# NOVEMBER 2025: Pre-K - 8 Breakfast Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
3				7
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Bagel (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Cherry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Hashbrowns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
10	Veterans Day 11	12	13	14
Sweet Potato Oatmeal Muffin (V)  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Home Fries (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Blueberry Topping (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)	Egg & Cheese on a Croissant (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
17	18	19	20	21
Banana Breakfast Bread (V) Colby Jack Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Soft Roll (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Cinnamon Apple Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Breakfast Burrito (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Bagel (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Cherry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Hashbrowns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
		OFFERED DAILY Options may vary	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.  Seasonal Fresh Fruit Apples, Apple Slices,	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)  Fresh New York Bagel Stick Assortment French Toast (V) Cinnamon Raisin (V) Plain (V)  OFNS has an extensive Prohibitive Ingredients List
Milk		Options may vary	Apples, Apple Slices, Bananas, Cantaloune	available at:

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, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, Strawberries (VE)

Condiments
Syrup (VE)



## ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK



# **NOVEMBER 2025: High School Breakfast Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Bagel (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Cherry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Hashbrowns (VE) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
10	Veterans Day 11	12	13	14
Sweet Potato Oatmeal Muffin (V)  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Home Fries (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Croissant (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
17	18	19	20	21
Banana Breakfast Bread (V) Colby Jack Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Soft Roll (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Cinnamon Apple Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Breakfast Burrito (V)  Breakfast Bar (V)  Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Bagel (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Cherry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Hashbrowns (VE) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
		OFFERED DAILY	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)  Fresh New York Bagel Stick Assortment French Toast (V) Cinnamon Raisin (V) Plain (V)  Breakfast Bar Yogurts (V) Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (V)
			Seasonal Fresh Fruit	Prohibitive Ingredients List

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, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,

Condiments
Syrup (VE)

Oranges, Pears, Plums, Strawberries (VE) OFNS has an extensive ohibitive Ingredients List



# ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK





# **NOVEMBER 2025: Breakfast Express Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	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)	Honey Corn Breakfast Bread (V) Honey Roasted Sunflower Seeds (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) Seasonal Fresh Fruit (VE)
10	Veterans Day 11	12	13	14
Sweet Potato Oatmeal Muffin (V)  Mozzarella 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)	Whole Grain Croissant (V)  Colby Jack Cheese Cubes (V)  Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) Seasonal Fresh Fruit (VE)
17	18	19	20	21
Banana Breakfast Bread (V)  Colby Jack Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Yogurt Choice (V)  Blueberry Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Frosted Mini Wheats  Honey Graham Cracker (V)  Plain or 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) Seasonal Fresh Fruit (VE)
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	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)	Honey Corn Breakfast Bread (V)  Honey Roasted Sunflower Seeds (V)  Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) Seasonal Fresh Fruit (VE)
		OFFERED DAILY	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)

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)

# 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, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, Strawberries (VE)

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



# ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

	NOVEMBER 2025: Puree Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday	
3	Election Day 4	5	6	7	
Sweet Potato Oatmeal Muffin (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)	Zucchini Carrot Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Applesauce (VE)	
10	Veterans Day 11	12	13	14	
Sweet Potato Oatmeal Muffin (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)	Zucchini Carrot Breakfast Bread (V)  Yogurt Choice (V)  Hot Oatmeal (V)  Fruit Offering  Applesauce (VE)	
17	18	19	20	21	
Sweet Potato Oatmeal Muffin (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)	Zucchini Carrot Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Applesauce (VE)	
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28	
Sweet Potato Oatmeal Muffin (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)	Zucchini Carrot Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Applesauce (VE)	
				WE PROUDLY SUPPORT	

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, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,

Condiments
Syrup (VE)

Plums, Strawberries (VE)

# **OFFERED DAILY**

Options may vary by location

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

**Assorted Yogurts** 

Other Fruits
Applesauce, Sliced
Peaches, Diced Pears,
Pineapples

OFNS has an extensive Prohibitive Ingredients List

LOCALLY SOURCED,
GROWN, HARVESTED OR
PRODUCED FOOD.
ALL NEW YORK ITEMS
ARE HIGHLIGHTED IN GREEN.



**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 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.

# **NOVEMBER 2025: Infant - Toddler Breakfast Menu**

Wednesday

5

12

19

26

Zucchini Carrot	
Breakfast Bread (V)	

3

10

17

24

### Hot Oatmeal (V)

Monday

**Seasonal Fresh Fruit** or Diced Pineapples (VE) Milk (V)

# Egg & Cheese on a Bagel (V)

Tuesday

**Election Day** 

4

11

18

25

Hot Oatmeal (V)

**Seasonal Fresh Fruit or** Flavored Applesauce (VE) Milk (V)

# **Buttermilk Pancakes (V)** Cherry Topping (VE)

### Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Sliced Peaches (VE) Milk (V)

### Egg & Cheese on a Croissant (V)

**Thursday** 

Hashbrowns (V)

### Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Applesauce (VE) Milk (V)

# Fresh NY **Bagel Half (VE)**

**Friday** 

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

### Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Diced Pears (VE) Milk (V)

14

21

# **Sweet Potato Oatmeal** Muffin (V)

# Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Diced Pineapples (VE) Milk (V)

# Caprese Egg Sandwich on a Soft Roll (V)

**Veterans Day** 

# Hot Oatmeal (V)

**Seasonal Fresh Fruit or** Flavored Applesauce (VE) Milk (V)

# French Toast Sticks (V) Blueberry Topping (VE)

### Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Sliced Peaches (VE) Milk (V)

# **Yogurt Choice (V)**

13

20

### Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Applesauce (VE) Milk (V)

# Fresh NY **Bagel Half (VE)**

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

### Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Diced Pears (VE) Milk (V)

# **Yogurt Choice (V)**

### Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Diced Pineapples (VE) Milk (V)

# Egg & Cheese on a Soft Roll (V)

### Hot Oatmeal (V)

**Seasonal Fresh Fruit or** Flavored Applesauce (VE) Milk (V)

### Rise and Shine Waffles (V) **Cinnamon Apple** Topping (VE)

### Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Sliced Peaches (VE) Milk (V)

### **Breakfast Burrito (V)**

### Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Applesauce (VE) Milk (V)

# Fresh NY **Bagel Half (VE)**

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

### Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Diced Pears (VE) Milk (V)

# **Zucchini Carrot Breakfast Bread (V)**

### Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Diced Pineapples (VE) Milk (V)

# Egg & Cheese on a Bagel (V)

# Hot Oatmeal (V)

**Seasonal Fresh Fruit or** Flavored Applesauce (VE) Milk (V)

# **Buttermilk Pancakes (V) Cherry Topping (VE)**

# Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Sliced Peaches (VE) Milk (V)

# Egg & Cheese on a Croissant (V)

Thanksgiving Recess 27

Hashbrowns (V)

Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Applesauce (VE) Milk (V)

# Fresh NY

**Bagel Half (VE)** served with Cream Cheese (V) & Jelly (VE)

Thanksgiving Recess 28

# Hot Oatmeal (V)

**Seasonal Fresh Fruit** or Diced Pears (VE) Milk (V)

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

# **OFFERED DAILY**

Whole Milk (V) Alternative options are available upon request

<u>Milk</u>

(V) Indicates Vegetarian

(VE) Indicates Vegan

# **Seasonal Fresh Fruit**

Apple Slices, Bananas, Cantaloupe, Honeydew, Mandarins, Oranges, Plums, Strawberries (VE)

# **Other Fruits**

Applesauce, Sliced Peaches, Diced Pears, Pineapples

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

## Options may vary by location

**Assorted Yogurts** 

**Condiments** Syrup (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.

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.



