

OCTOBER 2025: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
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)	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)
6	7	8	9	10
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)
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
Egg & Cheese on a Bagel (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Blueberry Breakfast Bread (V) Cheddar Cheese Stick (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)
Diwali 20	21	22	23	24
Caprese Egg Sandwich on Ciabatta (V) Home Fries (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (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)
27	28	29	30	31
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)
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, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberry, Watermelon (VE)	OFNS has an extensive Prohibitive Ingredients List available at:

Condiments
Syrup (VE)

ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

OCTOBER 2025: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
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)	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)
6	7	8	9	10
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)
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
Egg & Cheese on a Bagel (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Blueberry Breakfast Bread (V) Cheddar Cheese Stick (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)
Diwali 20	21	22	23	24
Caprese Egg Sandwich on Ciabatta (V) Home Fries (V) Breakfast Bar (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (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)
27	28	29	30	31
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)
<u>Milk</u> 1% Low-fat (V)	Breakfast After the Bell Grab and Go	OFFERED DAILY Options may vary by location	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes Honoydow	OFNS has an extensive Prohibitive Ingredients List available at:

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

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)

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

Syrup (VE)



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

_		
	4	

OCTOBER 2025: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday		
		1	Yom Kippur 2	2 3		
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)	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)		
6	7	8	9	10		
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)		
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17		
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)	Yogurt Choice (V) Blueberry Granola (V) Raisins (VE) Seasonal Fresh Fruit (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)		
Diwali 20	21	22	23	24		
Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Scooters (V) Blueberry Granola (V) Strawberry Banana Applesauce (VE)	Yogurt Choice (V) Apple Cinnamon Granola (V) Raisins (VE) Seasonal Fresh Fruit (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)		
27	28	29	30	31		
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)		
Milk 1% Low-fat (V) Fat Free (V)	Breakfast After the Bell Grab and Go	OFFERED DAILY Options may vary by location	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears,	OFNS has an extensive Prohibitive Ingredients List available at:		

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

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)

Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Plums, Strawberry, Watermelon (VE)

Condiments Syrup (VE)



ATTENTION:
• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

Office of Foo
NY

OCTOBER 2025: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		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)
6	7	8	9	10
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)
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Sliced Peaches (VE)	Sweet Potato Oatmeal Muffin (V) Yogurt Choice (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)
Diwali 20	21	22	23	24
Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Sliced Peaches (VE)	Sweet Potato Oatmeal Muffin (V) Yogurt Choice (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)
27	28	29	30	31
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)

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, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberry, Watermelon (VE)

> Condiments Syrup (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 Prohibitiv Ingredients List available at:



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

ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK



OCTOBER 2025: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday		
		1	Yom Kippur 2			
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		French Toast Sticks (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Yogurt Choice (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)		
6	7	8	9	10		
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)		
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	11		
Egg & Cheese on a Bagel (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Zucchini Carrot Breakfast Bread (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) 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) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)		
Diwali 20	21	22	23	24		
Caprese Egg Sandwich on a Soft Roll (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Sweet Potato Oatmeal Muffin (V) 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) 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)		
27	28	29	30	3′		
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)		
<u>Milk</u>	Seasonal Fresh Fruit Apple Slices, Bananas, Blueberries, Cantaloupe.	OFFERED DAILY	Options may vary	OFNS has an extensive Prohibitive Ingredients List available at:		

Milk Whole Milk (V)

Whole Milk (V)
Alternative options are available upon request

(V) Indicates Vegetarian (VE) Indicates Vegan

Apple Slices, Bananas, Blueberries, Cantaloupe, Honeydew, Nectarines, Oranges, Plums, Strawberry, Watermelon (VE)

Other Fruits
Applesauce, Sliced Peaches,
Diced Pears, Pineapples

Cold Cereal Choices Multi-Grain Oats (VE) Toasted Oats (VE) by location

Assorted Yogurts

Condiments Syrup (VE)



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.



OCTOBER 2025: Pre-K - 8 Vegetarian Breakfast Menu

0010	JDLN 2023. FI	e-ix - o vegetai	iaii Dieakiast	MEHU
Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 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) Fresh New York Bagel Stick Assortment French Toast (V) Cinnamon Raisin (V) Plain (V)	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)
6	7	8	9	10
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)
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
Egg & Cheese on a Bagel (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Blueberry Breakfast Bread (V) Cheddar Cheese Stick (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)
Diwali 20	21	22	23	24
Caprese Egg Sandwich on Clabatta (V) Home Fries (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (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)
27	28	29	30	31
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) Clinamon 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)
Milk		OFFERED DAILY	Seasonal Fresh Fruit Apples, Apple Slices,	OFNS has an extensive Prohibitive Ingredients List 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)

OFFERED DAILY

Options may vary by location

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

Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberry, Watermelon (VE)

Condiments Syrup (VE)



