V)  Honey Graham Cracker (V) or Animal Crackers (V)  Applesauce (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V)	Whole Grain Croissant (V) Cheese Cubes (V) Seasonal Fresh Fruit (VE)	Honey Cheerios (V)  Honey Graham Cracker (V) or Animal Crackers (V)  Applesauce (VE)	Sweet Potato Oatmeal Muffin (V)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)
Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant (V) Cheese Cubes (V) Seasonal Fresh Fruit (VE)	Honey Cheerios (V)  Honey Graham Cracker (V) or Animal Crackers (V)  Applesauce (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
Apple Cinnamon Breakfast Bread (V)  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)  Banana Breakfast Bread (V)  Mozzarella Cheese Stick (V)	Whole Grain Croissant (V)  Cheese Cubes (V)  Seasonal Fresh Fruit (VE)  20  Yogurt Choice (V)  Blueberry Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Honey Cheerios (V)  Honey Graham Cracker (V) or Animal Crackers (V)  Applesauce (VE)  21  Frosted Mini Wheats  Honey Graham Cracker (V)  Plain or Strawberry Banana Applesauce (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)  22  Cinnamon Burst Pancakes (V)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)  Seasonal Fresh Fruit (VE)  23  Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)

#### **Blueberry Breakfast Bread (V)**

Colby Cheese Stick (V)

**Seasonal Fresh Fruit (VE)** 

Milk

1% Low-fat (V)

Fat Free (V)

**Fat Free Chocolate (V)** 

Alternative options are

available upon request

**Yogurt Choice (V)** 

**Apple Cinnamon Granola (V)** 

Raisins (VE)

Seasonal Fresh Fruit (VE)

**Breakfast After the Bell** 

**Grab and Go** 

**Alternative Breakfast** 

**Grab and Go** 

(Cereal, Fruit and Milk)

Scooters (V)

Blueberry Granola (V)

**Strawberry Banana** Applesauce (VE)

**Zucchini Carrot Breakfast Bread (V)** 

**Seasonal Fresh Fruit (VE)** 

#### **Assorted** Fresh NY Bagels (VE)

served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)

**Seasonal Fresh Fruit (VE)** 

#### **OFFERED DAILY**

**Options may vary** by location

**Cold Cereal Choices Shredded Wheat** 

**Multi-Grain Oats (VE) Toasted Oats (VE)** 

Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Grapefruit, Grapes, Mandarins, Oranges, Peaches, Pears, Strawberries (VE)

> **Condiments** Syrup (VE)

**OFNS** has an extensive **Prohibitive Ingredients List** 



#### **ATTENTION:**

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• 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.

MAY 2025: Puree Breakfast Menu

Office of Food & Nutrition Service
NYC Public Schools

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Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Breakfast Bread (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering Applesauce (VE)
5	6	7	8	9
Blueberry Breakfast Bread (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering Sliced Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  Fruit Offering Flavored Applesauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering  Diced Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Breakfast Bread (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering Applesauce (VE)
12	13	14	15	16
Blueberry Breakfast Bread (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering Sliced Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  Fruit Offering Flavored Applesauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering  Diced Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Breakfast Bread (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering Applesauce (VE)
19	20	21	22	23
Blueberry Breakfast Bread (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering Sliced Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  Fruit Offering Flavored Applesauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering  Diced Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Breakfast Bread (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering  Applesauce (VE)
Memorial Day 26	27	28	29	30
Blueberry Breakfast Bread (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering  Sliced Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  Fruit Offering Flavored Applesauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering  Diced Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Banana Breakfast Bread (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering Applesauce (VE)
<u>Milk</u> 1% Low-fat (V)	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Grapefruit, Grapes,	OFFERED DAILY Options may vary by location	<u>Assorted Yogurts</u>	OFNS has an extensive Prohibitive Ingredients List available at:

# Fat Free (V) Fat Free Chocolate (V)

Alternative options are available upon request Mandarins, Oranges, Peaches, Pears, Strawberries (VE)

> **Condiments** Syrup (VE)

**Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE)** Toasted Oats (VE)

**Other Fruits** Applesauce, Sliced Peaches, Diced Pears, **Pineapples** 



**Available Daily Upon Request: Transitional, Thick Puree or Thin Puree** 

#### **ATTENTION:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- 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
- 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.





# MAY 2025: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Egg & Cheese on a Croissant (V) Home Fries (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR			Hot Oatmeal (V)	Hot Oatmeal (V)
PRODUCED FOOD.  ALL NEW YORK ITEMS  ARE HIGHLIGHTED IN  GREEN.			Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
5	6	7	8	9
Blueberry Breakfast Bread (V)	Egg & Cheese on a Bagel (V)	French Toast Sticks (V) Cinnamon Apple Topping (VE)	Breakfast Quesadilla (V)  Hash Browns (VE)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)
Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
12	13	14	15	16
Apple Cinnamon Breakfast Bread (V)	Egg & Cheese on a Croissant (V)	Rise and Shine Waffles (V)	Yogurt Choice (V)	Fresh NY Bagel Half (VE) served with
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Cream Cheese (V) & Jelly (VE)
Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Hot Oatmeal (V)  Seasonal Fresh Fruit or Diced Pears (VE)  Milk (V)
19	20	21	22	23
Banana Breakfast Bread (V)	Egg & Cheese on a Soft Roll (V)	Buttermilk Pancakes (V) Blueberry Topping (VE)	Egg & Cheese on a Croissant (V)	Fresh NY  Bagel Half (VE)  served with
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Home Fries (V)	Cream Cheese (V) & Jelly (VE)
Seasonal Fresh Fruit	Seasonal Fresh Fruit or	Seasonal Fresh Fruit	Hot Oatmeal (V)	Hot Oatmeal (V)
or Diced Pineapples (VE) Milk (V)	Flavored Applesauce (VE) Milk (V)	or Sliced Peaches (VE) Milk (V)	Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
Memorial Day 26	27	28	29	30
Blueberry Breakfast Bread (V)	Egg & Cheese on a Bagel (V)	French Toast Sticks (V) Cinnamon Apple Topping (VE)	Breakfast Quesadilla (V)  Hash Browns (VE)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)
Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)	Hot Oatmeal (V)
Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)

#### **OFFERED DAILY**

Apple Slices, Bananas, Blueberries, Mandarins, **Cold Cereal Choices** Oranges, Peaches, Multi-Grain Oats (VE) Strawberries (VE) **Toasted Oats (VE)** 

Options may vary by location

**Assorted Yogurts** 

**Condiments** Syrup (VE)

**OFNS** has an extensive **Prohibitive Ingredients List** 



**Diced Pears, Pineapples** • 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,

**Seasonal Fresh Fruit** 

**Other Fruits** 

Applesauce, Sliced Peaches,

PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 24 months. Formula is to be provided by the parent.

**Milk** 

Whole Milk (V)

Alternative options are

available upon request

(V) Indicates Vegetarian

(VE) Indicates Vegan

legumes, nuts, and/or fruit.