# NOVEMBER 2025: Pre-K - 8 Vegetarian Breakfast Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry Breakfast Bread (V)  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)  10  Sweet Potato Oatmeal Muffin (V)  Mozzarella Cheese Stick (V)	Election Day 4  Egg & Cheese on a Bagel (V)  Yogurt Choice (V)  Seasonal Fresh Fruit (VE)  Veterans Day 11  Caprese Egg Sandwich on Ciabatta (V)  Home Fries (V)  Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Cherry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)  French Toast Sticks (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Hashbrowns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)  14  Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)
Seasonal Fresh Fruit (VE)				Hot Oatmeal (V)
				Seasonal Fresh Fruit (VE)
17	18	19	20	21
Banana Breakfast Bread (V) Colby Jack Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Soft Roll (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Cinnamon Apple Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Breakfast Burrito (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Bagel (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Cherry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Hashbrowns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
			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)  Fresh New York Bagel Stick Assortment French Toast (V) Cinnamon Raisin (V) Plain (V)
		OFFERED DAILY		OFNS has an extensive
		Ontions may vary	Seasonal Fresh Fruit	Prohibitive Ingredients List

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

Milk

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

Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, Plums, Strawberries (VE)

> **Condiments** Syrup (VE)



# **ATTENTION:**

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK



# NOVEMBER 2025: Pre-K - 8 Lunch Menu

Manday	Tuesday	Wednesday	Thursday	Cridey
Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
	North African Lentils (VE)	Garlic Parmesan Veggie Nuggets (V)	Empanada (V)	
French Bread Pizza (V)	Jalapeno Popper	Garlic Parmesan	Baja Fish Burrito	Apple Glazed Chicken
Italian Roasted Carrots (VE)	Grilled Cheese (V)	Chicken Bites	Salsa (VE)	Butternut Squash Mac & Cheese (V)
ranan Roastea Garrots (VL)	Brown Rice (VE)  Spiced Green Beans (VE)	Dinner Roll (V) Seasoned Wedge Fries (VE)	Zesty Corn (VE)	Roasted Broccoli (VE)
Salad Bar	Salad Bar	Salad Bar	Salad Bar Fiesta Bar	Salad Bar
Pizza Bar	Leafy Green Bar	Mediterranean Bar	with Black Bean Salad (VE)	Rainbow Bar
10	Veterans Day 11	12	13	14
	Brunch For Lunch	Mozzarella Sticks (V) with Herbed Marinara (VE)	Hummus Grab & Go Salad (VE)	Turkey Picadillo
Pizza Slice (V)	Chicken and Waffles	Fish Sticks with Dipping Sauces (V)	Falafel (VE) With Tzatziki (V)	Sweet Roasted
Corn, Peas, Carrots (VE)	Sweet Potato Wedge Fries (VE)	Creamy Arugula Salad (V)	Flat Bread (VE)	Plantains (VE)  Yellow Rice (VE)
		, ,	Greek Cucumber Salad (V)	
Salad Bar Pizza Bar	Salad Bar Brunch Bar	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar	Salad Bar Fiesta Bar with Black Bean Salad (VE)
17	18	19	20	21
				Plastic Free Lunch Day
Bruschetta Pizza (V)	Honey Garlic Chicken with Broccoli	Chickpea Masala (VE)	Chicken Paprika	Caribbean Style Beef Patty
Personal Pizza (V)	Sesame Noodles (VE)	Veggie Nuggets (VE) with Dipping Sauce	Roasted Dill Potatoes (VE)	Fish and Cheese Sandwich
Parmigiana Peas (V)		Spiced Brown Rice (VE)	r otatoes (VL)	with Tartar Sauce (V)
	Ginger Carrots (V)	Saag Spinach (VE)	Buttermilk Biscuit (V)	Fresh Cucumber Slices (VE)
Salad Bar Pizza Bar with Balsamic	Salad Bar	Salad Bar	Salad Bar	with Ranch Dressing (V)  Salad Bar
Chickpea Salad (V)	Zen & Zest Bar	Eastern Harvest Bar	Rainbow Bar	Plastic Free Bar
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
	North African Lentils (VE)	Apple Glazed Chicken	Empanada (V)	Garlic Parmesan Veggie Nuggets (V)
	Jalapeno Popper	Herb Roasted Potatoes (VE)	Baja Fish Burrito	Garlic Parmesan
French Bread Pizza (V)	Grilled Cheese (V)	Glazed Carrots (VE)	Salsa (VE)	Chicken Bites
Italian Roasted Carrots (VE)	Brown Rice (VE)	Buttermilk Biscuit (V)	Roasted Broccoli (VE)	Dinner Roll (V)
	Spiced Green Beans (VE)	Honey Graham Crackers (V)	Salad Bar	Seasoned Wedge Fries (VE)
Salad Bar Pizza Bar	Salad Bar Leafy Green Bar	Salad Bar Rainbow Bar	Fiesta Bar with Black Bean Salad (VE)	Salad Bar Mediterranean Bar
		DAILY OFFERINGS		WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
<u>Monday</u>	Tuesday	<u>Wednesday</u>		<u>Friday</u>
Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or

Monday

• Peanut Butter and/or
Sunflower Seed Butter &
Jelly Sandwich (VE)

• Hummus and Pretzels (VE)

• Hot or Cold Cheese
Sandwich (V)

Tuesday

• Peanut Butter and/or
Sunflower Seed Butter &
Jelly Sandwich (VE)

• Hummus and Pretzels (VE)

• Hot or Cold Cheese
Sandwich (V)

• Balsamic Chicken Salad Wrap

Wednesday

• Peanut Butter and/or
Sunflower Seed Butter &
Jelly Sandwich (VE)

• Hummus and Pretzels (VE)

• Hot or Cold Cheese
Sandwich (V)

• Balsamic Chicken Salad
Wrap

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

Friday

• Peanut Butter and/or
Sunflower Seed Butter &
Jelly Sandwich (VE)

• Hummus and Pretzels (VE)

• Hot or Cold Cheese
Sandwich (V)

• Tuna Sandwich

• Rainbow Wrap (VE)

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, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, Strawberries (VE)

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

ATTENTION:
All Pre-K Students CANNOT be
Offered Chocolate Milk or
Chicken On The Bone

CEE Service Options
Tuesday - Friday

Chicken Breaded Bite Grab & Go SaladChicken Tender Wrap OFNS has an extensive Prohibitive Ingredients List available at:



 $\label{lem:condition} \textbf{Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.}$ 