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK



OCTOBER 2025: Pre-K - 8 Lunch Menu

	OCTOBER 2	025: Pre-K - 8 L	Lunch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
			Hummus Grab & Go Salad (VE)	
WE PROUDLY SUPPORT		Mozzarella Sticks (V)	Falafel (VE) With Tzatziki (V)	Turkey Picadillo
LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD.		with Herbed Marinara (VE) Fish Sticks	Flat Bread (VE)	Sweet Roasted Plantains (VE)
ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		with Dipping Sauces (V)	Greek Cucumber Salad (V)	Yellow Rice (VE)
		Creamy Arugula Salad (V)	Salad Bar	Salad Bar
		Salad Bar Leafy Green Bar	Mediterranean Bar	Fiesta Bar with Black Bean Salad (VE)
6	7	8	9	10
				Plastic Free
Bruschetta Pizza (V)	Honey Garlic Chicken with	Chickpea Masala (VE)	Obligation Broadles	Lunch Day
Personal Pizza (V)	Broccoli	Veggie Nuggets (VE) with Dipping Sauce	Chicken Paprika	Caribbean Style Beef Patty
	Sesame Noodles (VE)		Roasted Dill Potatoes (VE)	Fish and Cheese Sandwich
Parmigiana Peas (V)	Ginger Carrots (V)	Spiced Brown Rice (VE)	Buttermilk Biscuit (V)	with Tartar Sauce (V)
Salad Bar Pizza Bar	- ''	Saag Spinach (VE)	Salad Bar	Fresh Cucumber Slices (VE) with Ranch Dressing (V)
with Balsamic Chickpea Salad (V)	Salad Bar Zen & Zest Bar	Salad Bar Eastern Harvest Bar	Rainbow Bar	Salad Bar
Chickpea Salau (V)		Eastern Harvest Bar		Plastic Free Bar
Italian Heritage/Indigenous				
Peoples' Day 13	14	15	16	17
North African		Garlic Parmesan		
Lentils (VE)		Veggie Nuggets (V)	Empanada (V)	Apple Glazed Chicken
Jalapeno Popper	French Bread Pizza (V)	Garlic Parmesan	Baja Fish Burrito	Butternut Squash Mac &
Grilled Cheese (V)	Italian Roasted Carrots (VE)	Chicken Bites	Salsa (VE)	Cheese (V)
Brown Rice (VE)		Dinner Roll (V)	Zesty Corn (VE)	Roasted Broccoli (VE)
Spiced Green Beans (VE)	Salad Bar Pizza Bar	Seasoned Wedge Fries (VE)	Salad Bar Fiesta Bar	Salad Bar Rainbow Bar
Salad Bar Leafy Green Bar		Salad Bar Mediterranean Bar	with Black Bean Salad (VE)	Railibow Dai
Diwali 20	21	22	23	24
Brunch For Lunch		Mozzarella Sticks (V)	Hummus Grab & Go Salad (VE)	
<u>Brunch For Lunch</u>		with Herbed Marinara (VE)		Turkey Picadillo
Chicken and Waffles	Pizza Slice (V)	Fish Sticks	Falafel (VE) With Tzatziki (V)	Sweet Roasted
	Corn, Peas, Carrots (VE)	with Dipping Sauces (V)	Flat Bread (VE)	Plantains (VE)
Sweet Potato Wedge Fries (VE)	Salad Bar	Creamy Arugula Salad (V)	Greek Cucumber Salad (V)	Yellow Rice (VE)
Salad Bar	Pizza Bar	Salad Bar	Salad Bar	Salad Bar Fiesta Bar
Brunch Bar		Leafy Green Bar	Mediterranean Bar	with Black Bean Salad (VE)
27	28	29	30	31
			Plastic Free	
Bruschetta Pizza (V)	Honey Garlic Chicken with	Chickpea Masala (VE)	Lunch Day	Chicken Paprika
Personal Pizza (V)	Broccoli	Veggie Nuggets (VE)	Caribbean Style Beef Patty	Roasted Dill
	Sesame Noodles (VE)	with Dipping Sauce	Fish and Cheese Sandwich	Potatoes (VE)
Parmigiana Peas (V)	Ginger Carrots (V)	Spiced Brown Rice (VE)	with Tartar Sauce (V)	Buttermilk Biscuit (V)
Salad Bar Pizza Bar	- ''	Saag Spinach (VE)	Fresh Cucumber Slices (VE) with Ranch Dressing (V)	Honey Graham Crackers (V)
with Balsamic	Salad Bar Zen & Zest Bar	Salad Bar Eastern Harvest Bar	Salad Bar	Salad Bar
Chickpea Salad (V)		Eastern narvest bar	Plastic Free Bar	Rainbow Bar
		DAILY OFFERINGS		
Monday • Peanut Butter and/or Sunflower	Tuesday • Peanut Butter and/or Sunflower	Wednesday Peanut Butter and/or Sunflower	Thursday Peanut Butter and/or Sunflower	Friday • Peanut Butter and/or Sunflower
Seed Butter & Jelly Sandwich (VE)	Seed Butter & Jelly Sandwich (VE)	Seed Butter & Jelly Sandwich (VE)	Seed Butter & Jelly Sandwich (VE)	Seed Butter & Jelly Sandwich (VE)
Hummus and Pretzels (VE) Hot or Cold Cheese	Hummus and Pretzels (VE) Hot or Cold Cheese	Hummus and Pretzels (VE) Hot or Cold Cheese	Hummus and Pretzels (VE) Hot or Cold Cheese	Hummus and Pretzels (VE) Hot or Cold Cheese
Sandwich (V)	Sandwich (V) Balsamic Chicken Salad Wrap	Sandwich (V) Balsamic Chicken Salad Wrap	Sandwich (V) Tuna Sandwich	Sandwich (V) Tuna Sandwich
	- Cardania - Orlicken Galad Wrap	Subalino officken Salad Wiap	and oundinion	Rainbow Wrap (VE)
				OFNS has an extensive
	Seasonal Fresh Fruit	OENS Manus Suma - 1 8	CEE Service Options	Prohibitive Ingredients List available at:
<u>Milk</u> 1% Low-fat (V)	Apples, Apple Slices,	OFNS Menus Support Seasonal Fresh Fruit and Vegetables	<u>Tuesday - Friday</u>	
Fat Free (V)	Bananas, Blueberries, Cantaloupe, Grapefruit,	when available	Chicken Breaded Bite Graph & Go Salad	
Fat Free Chocolate (V) Alternative options are	Grapes, Honeydew, Nectarines, Oranges, Pears,	ATTENTION: All Pre-K Students CANNOT be	Grab & Go Salad • Chicken Tender Wrap	
available upon request	Plums, Strawberry,	Offered Chocolate Milk or Chicken On The Bone		
	Watermelon (VE)			ELF-MOUR