	Office of Food & Nutrition Services	
	NYC Public Schools	
AY 2025: P	re-K - 8 Vegetarian Brea	akfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)		Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)  Cinnamon Knots (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
	5	6	7	8	9
	Blueberry Breakfast Bread (V) Colby Cheese Stick (V)	Egg & Cheese on a Bagel (V) Yogurt Choice (V)	French Toast Sticks (V) Cinnamon Apple Topping (VE)  Hot Oatmeal (V)	Breakfast Quesadilla (V) with Salsa (VE) Hashbrowns (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)
	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Hot Oatmeal (V)
					Seasonal Fresh Fruit (VE)
	12	13	14	15	16
	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V)	Egg & Cheese on a Croissant (V) Yogurt Choice (V)	Rise and Shine Waffles (V) Strawberry Topping (V) Hot Oatmeal (V)	Caprese Egg Sandwich on Ciabatta (V)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)
	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Hot Oatmeal (V) Seasonal Fresh Fruit (VE)
	19	20	21	22	23
	Banana Breakfast Bread (V) Mozzarella	Egg & Cheese on a Soft Roll (V)	Buttermilk Pancakes (V) Blueberry Topping (VE)	Egg & Cheese on a Buttermilk Biscuit (V)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)
	Cheese Stick (V)	Yogurt Choice (V)	Hot Oatmeal (V)	Home Fries (VE)	Cinnamon Knots (V)
	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Hot Oatmeal (V)
					Seasonal Fresh Fruit (VE)
	Memorial Day 26	27	28	29	30
	Blueberry Breakfast Bread (V) Colby Cheese Stick (V)	Egg & Cheese on a Bagel (V) Yogurt Choice (V)	French Toast Sticks (V) Cinnamon Apple Topping (VE)  Hot Oatmeal (V)	Breakfast Quesadilla (V) with Salsa (VE) Hashbrowns (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE)
	` ′	Seasonal Fresh Fruit (VE)	` ,	Seasonal Fresh Fruit (VE)	Hot Oatmeal (V)
	Seasonal Fresh Fruit (VE)	(/	Seasonal Fresh Fruit (VE)	( <b>-</b> )	Seasonal Fresh Fruit (VE)
j			OFFERED DAILY	Seasonal Fresh Fruit	OFNS has an extensive
	<u>Milk</u>	Broakfast After the Bell	Options may vary	Apples, Apple Slices, Bananas, Blueberries,	Prohibitive Ingredients List

#### MIIK 1% Low-fat (V) Fat Free (V)

Fat Free Chocolate (V) Alternative options are

available upon request

**Breakfast After the Bell Grab and Go** 

**Alternative Breakfast Grab and Go** (Cereal, Fruit and Milk) Options may vary by location

<u>Cold Cereal Choices</u> Multi-Grain Oats (VE) Toasted Oats (VE)

Bananas, Blueberries, Grapefruit, Grapes, Mandarins, Oranges, Peaches, Pears, Strawberries (VE)

> **Condiments** Syrup (VE)

available at:



#### **ATTENTION:**

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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.

# MAY 2025: Pre-K - 8 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>,</b>			1	2
			•	
				Falafel (VE)
			Lemon Pepper	With Tzatziki (V)
			Chicken	Flat Bread (VE)
			A	Creak Zuschini Calad (V/E)
			Arugula Pesto Pasta (V)*	Greek Zucchini Salad (VE)
WE PROUDLY SUPPORT LOCALLY SOURCED,			Italian Roasted Carrots (VE)*	Homemade
GROWN, HARVESTED OR				Grilled Cheese (V)
PRODUCED FOOD.			Salad Bar	Salad Bar
ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Leafy Green Bar	Mediterranean Bar
5	6	7	-	9
		Brunch For Lunch		
		Fiesta Egg & Cheese		
Plant Powered BBQ	Teriyaki Chicken Bites	Sandwich (V)	Caribbean Spiced Jerk	Lautil Dalamana (ME)
Pizza (V)*	Terryaki Omoken Bites		Chicken*	Lentil Bolognese (VE) with Elbow
1 1224 (7)	Vegetable Rice (VE)	Fajita		Macaroni (VE)
Pizza Slice (V)		Veggie Burger (VE)*	Dinner Roll (V)	` '
	Katsu Broccoli (VE)*	Salsa (VE)	Cinnamon Blantaine (1/5)*	Oven Roasted Squash (VE)
Corn, Peas, Carrots (VE)	Asian Cucumber Salad (VE)*	Sweet Potato	Cinnamon Plantains (VE)*	Three Cheese Grilled
Salad Bar	Gadanisor Galaa (VL)	Waffle Fries (VE)		Cheese (V)
Pizza Bar		· ·		, ,
With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Leafy Green Bar	Classic Toppings Bar	Rainbow Bar	Mediterranean Bar
12	13	14	15	16
		Plastic Free		
		Lunch Day		
				M . M . (ME)
Dave and Direc (V)	Chicken Tenders	Caribbean Style Beef	Empanada (V)	Veggie Nuggets (VE)
Personal Pizza (V)	with Dipping Sauce	Patty		Brown Rice (VE)
Colorful		Fish and Cheese	Turkey Quesadilla	, ,
Green Beans (V)*	Honey Herb Knot (V)	Sandwich	Solon (VE)	Roasted Curried Cauliflower (VE)
	Lemon Chive Peas (VE)	with Tartar Sauce	Salsa (VE)	oddiniower (VL)
	, ,	With Furtai Gudoc	Sweet and Zesty Garden	Hummus
Salad Bar		Parmesan Carrot Sticks (V)*	Greens (V)*	Grab & Go Salad (VE)
Pizza Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
With Balsamic Chickpea Salad (V)	Rainbow Bar	Plastic Free Lunch Day Bar	Fiesta Bar	Leafy Green Bar
19	20	21	22	23
				Falafel (VE)
Vegetable Pizza (V)	Guisado	Mannaudla Ottalia (1)		With Tzatziki (V)
Γ122α ( <b>V</b> )	Black Beans (VE)*	Mozzarella Sticks (V) with Herbed Marinara (VE)	Lemon Pepper	Flat Bread (VE)
French Bread Pizza (V)	Guisado Chicken*	with Herbed Mannara (VE)	Chicken	Greek Zucchini Salad (VE)
Daimhau Crinach (VE\*		Fish Sticks	Arugula Pesto Pasta (V)*	Greek Zucciiiii Salau (VE)
Rainbow Spinach (VE)*	Sofrito Rice (VE)*	with Dipping Sauce	/ a agaila i doto i dota (1)	Homemade
	0.000	Constructive to T. 1. 11.	Italian Roasted Carrots (VE)*	Grilled Cheese (V)
<i>Salad Bar</i> Pizza Bar	Confetti Corn (VE)	Seasoned Wedge Fries (VE)		
With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Fiesta Bar	Rainbow Bar	Leafy Green Bar	Mediterranean Bar
Memorial Day 26	27	28	29	30
		Brunch For Lunch		
		Dianell FOI Luilell		
		Fiesta Egg & Cheese		
Plant Powered BBQ	Teriyaki Chicken Bites	Sandwich (V)		Lentil Bolognese (VE)
Pizza (V)*	,	P 114	Caribbean Spiced Jerk	with Elbow
` ,	Vegetable Rice (VE)	Fajita Veggie Burger (VE)*	Chicken*	Macaroni (VE)
Pizza Slice (V)	Katau Brassell (VE)		Dinner Bell (1)	Oven Poseted Sausah (VE)
Corn, Peas, Carrots (VE)	Katsu Broccoli (VE)*	Salsa (VE)	Dinner Roll (V)	Oven Roasted Squash (VE)
Com, reas, Carrols (VE)	Asian Cucumber Salad (VE)*	Sweet Potato	Cinnamon Plantains (VE)*	Three Cheese Grilled
Salad Bar		Waffle Fries (VE)		Cheese (V)
Pizza Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Bar	Salad Bar Classic Toppings Bar	Salad Bar Rainbow Bar	Salad Bar Mediterranean Bar
, (- )	,	DAILY OFFERINGS		
Monday	Tuesday	Wednesday	Thursday	Friday
Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or
Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter & Jelly Sandwich (VE)
• Hummus and Crackers (V)	• Hummus and Crackers (V)	• Hummus and Crackers (V)	• Hummus and Crackers (V)	• Hummus and Crackers (V)