# NOVEMBER 2025: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
Super Hero Spinach Wrap (V) Ranch Carrot Sticks (V)	Hummus Grab & Go Salad (VE) Savory Green Beans (VE)	Caesar Veggie Nugget Wrap (V) White Bean Salad (VE)	Chipotle Chicken Wrap  Salsa (VE)  Zesty Corn Salad (VE)	BBQ Chicken Bite Grab & Go Salad Broccoli Salad (V)
10	Veterans Day 11	12	13	14
Red White & Green Panini (V) Marinated Bean Salad (VE)	Crispy Chicken Grab & Go Salad Fresh Tomato Salad (V)	Classic Tuna on Ciabatta Creamy Arugula Salad (V)	Falafel Grab & Go Salad (V) Greek Cucumber Salad (V)	Southwest Black Bean Cobb Salad (V) Confetti Corn Salad (VE)
17	18	19	20	21
Cheese Lettuce & Tomato Wrap (V) Balsamic Chickpea Salad (V)	Sesame Noodle Bowl Crunchy Carrot Sticks (VE)	Mediterranean Chickpea Wrap (VE) Seasoned Green Beans (VE)	Chopped Salad Grab & Go Classic Potato Salad (V)	Chicken Salad Hoagie  Fresh Cucumber Slices (VE)  with Ranch Dressing (V)
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
Super Hero Spinach Wrap (V) Ranch Carrot Sticks (V)	Hummus Grab & Go Salad (VE) Savory Green Beans (VE)	BBQ Chicken Bite Grab & Go Salad Classic Potato Salad (V) Honey Graham Crackers (V)	Chipotle Chicken Wrap  Salsa (VE)  Broccoli Salad (V)	Caesar Veggie Nugget Wrap (V) White Bean Salad (VE)
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
Monday	Tuocday	DAILY OFFERINGS	Thursday	Friday
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Cheese Sandwich (V)	Tuesday  • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)  • Hummus and Pretzels (VE)  • Cheese Sandwich (V)		Sunflower Seed Butter & Jelly Sandwich (VE)	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Cheese Sandwich (V) Rainbow Wrap (VE)

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

Alternative options are available upon request

# **ATTENTION:**

All Pre-K Students CANNOT be Offered Chocolate Milk or Chicken On The Bone OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.





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

Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Garlic Parmesan Chicken Bites Dinner Roll (V) Seasoned Wedge Fries (VE)	Empanada (V)  Salsa (VE)  Zesty Corn (VE)  Black Bean Salad (VE)	Apple Glazed Chicken  Butternut Squash Mac & Cheese (V)  Roasted Broccoli (VE)
10	Veterans Day 11	12	13	14
Sicilian Slice Pizza (V)  Corn, Peas, Carrots (VE)  Italian Chickpeas (VE)	Chicken Tenders with Dipping Sauce  Honey Herb Knot (V)  Sweet Potato Wedge Fries (VE)	Fish Sticks with Dipping Sauces (V)  Dinner Roll (V)  Crispy Broccoli (V)  Adobo Green Beans (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Roasted Zucchini (VE)	Turkey Picadillo  Salsa (VE)  Sweet Roasted Plantains (VE)  Yellow Rice (VE)
17	18	19	20	21
Sicilian Slice Pizza (V)  Parmigiana Peas (V)  Roasted Chickpeas (VE)	Honey Garlic Chicken with Broccoli Sesame Noodles (VE) Ginger Carrots (V)	Chickpea Masala (VE) Spiced Brown Rice (VE) Saag Spinach (VE)	Chicken Paprika  Roasted Dill Potatoes (VE)  Braised Cabbage (VE)  Buttermilk Biscuit (V)	Caribbean Style Beef Patty  Sweet Potato Waffle Fries (VE)
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Apple Glazed Chicken  Herb Roasted Potatoes (VE)  Buttermilk Biscuit (V)  Honey Graham Crackers (V)	Empanada (V)  Salsa (VE)  Roasted Broccoli (VE)  Black Bean Salad (VE)	Garlic Parmesan Chicken Bites Dinner Roll (V) Seasoned Wedge Fries (VE)
Monday	Tuesday	DAILY OFFERINGS Wednesday	Thursday	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
• Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	Peanut Butter and/or	• Peanut Butter and/or
Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &

Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)

Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)

Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)

Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)

Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)

### <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 **Chicken On The Bone** 

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

**Seasonal Fresh Fruit** Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, Plums, Strawberries (VE) OFNS has an extensive
Prohibitive Ingredients List
available at:



Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.



# **NOVEMBER 2025: Puree Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
Manicotti (V)  Italian Roasted Carrots (VE)  Fruit Offering Flavored Applesauce (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE) Fruit Offering Diced Pears (VE)	Italian Chicken Tenders Soft Roll (V) Seasoned Wedge Fries (VE) Fruit Offering Sliced Peaches (VE)	Hamburgers & Cheeseburgers Whole Wheat Bun  Salsa (VE)  Zesty Corn (VE)  Black Bean Salad (VE)  Fruit Offering Applesauce (VE)	Apple Glazed Grilled Chicken Pasta (VE) Roasted Broccoli (VE) Fruit Offering Bananas (VE)
10	Veterans Day 11	12	13	14
Manicotti (V)  Corn, Peas, Carrots (VE)  Super Hero Spinach (VE)  Fruit Offering  Flavored Applesauce (VE)	Ranch Chicken Tenders  Soft Roll (V)  Sweet Potato Wedge Fries (VE)  Fruit Offering Diced Pears (VE)	Hamburgers & Cheeseburgers Whole Wheat Bun  Seasoned Wedge Fries (VE)  Fruit Offering Sliced Peaches (VE)	Braised Tuna with Tomato Sauce  Broccoli With Roasted Garlic (VE)  Soft Roll (VE)  Fruit Offering  Applesauce (VE)	Turkey Picadillo  Sweet Roasted Plantains (VE)  Yellow Rice (VE)  Fruit Offering Bananas (VE)
17	18	19	20	21
Manicotti (V)  Parmigiana Peas (V)  Fruit Offering  Flavored Applesauce (VE)	Honey Garlic Chicken with Broccoli Sesame Noodles (VE) Ginger Carrots (V) Fruit Offering Diced Pears (VE)	Chickpea Masala (VE)  Spiced Brown Rice (VE)  Saag Spinach (VE)  Fruit Offering  Sliced Peaches (VE)	Paprika Grilled Chicken  Soft Roll (VE)  Roasted Dill Potatoes (VE)  Braised Cabbage (VE)  Fruit Offering Applesauce (VE)	Fish and Cheese Sandwich Whole Wheat Bun Roasted Zucchini (VE) Fruit Offering Bananas (VE)
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
Manicotti (V)  Italian Roasted Carrots (VE)  Fruit Offering Flavored Applesauce (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE) Fruit Offering Diced Pears (VE)	Apple Glazed Grilled Chicken Soft Roll (VE) Herb Roasted Potatoes (VE) Fruit Offering Sliced Peaches (VE)	Hamburgers & Cheeseburgers Whole Wheat Bun  Salsa (VE)  Roasted Broccoli (VE)  Black Bean Salad (VE)  Fruit Offering Applesauce (VE)	Italian Chicken Tenders Soft Roll (V) Seasoned Wedge Fries (VE) Fruit Offering Bananas (VE)
		OFFERED DAILY	Daily Lunch Specials  • Hummus and Soft Roll (VE)  • 8 oz. Yogurt (V)  • Tuna	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.  OFNS has an extensive

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

(V) Indicates Vegetarian (VE) Indicates Vegan

Options may vary by location

**Assorted Dressings** 

**Seasonal Fresh Fruit** Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, Plums, Strawberries (VE)

Other Fruits
Applesauce, Sliced Peaches,
Diced Pears, Pineapples

Prohibitive Ingredients List available at:



### Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.