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

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 uit.

Menu subject to change. Our menus are pork free.



OCTOBER 2025: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
		1	Yom Kippur 2	3	
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		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)	
6	7	8	9	10	
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)	
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17	
Super Hero Spinach Wrap (V) Ranch Carrot Sticks (V)	Hummus and Pretzels (VE), Peanut Butter and/or Sunflower Seed Butter & Jelly (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)	
Diwali 20	21	22	23	24	
Red White & Green Panini (V) Fresh Tomato Salad (V)	Hummus and Pretzels (VE), Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Marinated Bean Salad (VE)	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)	
27	28	29	30	31	
Cheese Lettuce & Tomato Wrap (V) Balsamic Chickpea Salad (V)	Sesame Noodle Bowl Crunchy Carrot Sticks (VE)	Mediterranean Chickpea Wrap (VE) Seasoned Green Beans (VE)	Chicken Salad Hoagie Fresh Cucumber Slices (VE) with Ranch Dressing (V)	Chopped Salad Grab & Go Classic Potato Salad (V) Honey Graham Crackers (V)	
		DAILY OFFERINGS			
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)	Wednesday	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Cheese Sandwich (V)	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) 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 Chicken On The Bone	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberry, Watermelon (VE)	OFNS has an extensive Prohibitive Ingredients List available at:	

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

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.

O.F.N.S. IIFOOD



OCTOBER 2025: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		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)
6	7	8	9	10
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)
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Sicilian Slice Pizza (V) Italian Roasted Carrots (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)
Diwali 20	21	22	23	24
Chicken Tenders with Dipping Sauce Honey Herb Knot (V) Sweet Potato Wedge Fries (VE)	Sicilian Slice Pizza (V) Corn, Peas, Carrots (VE) Italian Chickpeas (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)
27	28	29	30	31
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)	Caribbean Style Beef Patty Sweet Potato Waffle Fries (VE)	Chicken Paprika Roasted Dill Potatoes (VE) Braised Cabbage (VE) Buttermilk Biscuit (V) Honey Graham Crackers (V)
		DAILY OFFERINGS		
Monday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Protzels (VE) Hot or Cold Cheese Sandwich (V)	Tuosday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) +Hummus and Pretzels (VE) +Hot or Cold Cheese Sandwich (V)	Wednesday - Peanut Butter and/or Sunflower Seed Butter & Jolly Sandwich (VE) - Hummus and Pretzels (VE) - Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese	Friday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) - Hummus and Pretzels (VE) - Hot or Cold Cheese Sandwich (V)
				OENO has an automat

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, Blueberries,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges,
Pears, Plums, Strawberry,
Watermelon (VE)



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



1	1	\sim	$\Gamma \cap$	P		2	ሰ	25	Puree	Lur	ch	Mon	
ı	T.		II.		18	5	U.	25)	Puree	Lur	ıcn	ivieni	

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
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.	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)
6	7	8	9	10
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)
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE) Fruit Offering Flavored Applesauce (VE)	Manicotti (V) Italian Roasted Carrots (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)
Diwali 20	21	22	23	24
Ranch Chicken Tenders Soft Roll (V) Sweet Potato Wedge Fries (VE) Fruit Offering Flavored Applesauce (VE)	Manicotti (V) Corn, Peas, Carrots (VE) Super Hero Spinach (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)
27	28	29	30	31
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)	Fish and Cheese Sandwich Whole Wheat Bun Roasted Zucchini (VE) Fruit Offering Applesauce (VE)	Paprika Grilled Chicken Soft Roll (VE) Roasted Dill Potatoes (VE) Braised Cabbage (VE) Fruit Offering Bananas (VE)
			Seasonal Fresh Fruit	OFNS has an extensive Prohibitive Ingredients List available at:

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

OFFERED DAILY

Options may vary by location

Assorted Dressings

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges, Pears,
Plums, Strawberry,
Watermales (VE)

Watermelon (VE) Other Fruits
Applesauce, Sliced Peaches,
Diced Pears, Pineapples



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



OCTOBER 2025: Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
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.	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 Slicod Peaches (VE) Milk (V)	Turkey Picadillo Sweet Roasted Plantains (VE) Yellow Rice (VE) Seasonal Fresh Fruit or Flavored Apple Sauce (VE) Milk (V)
6	7	8	9	10
Personal Pizza (V) Parmigiana Peas (V) Seasonal Fresh Fruit or Applesauce (VE) Milik (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 Applesauce (VE) Milk (V)
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	French Bread Pizza (V) Italian Roasted Carrots (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)
Diwali 20	21	22	23	24
Brunch For Lunch Chicken and Waffles Sweet Potato Wedge Fries (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Pizza Slice (V) Garlicky Green Beans (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)
27	28	29	30	31
Personal Pizza (V) Parmigiana Peas (V) Seasonal Fresh Fruit or Applesauce (VE) Milik (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)	Caribbean Style Beef Patty Fresh Cucumber Slices (VE) with Ranch Dressing (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Fish and Cheese Sandwich Roasted Dill Potatoes (VE) Seasonal Fresh Fruit or Flavored Apple Sauce (VE) Milk (V)

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

Seasonal Fresh Fruit
Apple Slices, Bananas,
Blueberries, Cantaloupe,
Honeydew, Nectarines,
Oranges, Plums, Strawberry,
Watermelon (VE)

Other Fruits
Applesauce, Sliced Peaches,
Diced Pears, Pineapples

OFNS has an extensive Prohib Ingredients List available at



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.



OCTOBER 2025: Pre-K - 8 Vegetarian Lunch Menu

00	IODEN 2020. I	TC-IX - O VCGC	arian Lancii W	Ciid
Monday	Tuesday	Wednesday	Thursday	Friday
	•	1	Yom Kippur 2	3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Mozzarella Sticks (V) with Herbed Marinara (VE) Creamy Arugula Salad (V) Salad Bar Leafy Green Bar	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Greek Cucumber Salad (V) Salad Bar Mediterranean Bar	Guisado Kidney Beans (VE) Sweet Roasted Plantains (VE) Yellow Rice (VE) Salad Bar Fiota Bar with Black Bean Salad (VE)
6	7	8	9	10
Bruschetta Pizza (V) Personal Pizza (V) Parmigiana Peas (V) Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Teriyaki Veggie Nuggets (VE) Sesame Noodles (VE) Ginger Carrots (V) Salad Bar Zen & Zest Bar	Chickpea Masala (VE) Spiced Brown Rice (VE) Saag Spinach (VE) Salad Bar Eastern Harvest Bar	Veggie Cheeseburgers (V) Whole Wheat Bun Roasted Dill Potatoes (VE) Salad Bar Classic Toppings Bar	Plastic Free Lunch Day Red White and Green Panini (V) Fresh Cucumber Slices (VE) with Ranch Dressing (V) Salad Bar Plastic Free Bar
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
North African Lentils (VE) Jalapeno Popper Grilled Cheese (V) Brown Rice (VE) Spiced Green Beans (VE) Salad Bar Leafy Green Bar	French Bread Pizza (V) Italian Roasted Carrots (VE) Salad Bar Pizza Bar	Garlic Parmesan Veggie Nuggets (V) Dinner Roll (V) Seasoned Wedge Fries (VE) Salad Bar Mediterranean Bar	Empanada (V) Salsa (VE) Zesty Corn (VE) Salad Bar Fiesta Bar with Black Bean Salad (VE)	Three Bean Chili (VE) Butternut Squash Mac & Cheese (V) Roasted Broccoli (VE) Salad Bar Rainbow Bar
Diwali 20	21	22	23	24
Brunch For Lunch Egg & Cheese on a Buttermilk Biscuit (V) Sweet Potato Wedge Fries (VE) Salad Bar Brunch Bar	Pizza Slice (V) Corn, Peas, Carrots (VE) Salad Bar Pizza Bar	Mozzarella Sticks (V) with Herbed Marinara (VE) Creamy Arugula Salad (V) Salad Bar Leafy Green Bar	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Greek Cucumber Salad (V) Salad Bar Mediterranean Bar	Guisado Kidney Beans (VE) Sweet Roasted Plantains (VE) Yellow Rice (VE) Salad Bar Fiesta Bar with Black Bean Salad (VE)
27	28	29	30	31
Bruschetta Pizza (V) Personal Pizza (V) Parmigiana Peas (V) Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Teriyaki Veggie Nuggets (VE) Sesame Noodles (VE) Ginger Carrots (V) Salad Bar Zen & Zest Bar	Chickpea Masala (VE) Spiced Brown Rice (VE) Saag Spinach (VE) Salad Bar Eastern Harvest Bar	Plastic Free Lunch Day Red White and Green Panini (V) Fresh Cucumber Slices (VE) with Ranch Dressing (V) Salad Bar Plastic Free Bar	Veggie Cheeseburgers (V) Whole Wheat Bun Roasted Dill Potatoes (VE) Honey Graham Crackers (V) Salad Bar Classic Toppings Bar
		DAILY OFFERINGS		
Monday - Peanut Butter and/or Sunflower Seed Butter & Jolly 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)	Wednesday - Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) - Hummus and Pretzels (VE) - Hot or Cold Cheese Sandwich (V)	Thursday - Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) - Hummus and Pretzels (VE) - Hot or Cold Cheese Sandwich (V)	Friday - Peanut Butter and/or Sunflower Seed Butter & Jolly Sandwich (VE) - Hummus and Protzels (VE) - Hot or Cold Cheese Sandwich (V) - Rainbow Wrap (VE)
<u>Milk</u> 1% Low-fat (V) Fat Free (V)	ATTENTION:	OFNS Menus Support Seasonal Fresh Fruit and	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Cantalogue, Granefruit	OFNS has an extensive Prohibitive Ingradients List available at:

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

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, Blueberries,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges, Pears,
Plums, Strawberry,
Watermelon (VE)



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

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.

O.F.N.S. IFOOD

lenu subject to change.



OCTOBER 2025: High School Lunch Menu				
	OCTOBER	2025: High	School I	unch Menu

	OCTOBER 202	23. might action	Lunch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Mozzarella Sticks (V) with Herbed Marinara (VE) Fish Sticks with Dipping Sauces (V) Creamy Arugula Salad (V) Salad Bar Leafy Green Bar	Hummus Grab & Go Salad (VE) Falafol (VE) With Tzatziki (V) Flat Bread (VE) Greek Cucumber Salad (V) Salad Bar Mediterranean Bar	Turkey Picadiilo Sweet Roasted Plantains (VE) Yellow Rice (VE) Salad Bar Fiesta Bar with Black Bean Salad (VE)
6	7	8	9	10
Bruschetta Pizza (V) Personal Pizza (V) Parmigiana Peas (V) Salad Bar Pizza Bar	Honey Garlic Chicken with Broccoli Sesame Noodles (VE) Ginger Carrots (V) Salad Bar Zen & Zest Bar	Chickpea Masala (VE) Veggie Nuggets (VE) with Dipping Sauce Spiced Brown Rice (VE) Saag Spinach (VE) Salad Bar Eastern Harvest Bar	Chicken Paprika Roasted Dill Potatoes (VE) Buttermilk Biscult (V) Salad Bar Rainbow Bar	Plastic Free Lunch Dey Caribbean Style Beef Patty Fish and Cheese Sandwich with Tartar Sauce (V) Fresh Cucumber Slices (VE) with Ranch Dressing (V) Salad Bar Plastic Free Bar
Italian Heritage/Indigenous				
North African Lentils (VE) Jalapeno Popper Grilled Cheese (V) Brown Rice (VE) Spiced Green Beans (VE) Salad Bar Leafy Green Bar	French Bread Pizza (V) Italian Roasted Carrots (VE) Salad Bar Pizza Bar	Garlic Parmesan Veggie Nuggets (V) Garlic Parmesan Chicken Bites Dinner Roll (V) Seasoned Wedge Fries (VE) Salad Bar Mediterranean Bar	Empanada (V) Baja Fish Burrito Salsa (VE) Zesty Corn (VE) Salad Bar Fiosta Bar	Apple Glazed Chicken Butternut Squash Mac & Cheese (V) Roasted Broccoli (VE) Salad Bar Rainbow Bar
Diwali 20	21	22	23	24
Brunch For Lunch Chicken and Waffles Sweet Potato Wedge Fries (VE) Salad Bar Brunch Bar	Pizza Slice (V) Corn, Peas, Carrots (VE) Salad Bar Pizza Bar	Mozzarella Sticks (V) with Herbed Marinara (VE) Fish Sticks with Dipping Sauces (V) Creamy Arugula Salad (V) Salad Bar Leafy Green Bar	Hummus Grab & Go Salad (VE) Falafel (VE) With Tzatziki (V) Flat Bread (VE) Greek Cucumber Salad (V) Salad Bar Mediterranean Bar	Turkey Picadillo Sweet Roasted Plantains (VE) Yellow Rice (VE) Salad Bar Flesta Bar with Black Bean Salad (VE)
27	28	29	30	31
Bruschetta Pizza (V) Personal Pizza (V) Parmigiana Peas (V) Salad Bar Pizza Bar	Honey Garlic Chicken with Broccoli Sesame Noodles (VE) Ginger Carrots (V) Salad Bar Zen & Zest Bar	Chickpea Masala (VE) Veggie Nuggets (VE) with Dipping Sauce Spiced Brown Rice (VE) Saag Spinach (VE) Salad Bar Eastern Harvest Bar	Plastic Free Lunch Day Caribbean Style Beef Patty Fish and Cheese Sandwich with Tartar Sauce (V) Fresh Cucumber Slices (VE) with Ranch Dressing (V) Salad Bar Plastic Free Bar	Chicken Paprika Roasted Dill Potatoes (VE) Buttermilk Biscuit (V) Honey Graham Crackers (V) Salad Bar Rainbow Bar
		DAILY OFFERINGS		
Monday - Peanut Butter and/or Sunflower Seed Butter & July Sandwich (VE) - Hummus and Pretzels (VE) - Hot or Cold Cheese Sandwich (V) - Grab and Go Salads (V)	Tuenday -Panint Butter and/or Sunflower Seed Butter & July Sandwich (VE) -Hummus and Pretzels (VE) -Hummus and Pretzels (VE) -Hot or Cold Chese Sandwich (V) -Balsamic Chicken Salad Wrap -Grab and Go Salads	Wednesday - Peanut Butter and/or Sunflower Seet Butter & Jelly Sandwich (VE) - Hummus and Pretzeis (VE) - Hummus and Pretzeis (VE) - Hd or Cold Cheses Sandwich (V) - Balsamic Chicken Salad Wrap - Grab and Go Salads	Thursday - Peanul Butter and/or Sunflower Seed Butter & July Sandwich (VE) - Hummus and Pretzels (VE) - Hut or Cold Chese Sandwich (V) - Tuns Sandwich - Grab and Go Salads	Friday - Peanint Butter and/or Sunflower - Seed Butter & - July Sandwich (VE) - Hummus and Pretzels (VE) - Hummus and Pretzels (VE) - Hod or Cold Chee - Sandwich (V) - Tuna Sandwich - Grab and Go Salads - Rainbow Wrap (VE)
				OFNS has an extensive Prohibitive