Sunflower Seed Butter & Jelly Sandwich (VE)
• Hummus and Crackers (V)
• Hot or Cold Cheese
Sandwich (V) Tuesday
Peanut Butter and/or
Sunflower Seed Butter &
Jelly Sandwich (VE)
Hummus and Crackers (V)
Hot or Cold Cheese
Sandwich (V)
Tuna Sandwich

Wednesday
Peanut Butter and/or
Sunflower Seed Butter &
Jelly Sandwich (VE)
Hummus and Crackers (V)
Hot or Cold Cheese
Sandwich (V)
Tuna Sandwich

Thursday
• Peanut Butter and/or
Sunflower Seed Butter &
Jelly Sandwich (VE)
• Hummus and Crackers (V)
• Hot or Cold Cheese
Sandwich (V)
• Tuna Sandwich

• Peanut Butter and/or
Sunflower Seed Butter &
Jelly Sandwich (VE)
• Hummus and Crackers (V)
• Hot or Cold Cheese
Sandwich (V)
• Rainbow Wrap (VE)

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Grapefruit, Grapes,
Mandarins, Oranges,
Peaches, Pears,
Strawberries (VE)

OFNS has an extensive
Prohibitive Ingredients List
available at:



\* 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.

MANY COOF D I/	0 F	<b>^</b>	B.4
<b>MAY 2025: Pre-K</b>	- 8 Express	Cold Lunch	Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Mediterranean Chicken	Falafel
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR			Grab & Go Pasta Salad	Grab & Go Salad (V)
PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Lemon Arugula Salad (V)	Greek Zucchini Salad (VE)
5	6	7	8	9
BBQ Veggie Nugget Wrap (VE)	Sesame Noodle Bowl	Chipotle Chicken Wrap Salsa (VE)	Chicken Caesar Salad with Croutons	Chickpea Salad Wrap (VE)
Seasoned Corn (VE)	Asian Cucumber Salad (VE)*	Ranch Carrot Sticks (V)	White Bean Salad (VE)	Mixed Greens Salad (VE)
12	13	14	15	16
Red White and Green Panini (V)	Crispy Chicken Grab & Go Salad	Classic Tuna Wrap	Balsamic Chicken Salad Wrap	Hummus Grab & Go Salad (VE)
Colorful Green Bean Salad (V)*	Classic Potato Salad (V)	Crunchy Carrot Sticks (VE)	Sweet and Zesty Garden Greens (V)*	Marinated Bean Salad (VE)
19	20	21	22	23
Superhero Spinach Wrap (V)	Chimichurri Chicken Wrap	Chicken Salad Hoagie	Mediterranean Chicken Grab & Go Pasta Salad	Falafel Grab & Go Salad (V)
Balsamic Chickpea Salad (V)	Confetti Corn Salad (VE)	Carrot Raisin Salad (V)	Lemon Arugula Salad (V)	Greek Zucchini Salad (VE)
Memorial Day 26	27	28	29	30
BBQ Veggie Nugget Wrap (VE)	Sesame Noodle Bowl Asian Cucumber Salad (VE)*	Chipotle Chicken Wrap Salsa (VE)	Chicken Caesar Salad with Croutons	Chickpea Salad Wrap (VE)
Seasoned Corn (VE)	ASIAN GUGUNIDE GAIAU (VE)	Ranch Carrot Sticks (V)	White Bean Salad (VE)	Mixed Greens Salad (VE)
		DAILY OFFERINGS		
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V) • Rainbow Wrap (VE)
				OFNS has an extensive

# Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are

available upon request

#### ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Grapefruit, Grapes,
Mandarins, Oranges,
Peaches, Pears,
Strawberries (VE)

OFNS has an extensive
Prohibitive Ingredients List



#### \* 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.



# MAY 2025: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Lemon Pepper Chicken  Arugula Pesto Pasta (V)*  Italian Roasted Carrots (VE)*	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Greek Zucchini Salad (VE) Homemade Grilled Cheese (V)
5	6	7	8	9
Sicilian Slice Pizza (V)  Corn, Peas, Carrots (VE)  Italian Chickpeas (VE)	Teriyaki Chicken Bites  Vegetable Rice (VE)  Katsu Broccoli (VE)*	Brunch For Lunch  Fiesta Egg & Cheese Sandwich (V)  Salsa (VE)  Sweet Potato Waffle Fries (VE)	Caribbean Spiced Jerk Chicken*  Dinner Roll (V)  Cinnamon Plantains (VE)*  Garlicky Green Beans (VE)	Lentil Bolognese (VE) with Elbow Macaroni (VE)  Oven Roasted Squash (VE)  Three Cheese Grilled Cheese (V)
12	13	14	15	16
Sicilian Slice Pizza (V)  Colorful Green Beans (V)*  Chickpea & Pimento Salad (VE)	Chicken Tenders with Dipping Sauce Honey Herb Knot (V) Lemon Chive Peas (VE)	Caribbean Style Beef Patty  Parmesan Carrot Sticks (V)*  Seasoned Corn (VE)	Empanada (V) Salsa (VE) Superhero Spinach (VE)	Chickpea Shawarma (VE)*  Brown Rice (VE)  Roasted Curried Cauliflower (VE)  Veggie Nuggets (VE)
19	20	21	22	23
Sicilian Slice Pizza (V) Rainbow Spinach (VE)*	Guisado Chicken*  Sofrito Rice (VE)*  Confetti Corn (VE)	Fish Sticks with Dipping Sauces Ranch Carrot Sticks (V)	Lemon Pepper Chicken Arugula Pesto Pasta (V)*	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Greek Zucchini Salad (VE)
Roasted Chickpeas (VE)	30mata 30m (V2)	Seasoned Wedge Fries (VE)	Italian Roasted Carrots (VE)*	Homemade Grilled Cheese (V)
Memorial Day 26	27	28	29	30
Sicilian Slice Pizza (V)  Corn, Peas, Carrots (VE)	Teriyaki Chicken Bites  Vegetable Rice (VE)	Brunch For Lunch Fiesta Egg & Cheese Sandwich (V)	Caribbean Spiced Jerk Chicken*  Dinner Roll (V)	Lentil Bolognese (VE) with Elbow Macaroni (VE) Oven Roasted Squash (VE)
Italian Chickpeas (VE)	Katsu Broccoli (VE)*	Salsa (VE)  Sweet Potato  Waffle Fries (VE)	Cinnamon Plantains (VE)*  Garlicky Green Beans (VE)	Three Cheese Grilled Cheese (V)
Monday	Tuesday	DAILY OFFERINGS Wednesday	Thursday	Friday
Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)     Hummus and Crackers (V)     Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	<ul> <li>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>Hummus and Crackers (V)</li> <li>Hot or Cold Cheese</li> </ul>	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Rainbow Wrap (VE)
				OFNS has an extensive

<u>Milk</u> 1% Low-fat (V) Fat Free (V)

Fat Free Chocolate (V)
Alternative options are
available upon request

#### ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Grapefruit, Grapes,
Mandarins, Oranges,
Peaches, Pears,
Strawberries (VE)

OFNS has an extensive
Prohibitive Ingredients List
available at:



#### \* 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.







### MAY 2025: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Lunch Specials  • Hummus and Soft Roll (VE)  • 8 oz. Yogurt (V)  • Tuna		Italian Chicken Tenders  Pasta (VE)  Roasted Cauliflower (VE)  Fruit Offering  Applesauce (VE)	Manicotti (V)  Marinated White Beans (VE)  Fruit Offering  Bananas (VE)
5	6	7	8	9
Braised Tuna with Tomato Sauce  Broccoli With Roasted Garlic (VE)  Soft Roll (VE)  Fruit Offering Flavored Applesauce (VE)	Taco Seasoned Turkey  Sweet Plantains (VE)  Soft Roll (VE)  Fruit Offering Diced Pears (VE)	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun Steamed Carrots (VE)  Fruit Offering Sliced Peaches (VE)	Ranch Chicken Tenders  Pasta (VE)  Roasted Cauliflower (VE)  Fruit Offering Applesauce (VE)	Manicotti (V)  Marinated White Beans (VE)  Fruit Offering  Bananas (VE)
12	13	14	15	16
Fish and Cheese Sandwich  Broccoli With Roasted Garlic (VE)  Fruit Offering Flavored Applesauce (VE)	Taco Seasoned Turkey  Sweet Plantains (VE)  Soft Roll (VE)  Fruit Offering Diced Pears (VE)	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun  Steamed Carrots (VE)  Fruit Offering Sliced Peaches (VE)	Italian Chicken Tenders  Pasta (VE)  Roasted Cauliflower (VE)  Fruit Offering Applesauce (VE)	Manicotti (V)  Marinated White Beans (VE)  Fruit Offering  Bananas (VE)
19	20	21	22	23
Braised Tuna with Tomato Sauce  Broccoli With Roasted Garlic (VE)  Soft Roll (VE)  Fruit Offering Flavored Applesauce (VE)	Taco Seasoned Turkey  Sweet Plantains (VE)  Soft Roll (VE)  Fruit Offering Diced Pears (VE)	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun  Steamed Carrots (VE)  Fruit Offering Sliced Peaches (VE)	Ranch Chicken Tenders  Pasta (VE)  Roasted Cauliflower (VE)  Fruit Offering Applesauce (VE)	Manicotti (V)  Marinated White Beans (VE)  Fruit Offering Bananas (VE)
Memorial Day 26	27	28	29	30
Fish and Cheese Sandwich  Broccoli With Roasted Garlic (VE)  Fruit Offering Flavored Applesauce (VE)	Taco Seasoned Turkey Sweet Plantains (VE) Soft Roll (VE) Fruit Offering Diced Pears (VE)	100% Beef Hamburgers & Cheeseburgers Whole Wheat Bun  Steamed Carrots (VE)  Fruit Offering Sliced Peaches (VE)	Italian Chicken Tenders  Pasta (VE)  Roasted Cauliflower (VE)  Fruit Offering Applesauce (VE)	Manicotti (V)  Marinated White Beans (VE)  Fruit Offering Bananas (VE)

#### OFFERED DAILY

OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

(V) Indicates Vegetarian (VE) Indicates Vegan

Options may vary by location

Assorted Dressings

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas,
Blueberries, Grapefruit, Grapes,
Mandarins, Oranges, Peaches,

Pears, Strawberries (VE)

Other Fruits
Applesauce, Sliced Peaches,
Diced Pears, Pineapples

OFNS has an extensive Prohibitive Ingredients List



- 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.

Available Daily Upon Request: Transitional, Thick Puree or Thin Puree

**Milk** 

1% Low-fat (V)

Fat Free (V)

**Fat Free Chocolate (V)** 

Alternative options are

available upon request



## MAY 2025: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Lunch Specials  • Hot or Cold Cheese Sandwich (V)  • Hummus and Soft Roll (VE)  • 4 oz. Yogurt (V)  • Tuna Sandwich		Fish Sticks with Dipping Sauce  Steamed Carrot Coins (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE)  Milk (V)	Falafel (VE) With Tzatziki (V)  Flat Bread (VE)  Greek Zucchini Salad (VE)  Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
5	6	7	8	9
Plant Powered BBQ Pizza (V)*  Pizza Slice (V)  Steamed Green Beans (VE)	Teriyaki Chicken Bites  Katsu Broccoli (VE)*  Seasonal Fresh Fruit or Diced Pears (VE)	Veggie Burger (VE) Whole Wheat Bun (VE)  Sweet Potato Waffle Fries (VE)  Seasonal Fresh Fruit	Caribbean Style Beef Patty  Cinnamon Plantains (VE)*  Seasonal Fresh Fruit	Three Cheese Grilled Cheese (V)  Oven Roasted Squash (VE)  Seasonal Fresh Fruit or
Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Milk (V)	or Diced Pineapples (VE) Milk (V)	or Sliced Peaches (VE) Milk (V)	Flavored Applesauce (VE) Milk (V)
12	13	14	15	16
Personal Pizza (V)  Superhero Spinach (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Chicken Tenders with Dipping Sauce  Lemon Chive Peas (VE)  Seasonal Fresh Fruit or Diced Pears (VE)  Milk (V)	Fish and Cheese Sandwich with Tartar Sauce  Steamed Carrot Coins (VE)  Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Empanda (V)  Steamed Broccoli (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE)  Milk (V)	Veggie Nuggets (VE)  Roasted Curried Cauliflower (VE)  Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
19	20	21	22	23
Vegetable Pizza (V) French Bread Pizza (V)	Guisado Chicken*  Brown Rice (VE)	Mozzarella Sticks (V) with Herbed Marinara (VE)	<b>Fish Sticks</b> with Dipping Sauce	Falafel (VE) With Tzatziki (V) Flat Bread (VE)
` '	Stewed Black Beans (VE)	Seasoned Wedge Fries (VE)	Steamed Carrot Coins (VE)	· ·
Rainbow Spinach (VE)*  Seasonal Fresh Fruit or  Applesauce (VE)  Milk (V)	Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Greek Zucchini Salad (VE)  Seasonal Fresh Fruit or Flavored Applesauce (VE)  Milk (V)
Memorial Day 26	27	28	29	30
Plant Powered BBQ Pizza (V)*	Teriyaki Chicken Bites	Veggie Burger (VE) Whole Wheat Bun (VE)	Caribbean Style Beef Patty	Three Cheese Grilled Cheese (V)
Pizza Slice (V)	Katsu Broccoli (VE)*	Sweet Potato Waffle Fries (VE)	Cinnamon Plantains (VE)*	Oven Roasted Squash (VE)
Steamed Green Beans (VE)  Seasonal Fresh Fruit or  Applesauce (VE)  Milk (V)	Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)

#### ATTENTION:

Milk\*
Whole Milk (V)
\*Alternative options are
available upon request

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apple Slices, Bananas,
Blueberries, Mandarins,
Oranges, Peaches,
Strawberries (VE)
Other Fruits
Applesauce, Sliced Peaches,

**Diced Pears, Pineapples (VE)** 

OFNS has an extensive Prohibitive Ingredients List



PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 24 months. Formula is to be provided by the parent.

Consistencies upon request: puree, mashed and finely chopped.