# **NOVEMBER 2025: Infant - Toddler Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
French Bread Pizza (V) Italian Roasted Carrots (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	North African Lentils (VE)  Brown Rice (VE)  Spiced Green Beans (VE)  Seasonal Fresh Fruit or Diced Pears (VE)  Milk (V)	Garlic Parmesan Chicken Bites Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Fish Nuggets with Dipping Sauce  Black Bean Salad (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Nuggets (VE) with Dipping Sauce  Butternut Squash Mac & Cheese (V)  Roasted Broccoli (VE)  Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
10	Veterans Day 11	12	13	14
Pizza Slice (V)  Garlicky Green Beans (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Brunch For Lunch  Chicken and Waffles  Sweet Potato Wedge Fries (VE)  Seasonal Fresh Fruit or Diced Pears (VE)  Milk (V)	Mozzarella Sticks (V) with Herbed Marinara (VE)  Green Garden Salad (V)  Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Italian Marinated Cucumber Salad (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Turkey Picadillo  Sweet Roasted Plantains (VE)  Yellow Rice (VE)  Seasonal Fresh Fruit or Flavored Apple Sauce (VE) Milk (V)
17	18	19	20	21
Personal Pizza (V)  Parmigiana Peas (V)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Teriyaki Grilled Chicken  Sesame Noodles (VE)  Roasted Carrots Coins (VE)  Seasonal Fresh Fruit or Diced Pears (VE)  Milk (V)	Chickpea Masala (VE)  Spiced Brown Rice (VE)  Saag Spinach (VE)  Seasonal Fresh Fruit or Diced Pineapples (VE)  Milk (V)	Fish and Cheese Sandwich  Roasted Dill Potatoes (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Caribbean Style Beef Patty  Fresh Cucumber Slices (VE) with Ranch Dressing (V)  Seasonal Fresh Fruit or Flavored Apple Sauce (VE) Milk (V)
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
French Bread Pizza (V)  Italian Roasted Carrots (VE)  Seasonal Fresh Fruit or Applesauce (VE)  Milk (V)	North African Lentils (VE)  Brown Rice (VE)  Spiced Green Beans (VE)  Seasonal Fresh Fruit or Diced Pears (VE)  Milk (V)	Garlic Parmesan Chicken Bites  Herb Roasted Potatoes (VE)  Roasted Carrots Coins (VE)  Seasonal Fresh Fruit or Diced Pineapples (VE)  Milk (V)	Fish Nuggets with Dipping Sauce  Black Bean Salad (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Nuggets (VE) with Dipping Sauce  Butternut Squash Mac & Cheese (V)  Roasted Broccoli (VE)  Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
			Daily Lunch Specials  • Hot or Cold Cheese Sandwich (V)  • Hummus and Soft Roll (VE)  • 4 oz. Yogurt (V)  • Tuna Sandwich	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

# ATTENTION:

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

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

# <u>Seasonal Fresh Fruit</u> Apple Slices, Bananas, Cantaloupe, Honeydew, Mandarins, Oranges, Plums,

Strawberries (VE)

Other Fruits

Applesauce, Sliced Peaches,
Diced Pears, Pineapples

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 are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.





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

Mondov	Tuesday	Wadnaaday	Thursday	Eridov
Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
	North African Lentils (VE)	Garlic Parmesan Veggie Nuggets (V)	Empanada (V)	Three Bean Chili (VE)
French Bread Pizza (V)	Jalapeno Popper Grilled Cheese (V)	Dinner Roll (V)	Salsa (VE)	Butternut Squash Mac & Cheese (V)
Italian Roasted Carrots (VE)	Brown Rice (VE)	Seasoned Wedge Fries (VE)	Zesty Corn (VE)	Roasted Broccoli (VE)
	Spiced Green Beans (VE)		Salad Bar	
<i>Salad Bar</i> Pizza Bar	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar	Fiesta Bar with Black Bean Salad (VE)	<i>Salad Bar</i> Rainbow Bar
10	Veterans Day 11	12	13	14
	Brunch For Lunch	Mozzarella Sticks (V) with Herbed Marinara (VE)	Falafel (VE) With Tzatziki (V)	Guisado Kidney Beans (VE)
Pizza Slice (V)  Corn, Peas, Carrots (VE)	Egg & Cheese on a Buttermilk Biscuit (V)	Creamy Arugula Salad (V)	Flat Bread (VE)	Sweet Roasted Plantains (VE)
3311, 1 Cas, 3411013 (VL)	Sweet Potato Wedge Fries (VE)		Greek Cucumber Salad (V)	Yellow Rice (VE)
Salad Bar Pizza Bar	Salad Bar Brunch Bar	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar	Salad Bar Fiesta Bar with Black Bean Salad (VE)
17	18	19	20	21
Bruschetta Pizza (V) Personal Pizza (V)	Teriyaki Veggie Nuggets (VE)	Chickpea Masala (VE)  Spiced Brown Rice (VE)	Veggie Cheeseburgers (V) Whole Wheat Bun	Plastic Free Lunch Day  Red White and Green Panini (V)
Parmigiana Peas (V)	Sesame Noodles (VE)  Ginger Carrots (V)	Saag Spinach (VE)	Roasted Dill Potatoes (VE)	Fresh Cucumber Slices (VE)
Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Zen & Zest Bar	Salad Bar Eastern Harvest Bar	Salad Bar Classic Toppings Bar	with Ranch Dressing (V)  Salad Bar  Plastic Free Bar
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
	North African Lentils (VE)	Garlic Parmesan Veggie Nuggets (V) Herb Roasted Potatoes (VE)	Empanada (V)	
French Bread Pizza (V)	Jalapeno Popper Grilled Cheese (V)	Glazed Carrots (VE)	Salsa (VE)	Three Bean Chili (VE)
Italian Roasted Carrots (VE)	Brown Rice (VE)	Buttermilk Biscuit (V)	Roasted Broccoli (VE)	Dinner Roll (V) Seasoned Wedge Fries (VE)
	Spiced Green Beans (VE)	Honey Graham Crackers (V)	Salad Bar	
Salad Bar Pizza Bar	Salad Bar Leafy Green Bar	<i>Salad Bar</i> Rainbow Bar	Fiesta Bar with Black Bean Salad (VE)	Salad Bar Mediterranean Bar
		DAILY OFFERINGS		WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
Monday	<u>Tuesday</u>	Wednesday	Thursday	<u>Friday</u>
Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE)  Het or Cold Chasse	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Choose	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Choose	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Choose	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE)

Hot or Cold Cheese Sandwich (V)

Hot or Cold Cheese Sandwich (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 Chicken On The Bone

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, Plums, Strawberries (VE) OFNS has an extensive Prohibitive Ingredients List available at:



Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.