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 Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberry, Watermelon (VE)



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

OCTOBER 2025: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		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)
6	7	8	9	10
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)
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
Super Hero Spinach Wrap (V) Ranch Carrot Sticks (V)	Hummus and Pretzels (VE), Peanut Butter and/or Sunflower Seed Butter & Jelly (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)
Diwali 20	21	22	23	24
Red White & Green Panini (V) Fresh Tomato Salad (V)	Hummus and Pretzels (VE), Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Marinated Bean Salad (VE)	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)
27	28	29	30	31
Cheese Lettuce & Tomato Wrap (V) Balsamic Chickpea Salad (V)	Sesame Noodle Bowl Crunchy Carrot Sticks (VE)	Mediterranean Chickpea Wrap (VE) Seasoned Green Beans (VE)	Chicken Salad Hoagie Fresh Cucumber Slices (VE) with Ranch Dressing (V)	Chopped Salad Grab & Go Classic Potato Salad (V) Honey Graham Crackers (V)
		DAILY OFFERINGS		
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)	Wednesday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Cheese Sandwich (V)	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Cheese Sandwich (V)	Friday Peanut Butter and/or Sunflower Seed Butter & Jolly Sandwich (VE) Hummus and Pretzels (VE) Cheese Sandwich (V) Rainbow Wrap (VE)
Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available	Assorted Dressings	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges,	OFNS has an extensive Prohibitive Ingredients List available at:

Alternative options are available upon request

Nectarines, Oranges, Pears, Plums, Strawberry, Watermelon (VE)



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

OCTOBER 2025: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		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)
6	7	8	9	10
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)
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Sicilian Slice Pizza (V) Italian Roasted Carrots (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)
Diwali 20	21	22	23	24
Chicken Tenders with Dipping Sauce Honey Herb Knot (V) Sweet Potato Wedge Fries (VE)	Sicilian Slice Pizza (V) Italian Chickpeas (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)
27	28	29	30	31
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)	Caribbean Style Beef Patty Sweet Potato Waffle Fries (VE)	Chicken Paprika Roasted Dill Potatoes (VE) Buttermilk Biscuit (V) Honey Graham Crackers (V)
		DAILY OFFERINGS		
Monday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE)	Thursday Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE)

Hot or Cold C andwich (V)

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

Alternative options are available upon request

Hot or Cold C andwich (V)

Hot or Cold (andwich (V)

Hot or Cold (andwich (V)

Hot or Cold (andwich (V)

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, Blueberries,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges,
Pears, Plums, Strawberry,
Watermelon (VE)