#### \* 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.



# MAY 2025: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Monay	racoday	Wouldoday	111010004	2
				Falafel (VE)
			Rustic	With Tzatziki (V)
			White Beans (VE)	Flat Bread (VE)
			Arugula Pesto Pasta (V)*	Greek Zucchini Salad (VE)
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR			Italian Roasted Carrots (VE)*	Homemade Grilled Cheese (V)
PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar
5	6		8	9
Plant Powered BBQ Pizza (V)*	Teriyaki Veggie Nuggets (VE)  Vegetable Rice (VE)	Fiesta Egg & Cheese Sandwich (V)	Empanada (V)	Lentil Bolognese (VE) with Elbow Macaroni (VE)
Pizza Slice (V)	. ,	Fajita	Salsa (VE)	` ′
Corn, Peas, Carrots (VE)	Katsu Broccoli (VE)*	Veggie Burger (VE)*	Cinnamon Plantains (VE)*	Oven Roasted Squash (VE)
Salad Bar Pizza Bar	Asian Cucumber Salad (VE)*	Sweet Potato Waffle Fries (VE)		Three Cheese Grilled Cheese (V)
With Balsamic Chickpea Salad (V)	<i>Salad Bar</i> Leafy Green Bar	Salad Bar Classic Toppings Bar	Salad Bar Rainbow Bar	Salad Bar Mediterranean Bar
12	13	14	15	16
		Plastic Free		Veggie Nuggets (VE)
Personal Pizza (V)	Manicotti (V)	<u>Lunch Day</u>	Fiesta Quesadilla (V)	Brown Rice (VE)
Colorful Green Beans (V)*	in Marinara Sauce  Honey Herb Knot (V)	Red White and Green Panini (V)	Salsa (VE)	Roasted Curried Cauliflower (VE)
Salad Bar	Lemon Chive Peas (VE)	Parmesan Carrot Sticks (V)*	Sweet and Zesty Garden Greens (V)*	Hummus Grab & Go Salad (VE)
Pizza Bar With Balsamic	Salad Bar Rainbow Bar	Salad Bar	Salad Bar Fiesta Bar	Salad Bar
Chickpea Salad (V)		Plastic Free Lunch Day Bar 21		Leafy Green Bar 23
			_	Falafel (VE)
Vegetable Pizza (V)	Guisado Black Beans (VE)*	Mozzarella Sticks (V)	Rustic White Beans (VE)	With Tzatziki (V)  Flat Bread (VE)
French Bread Pizza (V)	Sofrito Rice (VE)*	with Herbed Marinara (VE)	Arugula Pesto Pasta (V)*	Greek Zucchini Salad (VE)
Rainbow Spinach (VE)*	Confetti Corn (VE)	Seasoned Wedge Fries (VE)	Italian Roasted Carrots (VE)*	Homemade
Salad Bar Pizza Bar	Salad Bar	Salad Bar	Salad Bar	Grilled Cheese (V)
With Balsamic Chickpea Salad (V)	Fiesta Bar	Rainbow Bar	Leafy Green Bar	Salad Bar Mediterranean Bar
Memorial Day 26	27		29	30
	Teriyaki	Brunch For Lunch		
Plant Powered BBQ Pizza (V)*	Veggie Nuggets (VE)  Vegetable Rice (VE)	Fiesta Egg & Cheese Sandwich (V)	Empanada (V)	Lentil Bolognese (VE) with Elbow
Pizza Slice (V)	Katsu Broccoli (VE)*	Fajita	Salsa (VE)	Macaroni (VE)  Oven Roasted Squash (VE)
Corn, Peas, Carrots (VE)		Veggie Burger (VE)*	Cinnamon Plantains (VE)*	Three Cheese Grilled
Salad Bar Pizza Bar	Asian Cucumber Salad (VE)*	Sweet Potato Waffle Fries (VE)		Cheese (V)
With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Chickpea Salad (V)	Leafy Green Bar	Classic Toppings Bar  DAILY OFFERINGS	Rainbow Bar	Mediterranean Bar
Monday	Tuesday	Wednesday	Thursday	Friday
Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or
Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter & Jelly Sandwich (VE)	Sunflower Seed Butter &	Sunflower Seed Butter &
<ul><li>Hummus and Crackers (V)</li></ul>	• Hummus and Crackers (V)	• Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)
Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)

• Rainbow Wrap (VE)

Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are

available upon request

**ATTENTION:** 

**All Pre-K Students CANNOT** be Offered Chocolate Milk or Cookies

**OFNS Menus Support Seasonal Fresh Fruit and** Vegetables when available

**Seasonal Fresh Fruit** Apples, Apple Slices, Bananas, Blueberries, Grapefruit, Grapes, Mandarins, Oranges, Peaches, Pears, Strawberries (VE)

**OFNS** has an extensive **Prohibitive Ingredients List** 



\* 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.



MAY 2025: High School Lunch Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
			1		
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Lemon Pepper Chicken  Arugula Pesto Pasta (V)*  Italian Roasted Carrots (VE)*  Salad Bar Leafy Green Bar	Falafel (VE) With Tzatziki (V)  Flat Bread (VE)  Greek Zucchini Salad (VE)  Homemade Grilled Cheese (V)  Salad Bar Mediterranean Bar	
5	6	Brunch For Lunch	8	9	
Plant Powered BBQ Pizza (V)*  Pizza Slice (V)  Corn, Peas, Carrots (VE)  Salad Bar	Teriyaki Chicken Bites  Vegetable Rice (VE)  Katsu Broccoli (VE)*	Fiesta Egg & Cheese Sandwich (V)  Fajita Veggie Burger (VE)*  Salsa (VE)  Sweet Potato Waffle Fries (VE)	Caribbean Spiced Jerk Chicken*  Dinner Roll (V)  Cinnamon Plantains (VE)*	Lentil Bolognese (VE) with Elbow Macaroni (VE)  Oven Roasted Squash (VE)  Three Cheese Grilled Cheese (V)	
Pizza Bar With Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar	
Chickpea Salad (V)	Leafy Green Bar	Classic Toppings Bar	Rainbow Bar 15	Mediterranean Bar 16	
Personal Pizza (V)  Colorful Green Beans (V)*  Salad Bar  Pizza Bar	Chicken Tenders with Dipping Sauce Honey Herb Knot (V) Lemon Chive Peas (VE)	Plastic Free Lunch Day  Caribbean Style Beef Patty  Fish and Cheese Sandwich with Tartar Sauce  Parmesan Carrot Sticks (V)*	Empanada (V)  Turkey Quesadilla  Salsa (VE)  Sweet and Zesty Garden Greens (V)*	Veggie Nuggets (VE)  Brown Rice (VE)  Roasted Curried Cauliflower (VE)  Hummus Grab & Go Salad (VE)	
With Balsamic Chickpea Salad (V)	Salad Bar Rainbow Bar	Salad Bar Plastic Free Lunch Day Bar	Salad Bar Fiesta Bar	<i>Salad Bar</i> Leafy Green Bar	
19		-			
Vegetable Pizza (V) French Bread Pizza (V) Rainbow Spinach (VE)*	Guisado Black Beans (VE)* Guisado Chicken* Sofrito Rice (VE)*	Mozzarella Sticks (V) with Herbed Marinara (VE)  Fish Sticks with Dipping Sauce	Lemon Pepper Chicken Arugula Pesto Pasta (V)*	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Greek Zucchini Salad (VE)	
Salad Bar	Confetti Corn (VE)	Seasoned Wedge Fries (VE)	Italian Roasted Carrots (VE)*	Homemade Grilled Cheese (V)	
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Fiesta Bar	Salad Bar Rainbow Bar	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar	
Memorial Day 26	27	Brunch For Lunch	29	30	
Plant Powered BBQ Pizza (V)*	Teriyaki Chicken Bites	Fiesta Egg & Cheese Sandwich (V) Fajita Veggie Burger (VE)*	Caribbean Spiced Jerk Chicken*	Lentil Bolognese (VE) with Elbow Macaroni (VE)	
Pizza Slice (V)	Vegetable Rice (VE)	Salsa (VE)	Dinner Roll (V)	Oven Roasted Squash (VE)	
Corn, Peas, Carrots (VE)  Salad Bar	Katsu Broccoli (VE)*	Sweet Potato Waffle Fries (VE)	Cinnamon Plantains (VE)*	Three Cheese Grilled Cheese (V)	
Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Bar	Salad Bar Classic Toppings Bar	Salad Bar Rainbow Bar	Salad Bar Mediterranean Bar	
		DAILY OFFERINGS			
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (V)	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Friday  • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)  • Hummus and Crackers (V)  • Hot or Cold Cheese Sandwich (V)  • Grab and Go Salads (VE)	

Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)

Alternative options are

available upon request

• Grab and Go Salads (V)

ATTENTION:

Tuna Sandwich

Grab and Go Salads

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Tuna Sandwich

Grab and Go Salads

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Grapefruit, Grapes,
Mandarins, Oranges,
Peaches, Pears,
Strawberries (VE)

Tuna Sandwich

Grab and Go Salads

OFNS has an extensive Prohibitive Ingredients List

Grab and Go Salads (VE)

Rainbow Wrap (VE)



\* 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.