	NOVEMBER 20	25: High Scho	ol Lunch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
	North African Lentils (VE)	Garlic Parmesan Veggie Nuggets (V)	Empanada (V)	Apple Clared Chicken
French Bread Pizza (V)	Jalapeno Popper Grilled Cheese (V)	Garlic Parmesan Chicken Bites	Baja Fish Burrito	Apple Glazed Chicken  Butternut Squash Mac &
Italian Roasted Carrots (VE)	Brown Rice (VE)	Dinner Roll (V)	Salsa (VE)	Cheese (V)
	Spiced Green Beans (VE)	Seasoned Wedge Fries (VE)	Zesty Corn (VE)	Roasted Broccoli (VE)
Salad Bar Pizza Bar	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar	Salad Bar Fiesta Bar	Salad Bar Rainbow Bar
10	Veterans Day 11	12	13	14
	Brunch For Lunch	Mozzarella Sticks (V) with Herbed Marinara (VE)	Hummus Grab & Go Salad (VE)	Turkey Picadillo
Pizza Slice (V)	Chicken and Waffles	<b>Fish Sticks</b> with Dipping Sauces (V)	Falafel (VE) With Tzatziki (V)	Sweet Roasted Plantains (VE)
Corn, Peas, Carrots (VE)	Sweet Potato Wedge Fries (VE)	Creamy Arugula Salad (V)	Flat Bread (VE)  Greek Cucumber Salad (V)	Yellow Rice (VE)
Salad Bar Pizza Bar	Salad Bar Brunch Bar	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar	Salad Bar Fiesta Bar with Black Bean Salad (VE)
17	18	19	20	21
				<u>Plastic Free</u> <u>Lunch Day</u>
Bruschetta Pizza (V)	Honey Garlic Chicken with Broccoli	Chickpea Masala (VE)	Chicken Paprika	Caribbean Style Beef Patty
Personal Pizza (V)	Sesame Noodles (VE)	Veggie Nuggets (VE) with Dipping Sauce	Roasted Dill	Fish and Cheese Sandwich
Parmigiana Peas (V)		Spiced Brown Rice (VE)	Potatoes (VE)	with Tartar Sauce (V)
	Ginger Carrots (V)	Saag Spinach (VE)	Buttermilk Biscuit (V)	Fresh Cucumber Slices (VE) with Ranch Dressing (V)
Salad Bar Pizza Bar	<i>Salad Bar</i> Zen & Zest Bar	Salad Bar Eastern Harvest Bar	Salad Bar Rainbow Bar	Salad Bar Plastic Free Bar
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
	North African Lentils (VE)	Apple Glazed Chicken	Empanada (V)	Garlic Parmesan Veggie Nuggets (V)
French Bread Pizza (V)	Jalapeno Popper Grilled Cheese (V)	Herb Roasted Potatoes (VE)  Glazed Carrots (VE)	Baja Fish Burrito	Garlic Parmesan Chicken Bites
Italian Roasted Carrots (VE)	Brown Rice (VE)	Buttermilk Biscuit (V)	Salsa (VE)	Dinner Roll (V)
	Spiced Green Beans (VE)	Honey Graham Crackers (V)	Roasted Broccoli (VE)	Seasoned Wedge Fries (VE)
Salad Bar Pizza Bar	Salad Bar Leafy Green Bar	Salad Bar Rainbow Bar	Salad Bar Fiesta Bar	Salad Bar Mediterranean Bar
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
<u>Monday</u>	<u>Tuesday</u>	DAILY OFFERINGS Wednesday	<u>Thursday</u>	<u>Friday</u>
Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)

Sandwich (V)

Grab and Go Salads (V)

Sandwich (V)

Balsamic Chicken Salad Wrap
Grab and Go Salads

Sandwich (V) • Balsamic Chicken Salad Wrap • Grab and Go Salads

Sandwich (V)
Tuna Sandwich **Grab and Go Salads**  Sandwich (V)

Tuna Sandwich

Grab and Go Salads 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 **Chicken On The Bone** 

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, Plums, Strawberries (VE) OFNS has an extensive Prohibitive Ingredients List available at:



Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.



# **NOVEMBER 2025: High School Express Cold Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
Super Hero Spinach Wrap (V) Ranch Carrot Sticks (V)	Hummus Grab & Go Salad (VE) Savory Green Beans (VE)	Caesar Veggie Nugget Wrap (V) White Bean Salad (VE)	Chipotle Chicken Wrap Salsa (VE) Zesty Corn Salad (VE)	BBQ Chicken Bite Grab & Go Salad Broccoli Salad (V)
10	Veterans Day 11	12	13	14
Red White & Green Panini (V) Marinated Bean Salad (VE)	Crispy Chicken Grab & Go Salad Fresh Tomato Salad (V)	Classic Tuna on Ciabatta Creamy Arugula Salad (V)	Falafel Grab & Go Salad (V) Greek Cucumber Salad (V)	Southwest Black Bean Cobb Salad (V) Confetti Corn Salad (VE)
17	18	19	20	21
Cheese Lettuce & Tomato Wrap (V) Balsamic Chickpea Salad (V)	Sesame Noodle Bowl Crunchy Carrot Sticks (VE)	Mediterranean Chickpea Wrap (VE) Seasoned Green Beans (VE)	Chopped Salad Grab & Go Classic Potato Salad (V)	Chicken Salad Hoagie  Fresh Cucumber Slices (VE)  with Ranch Dressing (V)
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
Super Hero Spinach Wrap (V) Ranch Carrot Sticks (V)	Hummus Grab & Go Salad (VE) Savory Green Beans (VE)	BBQ Chicken Bite Grab & Go Salad Classic Potato Salad (V) Honey Graham Crackers (V)	Chipotle Chicken Wrap  Salsa (VE)  Broccoli Salad (V)	Caesar Veggie Nugget Wrap (V) White Bean Salad (VE)
		DAILY OFFERINGS		WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<ul> <li>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>Hummus and Pretzels (VE)</li> <li>Cheese Sandwich (V)</li> </ul>	<ul> <li>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>Hummus and Pretzels (VE)</li> <li>Cheese Sandwich (V)</li> </ul>	<ul> <li>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>Hummus and Pretzels (VE)</li> <li>Cheese Sandwich (V)</li> </ul>	<ul> <li>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>Hummus and Pretzels (VE)</li> <li>Cheese Sandwich (V)</li> </ul>	<ul> <li>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>Hummus and Pretzels (VE)</li> <li>Cheese Sandwich (V)</li> <li>Rainbow Wrap (VE)</li> </ul>

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, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.