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



C)	CT	OE	BER	20	25:	Food	Co	urt	Men	u

	OCTOBER	R 2025: Food C	ourt Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
Monady	racouay			
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Fish Sticks with Dipping Sauces (V) Garlic Knot (V) Creamy Arugula Salad (V) Salad Bar Leafy Green Bar	Yom Kippur 2 Falafel (VE) With Tzatziki (V) Flat Bread (VE) Greek Cucumber Salad (V) Salad Bar Mediterranean Bar	Turkey Picadillo Sweet Roasted Plantains (VE) Yellow Rice (VE) Salad Bar Flesta Bar with Black Bean Salad (VE)
6	7	8	9	10
Veggie Burger (VE) on Whole Wheat Bun (VE) Parmigiana Peas (V) Salad Bar Pizza Bar	Honey Garlic Chicken with Broccoli Sesame Noodles (VE) Ginger Carrots (V) Salad Bar Zen & Zest Bar	Chickpea Masala (VE) Spiced Brown Rice (VE) Saag Spinach (VE) Salad Bar Eastern Harvest Bar	Chicken Paprika Roasted Dill Potatoes (VE) Buttermilk Biscuit (V) Salad Bar Rainbow Bar	Caribbean Style Beef Patty Sweet Potato Waffle Fries (VE) Salad Bar Leafy Green Bar
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE) Salad Bar Leafy Green Bar	Manicotti (V) in Marinara Sauce Italian Roasted Carrots (VE) Salad Bar Pizza Bar	Garlic Parmesan Chicken Bites Dinner Roll (V) Seasoned Wedge Fries (VE) Salad Bar Mediterranean Bar	Baja Fish Burrito Salsa (VE) Zesty Corn (VE) Salad Bar Fiesta Bar	Apple Glazed Chicken Butternut Squash Mac & Cheese (V) Roasted Broccoli (VE) Salad Bar Rainbow Bar
Diwali 20	21	22	23	24
Chicken and Waffles Sweet Potato Wedge Fries (VE) Salad Bar Brunch Bar	Empanada (V) Corn, Peas, Carrots (VE) Salad Bar Pizza Bar	Fish Sticks with Dipping Sauces (V) Garlic Knot (V) Creamy Arugula Salad (V) Salad Bar Leafy Green Bar	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Greek Cucumber Salad (V) Salad Bar Mediterranean Bar	Turkey Picadillo Sweet Roasted Plantains (VE) Yellow Rice (VE) Salad Bar Fiesta Bar with Black Bean Salad (VE)
27	28	29	30	31
Veggie Burger (VE) on Whole Wheat Bun (VE) Parmigiana Peas (V) Salad Bar Pizza Bar	Honey Garlic Chicken with Broccoli Sesame Noodles (VE) Ginger Carrots (V) Salad Bar Zen & Zest Bar	Chickpea Masala (VE) Spiced Brown Rice (VE) Saag Spinach (VE) Salad Bar Eastern Harvest Bar	Caribbean Style Beef Patty Sweet Potato Waffle Fries (VE) Salad Bar Leafy Green Bar	Chicken Paprika Roasted Dill Potatoes (VE) Buttermilk Biscuit (V) Honey Graham Crackers (V) Salad Bar Rainbow Bar
		DAILY OFFERINGS		
Monday - Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) - Hummus and Pretzets (VE) - Hot or Cold Cheese Sandwich (V) - Grab and Go Salads (V) - Pitza (V) - Seasoned Wedge Fries (VE)	Tuesday - Peanut Butter and/or Sunflower Seed Butter & July Sandwich (VE) - Hummus and Pretzels (VE) - Hot or Cold Cheese - Hot or C	Wednesday - Peanut Butter and/or Sunflower Seed Butter & Jolly Sandwich (VE) - Hummus and Pretzels (VE) - Hot or Cold Chesse Sandwich (V) - Grab and Go Salads - Tuna Sandwich - Puzza (V) - Shicken Bites & Dinner Roll - Seasoned Wedge Fries (VE)	Thursday - Peannt Butter and/or Sunflower Seed Butter & Seel Butter & Seel Sunflower Seel Butter & July Sandwich (VE) - Hummus and Pretzels (VE) - Hot or Cold Cheese Sandwich (IV) - Balsamic Chicken Salad Wrap - Grab and Go Salads - Chicken Tenders & Dinner Roll - Mozzarella Sicks (V) - Empanada (V) - Empanada (V) - Seasoned Wedge Fries (VE)	Friday - Peannt Butter and/or Sunflower - Seed Butter & - Jolly Sandwich (VE) - Hummus and Pretzels (VE) - Hot or Cold Cheese - Sandwich (V) - Orab 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, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberry, Watermelon (VE)	OFNS has an extensive Prohibitive Ingredients List available at:

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

• 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.



OCTOBER 2025: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Animal Crackers (V) Milk (V)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Crunchy Carrot Sticks (VE) Hummus Cup (VE)
6	7	8	9	10
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)
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
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)
Diwali 20	21	22	23	24
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)
27	28	29	30	31
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)

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

<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew,
Nectarines, Oranges, Pears,
Plums, Strawberry,
Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:





OCTOBER 2025: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Apple Slices (VE) Milk (V)	Cucumber Slices (VE) Tzatziki (V)	Multi-Grain Oats (VE) Milk (V)
6	7	8	9	10
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)
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
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)
Diwali 20	21	22	23	24
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)
27	28	29	30	31
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)

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, Cantaloupe, Honeydew, Nectarines, Oranges, Plums, Strawberry, Watermelon (VE)

Other Fruits
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.