# MAY 2025: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Eriday
Monday	Tuesuay	vveunesuay	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Mediterranean Chicken Grab & Go Pasta Salad Lemon Arugula Salad (V)	Falafel Grab & Go Salad (V) Greek Zucchini Salad (VE)
5	6	7	8	9
BBQ Veggie Nugget Wrap (VE) Seasoned Corn (VE)	Sesame Noodle Bowl Asian Cucumber Salad (VE)*	Chipotle Chicken Wrap  Ranch Carrot Sticks (V)	Chicken Caesar Salad with Croutons White Bean Salad (VE)	Chickpea Salad Wrap (VE) Mixed Greens Salad (VE)
12	13	14	15	16
Red White and Green Panini (V) Colorful Green Bean Salad (V)*	Crispy Chicken Grab & Go Salad Classic Potato Salad (V)	Classic Tuna Wrap Crunchy Carrot Sticks (VE)	Balsamic Chicken Salad Wrap Sweet and Zesty Garden Greens (V)*	Hummus Grab & Go Salad (VE) Marinated Bean Salad (VE)
19	20	21	22	23
Superhero Spinach Wrap (V) Balsamic Chickpea Salad (V)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	Chicken Salad Hoagie Carrot Raisin Salad (V)	Mediterranean Chicken Grab & Go Pasta Salad Lemon Arugula Salad (V)	Falafel Grab & Go Salad (V) Greek Zucchini Salad (VE)
Memorial Day 26	27	28	29	30
BBQ Veggie Nugget Wrap (VE) Seasoned Corn (VE)	Sesame Noodle Bowl Asian Cucumber Salad (VE)*	Chipotle Chicken Wrap Ranch Carrot Sticks (V)	Chicken Caesar Salad with Croutons White Bean Salad (VE)	Chickpea Salad Wrap (VE) Mixed Greens Salad (VE)
		DAILY OFFERINGS		
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	• Hummus and Crackers (V)	Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V)	Jelly Sandwich (VE) • Hummus and Crackers (V)	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Cheese Sandwich (V) Rainbow Wrap (VE)

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
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, Blueberries,
Grapefruit, Grapes,
Mandarins, Oranges,
Peaches, Pears,
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



#### \* 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.



# MAY 2025: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Lemon Pepper Chicken  Arugula Pesto Pasta (V)*  Italian Roasted Carrots (VE)*	Falafel (VE) With Tzatziki (V)  Flat Bread (VE)  Greek Zucchini Salad (VE)  Homemade Grilled Cheese (V)
5	6	7	8	9
Sicilian Slice Pizza (V)  Italian Chickpeas (VE)	Teriyaki Chicken Bites  Vegetable Rice (VE)  Katsu Broccoli (VE)*	Brunch For Lunch  Fiesta Egg & Cheese Sandwich (V)  Salsa (VE)  Sweet Potato Waffle Fries (VE)	Caribbean Spiced Jerk Chicken*  Dinner Roll (V)  Cinnamon Plantains (VE)*	Lentil Bolognese (VE) with Elbow Macaroni (VE)  Oven Roasted Squash (VE)  Three Cheese Grilled Cheese (V)
12	13	14	15	16
Sicilian Slice Pizza (V)  Chickpea & Pimento Salad (VE)	Chicken Tenders with Dipping Sauce Honey Herb Knot (V) Lemon Chive Peas (VE)	Caribbean Style Beef Patty  Parmesan Carrot Sticks (V)*	Empanada (V)  Salsa (VE)  Superhero Spinach (VE)	Chickpea Shawarma (VE)*  Brown Rice (VE)  Roasted Curried Cauliflower (VE)  Veggie Nuggets (VE)
19	20	21	22	23
Sicilian Slice Pizza (V) Rainbow Spinach (VE)*	Guisado Chicken*  Sofrito Rice (VE)*  Stewed Black Beans (VE)	Fish Sticks with Dipping Sauces Seasoned Wedge Fries (VE)	Lemon Pepper Chicken  Arugula Pesto Pasta (V)*  Italian Roasted Carrots (VE)*	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Greek Zucchini Salad (VE) Homemade Grilled Cheese (V)
Memorial Day 26	27	28	29	30
Sicilian Slice Pizza (V)  Italian Chickpeas (VE)	Teriyaki Chicken Bites  Vegetable Rice (VE)  Katsu Broccoli (VE)*	Brunch For Lunch  Fiesta Egg & Cheese Sandwich (V)  Salsa (VE)  Sweet Potato Waffle Fries (VE)	Caribbean Spiced Jerk Chicken*  Dinner Roll (V)  Cinnamon Plantains (VE)*	Lentil Bolognese (VE) with Elbow Macaroni (VE)  Oven Roasted Squash (VE)  Three Cheese Grilled Cheese (V)
		DAILY OFFERINGS		
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Tuesday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	<ul> <li>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>Hummus and Crackers (V)</li> <li>Hot or Cold Cheese</li> </ul>	Friday  • Peanut Butter and/or  Sunflower Seed Butter & Jelly Sandwich (VE)  • Hummus and Crackers (V)  • Hot or Cold Cheese Sandwich (V)  • Rainbow Wraps (VE)

Milk 1% Low-fat (V)

Fat Free Chocolate (V)
Alternative options are
available upon request

Fat Free (V)

#### ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Grapefruit, Grapes,
Mandarins, Oranges,
Peaches, Pears,
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



#### \* 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.



MAY 2025: Food Court Menu					
uesday	Wednesday	Thursday			

<b>WE PROUDLY SUPPORT</b>
LOCALLY SOURCED,
GROWN, HARVESTED OR
PRODUCED FOOD.
ALL NEW YORK ITEMS
ARE HIGHLIGHTED IN GREEN.

**Monday** 

**Lemon Pepper** Chicken Arugula Pesto Pasta (V)\*

Falafel (VE) With Tzatziki (V)

**Friday** 

Italian Roasted Carrots (VE)\*

Flat Bread (VE) Greek Zucchini Salad (VE)

Salad Bar Salad Bar **Leafy Green Bar** Mediterranean Bar

**Red White and Green** Panini (V)

Teriyaki Chicken Bites Vegetable Rice (VE)

Salad Bar

**Leafy Green Bar** 

13

20

Fiesta Egg & Cheese Sandwich (V) Salsa (VE)

Brunch For Lunch

7

Caribbean Spiced Jerk Chicken\* Dinner Roll (V)

Lentil Bolognese (VE) with Elbow Macaroni (VE)

Italian Chickpeas (VE) Katsu Broccoli (VE)\*

12

26

5

**Sweet Potato** Waffle Fries (VE) Salad Bar

Cinnamon Plantains (VE)\*

Oven Roasted Squash (VE)

Salad Bar Salad Bar **Classic Toppings Bar** Rainbow Bar Mediterranean Bar 14 15

Empanada (V)

Seasoned Pinto Beans (VE)