# **NOVEMBER 2025: High School Express Hot Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Eriday
		_		Friday
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Garlic Parmesan Chicken Bites Dinner Roll (V) Seasoned Wedge Fries (VE)	Empanada (V)  Salsa (VE)  Zesty Corn (VE)	Apple Glazed Chicken  Butternut Squash Mac & Cheese (V)  Roasted Broccoli (VE)
10	Veterans Day 11	12	13	14
Sicilian Slice Pizza (V)  Italian Chickpeas (VE)	Chicken Tenders with Dipping Sauce  Honey Herb Knot (V)  Sweet Potato Wedge Fries (VE)	Fish Sticks with Dipping Sauces (V)  Dinner Roll (V)  Crispy Broccoli (V)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Roasted Zucchini (VE)	Turkey Picadillo  Salsa (VE)  Sweet Roasted Plantains (VE)  Yellow Rice (VE)
17	18	19	20	21
Sicilian Slice Pizza (V)  Parmigiana Peas (V)	Honey Garlic Chicken with Broccoli Sesame Noodles (VE) Ginger Carrots (V)	Chickpea Masala (VE)  Spiced Brown Rice (VE)  Saag Spinach (VE)	Chicken Paprika  Roasted Dill Potatoes (VE)  Buttermilk Biscuit (V)	Caribbean Style Beef Patty  Sweet Potato Waffle Fries (VE)
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Apple Glazed Chicken  Herb Roasted Potatoes (VE)  Buttermilk Biscuit (V)  Honey Graham Crackers (V)	Thanksgiving Recess 27  Empanada (V)  Salsa (VE)  Roasted Broccoli (VE)	Thanksgiving Recess 28  Garlic Parmesan Chicken Bites  Dinner Roll (V)  Seasoned Wedge Fries (VE)
Sicilian Slice Pizza (V)	North African Lentils (VE) Brown Rice (VE)	Apple Glazed Chicken  Herb Roasted Potatoes (VE)  Buttermilk Biscuit (V)	Empanada (V) Salsa (VE)	Garlic Parmesan Chicken Bites Dinner Roll (V)
Sicilian Slice Pizza (V)	North African Lentils (VE) Brown Rice (VE)	Apple Glazed Chicken  Herb Roasted Potatoes (VE)  Buttermilk Biscuit (V)	Empanada (V) Salsa (VE)	Garlic Parmesan Chicken Bites Dinner Roll (V)
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Apple Glazed Chicken Herb Roasted Potatoes (VE) Buttermilk Biscuit (V) Honey Graham Crackers (V)  DAILY OFFERINGS Wednesday	Empanada (V)  Salsa (VE)  Roasted Broccoli (VE)	Garlic Parmesan Chicken Bites  Dinner Roll (V)  Seasoned Wedge Fries (VE)  WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Apple Glazed Chicken Herb Roasted Potatoes (VE) Buttermilk Biscuit (V) Honey Graham Crackers (V)	Empanada (V)  Salsa (VE)  Roasted Broccoli (VE)	Garlic Parmesan Chicken Bites  Dinner Roll (V)  Seasoned Wedge Fries (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

# ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Chicken On The Bone OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.





NOVEMBE	R 2025: Fo	od Court Menu
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	NOVEMBE	1 2020. 1 00a C	Jourt Micha	
Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
	North African	Garlic Parmesan		Apple Glazed Chicken
Manicotti (V)	Lentils (VE)	Chicken Bites	Baja Fish Burrito	Apple Glazed Glilckell
in Marinara Sauce				Butternut Squash Mac &
14-11 D4 (1/5)	Brown Rice (VE)	Dinner Roll (V)	Salsa (VE)	Cheese (V)
Italian Roasted Carrots (VE)	Spiced Green Beans (VE)	Second Wades Fried (VF)	Zooty Cown (VE)	Denoted Brosseli (VE)
	Opiced Green Beans (VL)	Seasoned Wedge Fries (VE)	Zesty Corn (VE)	Roasted Broccoli (VE)
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Pizza Bar	Leafy Green Bar	Mediterranean Bar	Fiesta Bar	Rainbow Bar
10	Veterans Day 11	12	13	14
10	Votoruno Buy		10	
	Brunch For Lunch	Fish Sticks		Turkey Disadille
		with Dipping Sauces (V)	Falafel (VE)	Turkey Picadillo
Empanada (V)	Chicken and		With Tzatziki (V)	Sweet Roasted
. , ,	Waffles	Garlic Knot (V)	With Tzatziki (V)	Plantains (VE)
Corn, Peas, Carrots (VE)			Flat Bread (VE)	
	Sweet Potato	Creamy Arugula Salad (V)		Yellow Rice (VE)
	Wedge Fries (VE)		Greek Cucumber Salad (V)	
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar Fiesta Bar
Pizza Bar	Brunch Bar	Leafy Green Bar	Mediterranean Bar	with Black Bean Salad (VE)
17	18	19	20	21
17	10	19	20	21
	Honey Garlic Chicken		Objeten Benedice	Ossibbassa Otala Bast
	with Broccoli	Chicknes Massle (VE)	Chicken Paprika	Caribbean Style Beef
Veggie Burger (VE)		Chickpea Masala (VE)	Roasted Dill	Patty
on Whole Wheat Bun (VE)	Sesame Noodles (VE)	Spiced Brown Rice (VE)	Potatoes (VE)	Sweet Potato
				Waffle Fries (VE)
Parmigiana Peas (V)	Ginger Carrots (V)	Saag Spinach (VE)	Buttermilk Biscuit (V)	
<i>Salad Bar</i> Pizza Bar	Salad Bar Zen & Zest Bar	Salad Bar Eastern Harvest Bar	<i>Salad Bar</i> Rainbow Bar	Salad Bar
				Leafy Green Bar
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
	Nauth African	Apple Glazed Chicken	Baja Fish Burrito	Garlic Parmesan
Manicotti (V)	North African			Chicken Bites
in Marinara Sauce	Lentils (VE)	Herb Roasted Potatoes (VE)	Salsa (VE)	Dinner Roll (V)
	Brown Rice (VE)	Buttermilk Biscuit (V)		Diffile Roll (V)
Italian Roasted Carrots (VE)	, ,		Roasted Broccoli (VE)	Seasoned Wedge Fries (VE)
	Spiced Green Beans (VE)	Honey Graham Crackers (V)		
	0 / / 0			
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Pizza Bar	Leafy Green Bar	Rainbow Bar	Fiesta Bar	Mediterranean Bar
				WE PROUDLY SUPPORT
				LOCALLY SOURCED,
				GROWN, HARVESTED OR PRODUCED FOOD.
				ALL NEW YORK ITEMS
				ARE HIGHLIGHTED IN
				GREEN.
		DAILY OFFERINGS		
Monday • Peanut Butter and/or	Tuesday • Peanut Butter and/or	Wednesday  • Peanut Butter and/or	Thursday • Peanut Butter and/or	Friday • Peanut Butter and/or
	No. of \$151111 in \$1011 (\$1.00014) [0]	Mark 25 11 10 1 m = 10 11 (2) (2) (3) (10 (6))	Fee #42211111 # #10111(\$1@211101(0))	February 2011   10   10   10   10   10   10   10

Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)

Hummus and Pretzels (VE)

Hot or Cold Cheese Sandwich (V)

Grab and Go Salads (V)

• Pizza (V) • Seasoned Wedge Fries (VE)

Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE)

Balsamic Chicken Salad Grab and Go Salads

Fries (VE)

Peanut Butter and/or Sunflower Seed Butter & Hot or Cold Cheese Sandwich (V)

**Grab and Go Salads** • Tuna Sandwich

• Pizza (V) • Chicken Bites & Dinner Roll • Seasoned Wedge Fries (VE)

Peanut Butter and/or

Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) Hot or Cold Cheese Balsamic Chicken Salad

Wrap Grab and Go Salads Chicken Tenders & Dinner

 Mozzarella Sticks (V) • Empanada (V) • Seasoned Wedge Fries (VE)

Hot or Cold Cheese

Wrap • Chicken Tenders & Dinner

 Mozzarella Sticks (V) Empanada (V)
Seasoned Wedge

Jelly Sandwich (VE)
• Hummus and Pretzels (VE)

 Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)
• Hummus and Pretzels (VE)

Hot or Cold Cheese Sandwich (V)

**Grab and Go Salads** Tuna Sandwich

• Pizza (V)

 Chicken Bites & Dinner Roll
 Seasoned Wedge Fries (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 **Chicken On The Bone** 

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

Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, Plums, Strawberries (VE) OFNS has an extensive Prohibitive Ingredients List available at:



Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.