OCTOBER 2025: After School Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
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.	Chicken Salad Hoagie Seasoned Corn (VE)	Chicken Breaded Bite Grab & Go Salad Savory Green Beans (VE)	BBQ Veggie Nugget Wrap (VE) Classic Coleslaw (V)
6	7	8	9	10
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)
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
Black Bean & Corn Wrap (VE) Seasoned Green Beans (VE)	Classic Tuna Sandwich Seasoned Corn (VE)	Balsamic Chicken Salad Wrap Zucchini Tomato Parmesan Salad (V)	Curried Chicken Wrap Kachumber (VE)	Hummus Grab & Go Salad (VE) Ranch Carrot Sticks (V)
Diwali 20	21	22	23	24
Asian Sesame Crispy Chicken Grab & Go Salad Broccoli Salad (V)	Cheese Plate Grab & Go (V) Crunchy Carrot Sticks (VE)	Chicken Salad Hoagie Seasoned Corn (VE)	Chicken Breaded Bite Grab & Go Salad Savory Green Beans (VE)	BBQ Veggie Nugget Wrap (VE) Classic Coleslaw (V)
27	28	29	30	31
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) Animal Crackers (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 OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberry, Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



OCTOBER 2025: After School Hot Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
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.	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
6	7	8	9	10
Empanada (V) Guacamole (VE) Seasoned Pinto Beans (VE) Green Garden Salad (VE) Fruit Offering Oranges	Chicken Bites with Dipping Sauce Seasoned Wedge Fries (VE) Garlic Knot (V) Mixed Green Salad (V) Fruit Offering Green Grapes	Pesto Pizza (V) Italian Roasted Carrots (VE) Green Garden Salad (VE) Fruit Offering Pears	Soft Turkey Tacos Confetti Corn (VE) Guacamole (VE) Mixed Green Salad (V) Fruit Offering Bananas	Stewed Black Beans (VE) Sweet Plantains (VE) Brown Rice (VE) Green Garden Salad (VE) Fruit Offering Apple Slices
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
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
Diwali 20	21	22	23	24
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
27	28	29	30	31
Empanada (V) Guacamole (VE) Seasoned Pinto Beans (VE) Green Garden Salad (VE) Fruit Offering Oranges	Chicken Bites with Dipping Sauce Seasoned Wedge Fries (VE) Garlic Knot (V) Mixed Green Salad (V) Fruit Offering Green Grapes	Pesto Pizza (V) Italian Roasted Carrots (VE) Green Garden Salad (VE) Fruit Offering Pears	Soft Turkey Tacos Confetti Corn (VE) Guacamole (VE) Mixed Green Salad (V) Fruit Offering Bananas	Stewed Black Beans (VE) Sweet Plantains (VE) Brown Rice (VE) Green Garden Salad (VE) Animal Crackers (V) Fruit Offering Apple Slices
Milk 1% Low-fat (V)	OFNS Menus Support	OFFERED DAILY	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries,	OFNS has an extensive Prohibitive Ingredients List available at:

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

Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberry, Watermelon (VE)





OCTOBER 2025: After School Vegetarian Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
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.	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
6	7	8	9	10
Empanada (V) Guacamole (VE) Seasoned Pinto Beans (VE) Green Garden Salad (VE) Fruit Offering Oranges	Super Hero Spinach Wrap (V) Seasoned Wedge Fries (VE) Mixed Green Salad (V) Fruit Offering Green Grapes	Pesto Pizza (V) Italian Roasted Carrots (VE) Green Garden Salad (VE) Fruit Offering Pears	Homemade Grilled Cheese (V) Mixed Green Salad (V) Fruit Offering Bananas	Stewed Black Beans (VE) Sweet Plantains (VE) Brown Rice (VE) Green Garden Salad (VE) Fruit Offering Apple Slices
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
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
Diwali 20	21	22	23	24
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
27	28	29	30	31
Empanada (V) Guacamole (VE) Seasoned Pinto Beans (VE) Green Garden Salad (VE) Fruit Offering Oranges	Super Hero Spinach Wrap (V) Seasoned Wedge Fries (VE) Mixed Green Salad (V) Fruit Offering Green Grapes	Pesto Pizza (V) Italian Roasted Carrots (VE) Green Garden Salad (VE) Fruit Offering Pears	Homemade Grilled Cheese (V) Mixed Green Salad (V) Fruit Offering Bananas	Stewed Black Beans (VE) Sweet Plantains (VE) Brown Rice (VE) Green Garden Salad (VE) Animal Crackers (V) Fruit Offering Apple Slices

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 OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberry, Watermelon (VE) OFNS has an extensive
Prohibitive Ingredients List









OCTOBER 2025: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
4	11	18		
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)	
				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,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges,
Pears, Plums, Strawberry,
Watermelon (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.







OCTOBER 2025: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
4	11	18	25	
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)	
				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

Alternative options are available upon request

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges,
Pears, Plums, Strawberry,
Watermelon (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.



Office of Food & Nutrition Services
Public Schools



OCTOBER 2025: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
4	_	18	_	
,	''	10	2.0	
Assorted Cold Sandwiches and Wraps				
Seasoned Corn (VE)	Classic Potato Salad (V)	Ranch Carrot Snackers (V)	Broccoli Salad (V)	
Fresh Fruit (VE) Milk (V)				
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

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

Alternative options are available upon request

OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges,
Pears, Plums, Strawberry,
Watermelon (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.





OCTOBER 2025: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
4	11	18	25	
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)	
				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

Alternative options are available upon request

OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges,
Pears, Plums, Strawberry,
Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