Salad Bar

Pizza Bar

Fish and Cheese Sandwich with Tartar Sauce

**Lemon Chive Peas (VE)** 

Caribbean Style Beef **Patty** 

Parmesan Carrot Sticks (V)\*

**Turkey Quesadilla** 

Chickpea Shawarma (VE) 16

30

Salsa (VE) **Brown Rice (VE)** 

**Sweet and Zesty Garden Roasted Curried** Greens (V)\* Cauliflower (VE)

22

29

Salad Bar Fiesta Bar

Salad Bar **Classic Toppings Bar** 19

Salad Bar Rainbow Bar

Fish Sticks

with Dipping Sauce

21

28

Salad Bar Fiesta Bar

Salad Bar **Leafy Green Bar** 

Veggie Nuggets (VE)

Dinner Roll (V) Black Bean Salad (VE)

Sofrito Rice (VE)\* Confetti Corn (VE)

Guisado Chicken\*

Honey Herb Knot (V) Rainbow Spinach (VE)\*

Chicken Arugula Pesto Pasta (V)\* Italian Roasted Carrots (VE)\*

**Lemon Pepper** 

Falafel (VE) With Tzatziki (V) Flat Bread (VE)

**Greek Zucchini Salad (VE)** 

Salad Bar

Salad Bar

Salad Bar

Salad Bar

Salad Bar

**Memorial Day** 

**Red White and Green** 

Panini (V)

Teriyaki Chicken Bites Sandwich (V) Vegetable Rice (VE)

27

Salsa (VE)

Brunch For Lunch

Fiesta Egg & Cheese

Caribbean Spiced Jerk Chicken\* Dinner Roll (V)

**Lentil Bolognese (VE)** with Elbow Macaroni (VE)

Italian Chickpeas (VE)

Salad Bar

Pizza Bar

Salad Bar **Leafy Green Bar** 

Katsu Broccoli (VE)\*

**Sweet Potato** Waffle Fries (VE)

Salad Bar

**Classic Toppings Bar** 

DAILY OFFERINGS

Cinnamon Plantains (VE)\*

Salad Bar

**Rainbow Bar** 

Salad Bar

**Mediterranean Bar** 

**Oven Roasted Squash (VE)** 

Monday

Pizza (V)

Mozzarella Sticks (V) Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) **Hummus and Crackers (V)** 

 Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (V) **Seasoned Wedge** 

Fries (VE) • Egg and Cheese Sandwiches (V)

Tuesday Pizza (V)

Chicken Tenders & Dinner Roll Mozzarella Sticks (V) Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Grab and Go Salads

Seasoned Wedge

Egg and Cheese

Sandwiches (V)

Fries (VE)

Wednesday Pizza (V) Chicken Tenders & Dinner Roll Mozzarella Sticks (V) Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) • Grab and Go Salads Seasoned Wedge Fries (VE) Egg and Cheese

Sandwiches (V)

Thursday Pizza (V) Chicken Tenders & Dinner Roll Mozzarella Sticks (V) Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) • Grab and Go Salads Seasoned Wedge Fries (VE)

Egg and Cheese

Sandwiches (V)

Friday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Crackers (V) Hot or Cold Cheese Sandwich (V) Grab and Go Salads (VE) Seasoned Wedge Fries (VE) **Southwest Burrito (V)** Rainbow Wrap (VE)

<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are

available upon request

### **ATTENTION:**

**All Pre-K Students CANNOT** be Offered Chocolate Milk or **Cookies** 

**OFNS Menus Support Seasonal Fresh Fruit and Vegetables** when available

**Seasonal Fresh Fruit** Apples, Apple Slices, Bananas, Blueberries, Grapefruit, Grapes, Mandarins, Oranges, Peaches, Pears, Strawberries (VE)

**OFNS** has an extensive **Prohibitive Ingredients List** available at:



\* 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, egumes, nuts, and/or fruit.





# MAY 2025: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		_	1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Cheddar Cheese Stick (V) Fresh Fruit (VE)	Crunchy Carrot Sticks (VE) Hummus Cup (VE)
5	6	7	8	9
Yogurt Choice (V) Blueberry Granola (V)	Honey Graham Biscuits (V) Milk (V)	Animal Crackers (V)  Milk (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE)  Milk (V)
12	13	14	15	16
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Mini Wheats (V)  Milk (V)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)	Apple Slices (VE) Peanut Butter (VE)	Croissant (V) with Jelly (VE) Milk (V)
19	20	21	22	23
Honey Graham Crackers (V) Milk (V)	Colby Jack Cheese Cubes (V) Fresh Fruit (VE)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Crunchy Carrot Sticks (VE) Hummus Cup (VE)
Memorial Day 26	27	28	29	30
Yogurt Choice (V) Blueberry Granola (V)	Honey Graham Biscuits (V) Milk (V)	Animal Crackers (V)  Milk (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Multi-Grain Oats (VE)  Milk (V)

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

All Fruit
Offerings are 1 cup

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Grapefruit, Grapes,
Mandarins, Oranges,
Peaches, Pears,
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List



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.

## MAY 2025: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Yogurt Choice (V)  Diced Pears (VE)	Fresh Banana (VE)  Milk (V)
5	6	7	8	9
Animal Crackers (V)  Milk (V)	Yogurt Choice (V)  Diced Pears (VE)	Apple Slices (VE)  Milk (V)	Cucumber Slices (VE)  Diced Pineapples (VE)	Multi-Grain Oats (VE)  Milk (V)
12	13	14	15	16
Soft Roll (VE) Hummus Cup (VE)	Croissant (V) Diced Peaches (VE)	Toasted Oats (V)  Milk (V)	Yogurt Choice (V)  Diced Pears (VE)	Fresh Banana (VE)  Milk (V)
19	20	21	22	23
Animal Crackers (V)  Milk (V)	Yogurt Choice (V)  Diced Pears (VE)	Apple Slices (VE)  Milk (V)	Cucumber Slices (VE)  Diced Pineapples (VE)	Multi-Grain Oats (VE)  Milk (V)
Memorial Day 26	27	28	29	30
Soft Roll (VE) Hummus Cup (VE)	Croissant (V) Diced Peaches (VE)	Toasted Oats (V)  Milk (V)	Yogurt Choice (V)  Diced Pears (VE)	Fresh Banana (VE) Milk (V)

Milk
Whole Milk (V)
Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apple Slices, Bananas,
Blueberries, Mandarins,
Oranges, Peaches, Pears,
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available for youngsters 12 to 24 months. Formula is to be provided by the parent.

• 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.







# MAY 2025: After School Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Supper Specials  • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)  • Cheese Sandwich (V)  • Hummus and Crackers Grab & Go (V)  Options may vary by location		Curried Chicken Wrap  Green Garden Salad (VE)	Black Bean & Corn Wrap (VE) Fresh Tomato Salad (V)
5	6	7	8	9
Hummus Grab & Go Salad (VE) Savory Green Beans (VE)	Chicken Salad Hoagie Pinto Bean Salad (VE)	Crispy Chicken Grab & Go Salad Broccoli Salad (V)	Italian Crispy Chicken Wrap Zucchini Tomato Parmeasn Salad (V)	Falafel Grab & Go Salad (V) Crunchy Carrot Sticks (VE)
12	13	14	15	16
Cheese Plate Grab & Go (V) Ranch Carrot Sticks (V)	Asian Sesame Grilled Chicken Grab & Go Salad Cauliflower Salad (VE)	Chimichurri Chicken Wrap Confetti Corn Salad (VE)	BBQ Crispy Chicken Grab & Go Salad Classic Coleslaw (V)	Mediterranean Chickpea Wrap (VE) Lemon Arugula Salad (V)
19	20	21	22	23
Cheese Lettuce & Tomato Wrap (V) White Bean Salad (VE)	Chopped Salad Grab & Go Classic Potato Salad (V)	Classic Tuna on Ciabatta Italian Marinated Cucumber Salad (VE)	Curried Chicken Wrap  Green Garden Salad (VE)	Black Bean & Corn Wrap (VE) Fresh Tomato Salad (V)
Memorial Day 26	27	28	29	30
Hummus Grab & Go Salad (VE) Savory Green Beans (VE)	Chicken Salad Hoagie Pinto Bean Salad (VE)	Crispy Chicken Grab & Go Salad Broccoli Salad (V)	Italian Crispy Chicken Wrap Zucchini Tomato Parmeasn Salad (V)	Falafel Grab & Go Salad (V) Crunchy Carrot Sticks (VE)

#### **OFFERED DAILY**

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are

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, Blueberries,
Grapefruit, Grapes,
Mandarins, Oranges,
Peaches, Pears,
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



<sup>•</sup> 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.