# **NOVEMBER 2025: After School Snack Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
Croissant (V) with Jelly (VE) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Apple Slices (VE) Peanut Butter (VE)	Yogurt Choice (V) Blueberry Granola (V)
10	Veterans Day 11	12	13	14
Crispy Tortilla (VE) Salsa (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)	Animal Crackers (V)  Milk (V)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Crunchy Carrot Sticks (VE) Hummus Cup (VE)
17	18	19	20	21
Mini Wheats Milk (V)	Heart Shaped Pretzels (VE) Hummus Cup (VE)	Honey Graham Crackers (V) Milk (V)	Colby Jack Cheese Cubes (V) Fresh Fruit (VE)	Multi-Grain Oats (VE)  Milk (V)
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
Croissant (V) with Jelly (VE) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Apple Slices (VE) Peanut Butter (VE)	Yogurt Choice (V) Blueberry Granola (V)
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.  OFNS has an extensive

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

All Fruit
Offerings are 1 cup

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, 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.



# **NOVEMBER 2025: After School Infant - Toddler Snack Menu**

110 V E IVIE	SER 2020. Aitc		Todalci Olia	NOVEMBER 2023. After School Illiant - Toddier Shack Mend				
Monday	Tuesday	Wednesday	Thursday	Friday				
3	Election Day 4	5	6	7				
Soft Roll (VE) Hummus Cup (VE)	Croissant (V)  Diced Peaches (VE)	Toasted Oats (VE) Milk (V)	Yogurt Choice (V)  Diced Pineapples (VE)	Fresh Banana (VE) Milk (V)				
10	Veterans Day 11	12	13	14				
Animal Crackers (V)  Milk (V)	Yogurt Choice (V)  Diced Pears (VE)	Apple Slices (VE)  Milk (V)	Cucumber Slices (VE) Tzatziki (V)	Multi-Grain Oats (VE)  Milk (V)				
17	18	19	20	21				
Soft Roll (VE) Hummus Cup (VE)	Croissant (V)  Diced Peaches (VE)	Toasted Oats (VE)  Milk (V)	Yogurt Choice (V)  Diced Pineapples (VE)	Fresh Banana (VE) Milk (V)				
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28				
Animal Crackers (V)  Milk (V)	Yogurt Choice (V)  Diced Pears (VE)	Apple Slices (VE) Milk (V)	Cucumber Slices (VE) Tzatziki (V)	Multi-Grain Oats (VE)  Milk (V)				
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.				

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, Cantaloupe, Honeydew, Mandarins, Oranges, Plums, Strawberries (VE)

Other Fruits
Onnlesauce Sliced Pea

Applesauce, Sliced Peaches, Diced Pears, Pineapples

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.



# **NOVEMBER 2025: After School Cold Supper Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
Black Bean & Corn Wrap (VE) Seasoned Green Beans (VE)	Chicken Tender Wrap Classic Potato Salad (V)	Balsamic Chicken Salad Wrap Zucchini Tomato Parmesan Salad (V)	Curried Chicken Wrap Kachumber (VE)	Hummus Grab & Go Salad (VE) Ranch Carrot Sticks (V)
10	Veterans Day 11	12	13	14
Cheese Plate Grab & Go (V) Crunchy Carrot Sticks (VE)	Asian Sesame Crispy Chicken Grab & Go Salad Broccoli Salad (V)	Chicken Salad Hoagie Seasoned Corn (VE)	Chicken Breaded Bite Grab & Go Salad Savory Green Beans (VE)	BBQ Veggie Nugget Wrap (VE) Classic Coleslaw (V)
17	18	19	20	21
Super Hero Spinach Wrap (V) Pinto Bean Salad (VE)	Italian Crispy Chicken Wrap Basil Corn Salad (VE)	Crispy Chicken Grab & Go Salad Carrot Raisin Salad (V)	Classic Tuna Wrap Cilantro Black Bean Salad (VE)	Red White and Green Panini (V) Balsamic Chickpea Salad (V)
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
Black Bean & Corn Wrap (VE) Seasoned Green Beans (VE)	Chicken Tender Wrap Classic Potato Salad (V)	Balsamic Chicken Salad Wrap Zucchini Tomato Parmesan Salad (V)	Curried Chicken Wrap  Kachumber (VE)	Hummus Grab & Go Salad (VE) Ranch Carrot Sticks (V)
			Daily Supper Specials  • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)  • Cheese Sandwich (V)  • Hummus and Pretzel Grab & Go (VE)  Options may vary by location	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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

**Assorted Dressings** 

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, 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.



# **NOVEMBER 2025: After School Hot Supper Menu**

NO	VEIVIDER 2025	: After School	not Supper Me	anu
Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
Mozzarella Sticks (V) with Herbed Marinara (VE) Super Hero Spinach (VE) Green Garden Salad (VE) Fruit Offering Cantaloupe	BBQ Chicken Melt  Herb Roasted Potatoes (VE)  Mixed Green Salad (V)  Fruit Offering Pears	Kidney Bean Rajma (VE)  Brown Rice (VE)  Garlicky Green Beans (VE)  Green Garden Salad (VE)  Fruit Offering Grapefruit	Hamburgers Whole Wheat Bun Cheeseburgers Whole Wheat Bun  Sweet Potato Waffle Fries (VE)  Mixed Green Salad (V)  Fruit Offering Apple Slices	Vegetable Pizza (V) Green Garden Salad (VE) Fruit Offering Red Grapes
10	Veterans Day 11	12	13	14
Manicotti (V) in Marinara Sauce Seasoned Peas (VE) Green Garden Salad (VE) Fruit Offering Honeydew	Fish Nuggets  Mixed Green Salad (V)  Fruit Offering Bananas	Three Bean Chili Cheese Fries (V)  Corn Bread (V)  Green Garden Salad (VE)  Fruit Offering Apples	Chicken Tenders with Dipping Sauce  Seasoned Bread Knot (V)  Chipotle Broccoli (V)  Mixed Green Salad (V)  Fruit Offering Plums	Pepper and Onion Pizza (V)  Corn, Peas, Carrots (VE)  Green Garden Salad (VE)  Fruit Offering Strawberries
17	18	19	20	21
Empanada (V)  Guacamole (VE)	Chicken Bites with Dipping Sauce Seasoned Wedge Fries (VE)	Pesto Pizza (V)	Soft Turkey Tacos  Confetti Corn (VE)	Stewed Black Beans (VE) Sweet Plantains (VE)
Seasoned Pinto Beans (VE)	Carlia Knat (V)	Italian Roasted Carrots (VE)	Guacamole (VE)	
` '	Garlic Knot (V)	Green Garden Salad (VE)		Brown Rice (VE)
Green Garden Salad (VE) Fruit Offering Oranges	Mixed Green Salad (V)  Fruit Offering  Green Grapes	Fruit Offering Pears	Mixed Green Salad (V)  Fruit Offering  Bananas	Green Garden Salad (VE)  Fruit Offering Apple Slices
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
Mozzarella Sticks (V) with Herbed Marinara (VE) Super Hero Spinach (VE) Green Garden Salad (VE) Fruit Offering Cantaloupe	BBQ Chicken Melt  Herb Roasted Potatoes (VE)  Mixed Green Salad (V)  Fruit Offering Pears	Kidney Bean Rajma (VE) Brown Rice (VE) Garlicky Green Beans (VE) Green Garden Salad (VE) Fruit Offering Grapefruit	Hamburgers Whole Wheat Bun Cheeseburgers Whole Wheat Bun  Sweet Potato Waffle Fries (VE)  Mixed Green Salad (V)  Fruit Offering Apple Slices	Vegetable Pizza (V)  Green Garden Salad (VE)  Fruit Offering Red Grapes
			Daily Supper Specials  • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)  • Hot or Cold Cheese Sandwich (V)  • Hummus and Pretzel Grab & Go (VE)  Options may vary by location	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

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

**Assorted Dressings** 

**Seasonal Fresh Fruit** Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, Plums, Strawberries (VE)

OFNS has an extensive **Prohibitive Ingredients List** 





# NOVEMBER 2025: After School Vegetarian Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
Mozzarella Sticks (V) with Herbed Marinara (VE) Super Hero Spinach (VE) Green Garden Salad (VE) Fruit Offering Cantaloupe	Veggie Nuggets (VE) with Dipping Sauce  Herb Roasted Potatoes (V)  Mixed Green Salad (V)  Fruit Offering Pears	Kidney Bean Rajma (VE)  Brown Rice (VE)  Garlicky Green Beans (VE)  Green Garden Salad (VE)  Fruit Offering Grapefruit	Veggie Burger (VE) Whole Wheat Bun Veggie Cheeseburgers (V) Whole Wheat Bun  Sweet Potato Waffle Fries (VE)  Mixed Green Salad (V)  Fruit Offering Apple Slices	Vegetable Pizza (V)  Green Garden Salad (VE)  Fruit Offering Red Grapes
10	Veterans Day 11	12	13	14
Manicotti (V) in Marinara Sauce Seasoned Peas (VE) Green Garden Salad (VE) Fruit Offering Honeydew	Southwest Burrito (V)  Mixed Green Salad (V)  Fruit Offering Bananas	Three Bean Chili Cheese Fries (V)  Corn Bread (V)  Green Garden Salad (VE)  Fruit Offering Apples	Fiesta Quesadilla (V)  Chipotle Broccoli (V)  Mixed Green Salad (V)  Fruit Offering Plums	Pepper and Onion Pizza (V)  Corn, Peas, Carrots (VE)  Green Garden Salad (VE)  Fruit Offering Strawberries
17	18	19	20	21
Empanada (V)  Guacamole (VE)  Seasoned Pinto Beans (VE)  Green Garden Salad (VE)  Fruit Offering Oranges  24  Mozzarella Sticks (V) with Herbed Marinara (VE)  Super Hero Spinach (VE)  Green Garden Salad (VE)  Fruit Offering Cantaloupe	Super Hero Spinach Wrap (V)  Seasoned Wedge Fries (VE)  Mixed Green Salad (V)  Fruit Offering Green Grapes  25  Veggie Nuggets (VE) with Dipping Sauce  Herb Roasted Potatoes (V)  Mixed Green Salad (V)  Fruit Offering Pears	Pesto Pizza (V)  Italian Roasted Carrots (VE)  Green Garden Salad (VE)  Fruit Offering Pears  26  Kidney Bean Rajma (VE)  Brown Rice (VE)  Garlicky Green Beans (VE)  Green Garden Salad (VE)  Fruit Offering	Homemade Grilled Cheese (V)  Mixed Green Salad (V)  Fruit Offering Bananas  Thanksgiving Recess 27  Veggie Burger (VE) Whole Wheat Bun Veggie Cheeseburgers (V) Whole Wheat Bun Sweet Potato Waffle Fries (VE)	Stewed Black Beans (VE)  Sweet Plantains (VE)  Brown Rice (VE)  Green Garden Salad (VE)  Fruit Offering Apple Slices  Thanksgiving Recess 28  Vegetable Pizza (V)  Green Garden Salad (VE)  Fruit Offering Red Grapes
		Grapefruit	Fruit Offering Apple Slices	
			Daily Supper Specials  • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzel Grab & Go (VE)  Options may vary by location	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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

**Assorted Dressings** 

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:







# Office of Food & Nutrition Services Public Schools



# **NOVEMBER 2025: Saturday Cold Morning Snack Menu**

Saturday	Saturday	Saturday	Saturday	Saturday
1	8	15	22	29
Yogurt Choice (V)  Fresh Fruit (VE)	Blueberry Breakfast Bread (V) Milk (V)	Croissant (V) with Jelly (VE) Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Milk (V)	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, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, 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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Office of Food & Nutrition Services

Menu subject to change. Our menus are pork free.







# **NOVEMBER 2025: Saturday Hot Morning Snack Menu**

Saturday	Saturday	Saturday	Saturday	Saturday
1	8	15	22	29
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, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List



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# Office of Food & Nutrition Services Public Schools



# **NOVEMBER 2025: Saturday Cold Lunch Menu**

Saturday	Saturday	Saturday	Saturday	Saturday		
1	8	15	22	29		
Assorted Cold Sandwiches and Wraps						
Seasoned Corn (VE)	Classic Potato Salad (V)	Ranch Carrot Snackers (V)	Broccoli Salad (V)	Savory Green Beans (VE)		
Fresh Fruit (VE) Milk (V)						
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				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, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, Strawberries (VE)

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O.F.N.S.
Office of Food & Nutrition Services

ALLIANCE

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Office of Food & Nutrition Services

Public Schools



# **NOVEMBER 2025: Saturday Hot Lunch Menu**

Saturday	Saturday	Saturday	Saturday	Saturday
1	8	15	22	29
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)	Chicken Bites  Dinner Roll (V)  Herb Roasted Potatoes (VE)  Fresh Fruit (VE)  Milk (V)	Three Cheese Grilled Cheese (V)  Sweet Potato Waffle Fries (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, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Mandarins,
Oranges, Pears,
Plums, Strawberries (VE)

OFNS has an extensive
Prohibitive Ingredients List
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O.F.N.S. TIPOOD A L L L A N E E

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