<sup>•</sup> 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.







Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Supper Specials  • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)  • Hot or Cold Cheese Sandwich (V)  • Hummus and Crackers Grab & Go (V)  Options may vary by location		Hamburgers Whole Wheat Bun  Cheeseburgers Whole Wheat Bun  Sweet Potato Waffle Fries (VE)	Pizza (V) Savory Green Beans (VE)
5	6	7	8	9
Empanada (V) Seasoned Pinto Beans (VE)	Chicken Cheese Steak Seasoned Wedge Fries (VE)	Rustic White Beans (VE)  Pasta & Peas (V)  Italian Roasted Carrots (VE)	Chicken Tenders with Dipping Sauce  Seasoned Bread Knot (V)  Chipotle Broccoli (V)	Pizza (V) Corn, Peas, Carrots (VE)
12	13	14	15	16
Mozzarella Sticks (V) with Herbed Marinara (VE) Superhero Spinach (VE)	Southwest Burrito (V)  Confetti Corn (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE)	Fish Sticks with Dipping Sauce Dinner Roll (V) Sweet Plantains (VE)	Pizza (V) Balsamic Chickpea Salad (V)
19	20	21	22	23
Manicotti (V) in Marinara Sauce  Parmigiana Peas (V)	Chicken Bites with Dipping Sauce Corn Bread (V) Herb Roasted Potatoes (VE)	Kidney Bean Rajma (VE) Brown Rice (VE) Roasted Broccoli (VE)	Hamburgers Whole Wheat Bun  Cheeseburgers Whole Wheat Bun  Sweet Potato Waffle Fries (VE)	Pizza (V) Savory Green Beans (VE)
Memorial Day 26	27	28	29	30
Empanada (V) Seasoned Pinto Beans (VE)	Chicken Cheese Steak Seasoned Wedge Fries (VE)	Rustic White Beans (VE) Pasta & Peas (V) Italian Roasted Carrots (VE)	Chicken Tenders with Dipping Sauce Seasoned Bread Knot (V) Chipotle Broccoli (V)	Pizza (V) Corn, Peas, Carrots (VE)

#### **OFFERED DAILY**

<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) 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, Blueberries, **Grapefruit, Grapes,** Mandarins, Oranges, Peaches, Pears, Strawberries (VE)

**OFNS** has an extensive **Prohibitive Ingredients List** available at:



• 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.





<b>MAY 2025:</b>	<b>After School</b>	Vegetarian	Supper Menu

Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Crackers Grab & Go (V)  Options may vary by location		Veggie Burger (VE) Whole Wheat Bun  Veggie Cheeseburgers (V) Whole Wheat Bun  Sweet Potato Waffle Fries (VE)	Pizza (V) Savory Green Beans (VE)
5	6	7	8	9
Empanada (V) Seasoned Pinto Beans (VE)	Superhero Spinach Wrap (V) Seasoned Wedge Fries (VE)	Rustic White Beans (VE)  Pasta & Peas (V)  Italian Roasted Carrots (VE)	Three Bean Chili (VE) Seaoned Bread Knot (V) Chipotle Broccoli (V)	Pizza (V) Corn, Peas, Carrots (VE)
12	13	14	15	16
Mozzarella Sticks (V) with Herbed Marinara (VE) Superhero Spinach (VE)	Homemade Grilled Cheese (V) Confetti Corn (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Green Garden Salad (VE)	Southwest Burrito (V) Sweet Plantains (VE)	Pizza (V) Balsamic Chickpea Salad (V)
19	20	21	22	23
Manicotti (V) in Marinara Sauce  Parmigiana Peas (V)	Veggie Nuggets with Dipping Sauce Corn Bread (V) Herb Roasted Potatoes (VE)	Kidney Bean Rajma (VE) Brown Rice (VE) Roasted Broccoli (VE)	Veggie Burger (VE) Whole Wheat Bun  Veggie Cheeseburgers (V) Whole Wheat Bun  Sweet Potato Waffle Fries (VE)	Pizza (V) Savory Green Beans (VE)
Memorial Day 26	27	28	29	30
Empanada (V) Seasoned Pinto Beans (VE)	Superhero Spinach Wrap (V) Seasoned Wedge Fries (VE)	Rustic White Beans (VE)  Pasta & Peas (V)  Italian Roasted Carrots (VE)	Three Bean Chili (VE) Seaoned Bread Knot (V) Chipotle Broccoli (V)	Pizza (V) Corn, Peas, Carrots (VE)

#### **OFFERED DAILY**

<u>Milk</u> 1% Low-fat (V) Fat Free (V)

Fat Free Chocolate (V) 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, Blueberries, Grapefruit, Grapes, Mandarins, Oranges, Peaches, Pears, **Strawberries (VE)** 

**OFNS** has an extensive Prohibitive Ingredients List available at:



- 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
- 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.





# MAY 2025: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	31
Yogurt Choice (V) Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Milk (V)	Croissant (V) with Jelly (VE) Fresh Fruit (VE)	Blueberry Breakfast Bread (V) Milk (V)	Zucchini Carrot Breakfast Bread (V) Fresh Fruit (VE)
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Grapefruit, Grapes,
Mandarins, Oranges,
Peaches, Pears,
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



• 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.

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# MAY 2025: Saturday Hot Morning Snack Menu

Cotumdon	Cotomolous	Cotomolous	Cotumdon	Cotumban
Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	31
Buttermilk Pancakes (V) Fresh Fruit (VE)	Rise and Shine Waffles (V) Fresh Fruit (VE)	French Toast Sticks (V) Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Fresh Fruit (VE)
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Grapefruit, Grapes,
Mandarins, Oranges,
Peaches, Pears,
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List



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.

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# MAY 2025: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	31
Assorted Cold Sandwiches and Wraps				
Seasoned Corn (VE)	Classic Potato Salad (V)	Ranch Carrot Snackers (V)	Broccoli Salad (V)	Savory Green Beans (V)
Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)	Fresh Fruit (VE) Milk (V)
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

#### OFFERED DAILY

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

**Assorted Dressings** 

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Grapefruit, Grapes,
Mandarins, Oranges,
Peaches, Pears,
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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.

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# MAY 2025: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	31
Chicken Tenders  Garlic Knots (V)  Confetti Corn (VE)  Fresh Fruit (VE)  Milk (V)	Hamburgers & Cheeseburgers Seasoned Wedge Fries (VE) Fresh Fruit (VE) Milk (V)	Mozzarella Sticks (V) with Herbed Marinara (VE)  Crispy Broccoli (V)  Fresh Fruit (VE)  Milk (V)	Southwest Burrito (V)  Baked Sweet Potato Waffle Fries (VE)  Fresh Fruit (VE) Milk (V)	Chicken Bites  Dinner Roll (V)  Herb Roasted Potatoes (VE)  Fresh Fruit (VE)  Milk (V)
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

#### **OFFERED DAILY**

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

**Assorted Dressings** 

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Grapefruit, Grapes,
Mandarins, Oranges,
Peaches, Pears,
Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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.

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