



OCTOBER 2026: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Banana Muffin (V) Yogurt Choice (V)	Breakfast Quesadilla (V) Salsa (VE) Home Fries (VE)
5	6	7	8	9
Zucchini Carrot Muffin (V)	Egg & Cheese on a Croissant (V)	French Toast Sticks (V) Warm Peach Topping (V)	Apple Pie Oatmeal (VE) Blueberry Muffin (V) Yogurt Choice (V)	Caprese Egg Sandwich on Ciabatta (V) Hashbrowns (VE)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Sweet Potato Oatmeal Muffin (V)	Breakfast Griddle Sandwich (V)	Rise and Shine Waffles (V) Cinnamon Apple Topping (VE)	Honey Corn Muffin (V) Yogurt Choice (V)	Egg & Cheese on a Bagel (V) Sweet Potato Home Fries (VE)
19	20	21	22	23
Apple Cinnamon Muffin (V) Colby Jack Cheese Stick (V)	Egg & Cheese on a Buttermilk Biscuit (V)	Maple Pancakes (V) Blueberry Topping (VE)	Banana Muffin (V) Yogurt Choice (V)	Breakfast Quesadilla (V) Salsa (VE) Home Fries (VE)
26	27	28	29	30
Zucchini Carrot Muffin (V)	Egg & Cheese on a Croissant (V)	French Toast Sticks (V) Warm Peach Topping (V)	Apple Pie Oatmeal (VE) Blueberry Muffin (V) Yogurt Choice (V)	Caprese Egg Sandwich on Ciabatta (V) Hashbrowns (VE)

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

Cold Cereal Choices
Berry Toasted Oats (VE)
Blueberry Granola (VE)
Cereal with Oat Clusters (V)
Cinnamon Vanilla Granola (VE)
Honey Toasted Oats (V)
Shredded Wheat
Toasted Oats (VE)

OFFERED DAILY
Options may vary by location

Breakfast After the Bell
Grab and Go

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

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

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.

Office of Food & Nutrition Services

NYC

Public Schools

OCTOBER 2026: High School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Breakfast Bar Yogurts (V) Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (V)		Banana Muffin (V) Breakfast Bar (V)	Breakfast Quesadilla (V) Salsa (VE) Home Fries (VE)
5	6	7	8	9
Zucchini Carrot Muffin (V)	Egg & Cheese on a Croissant (V) Breakfast Bar (V)	French Toast Sticks (V) Warm Peach Topping (V)	Apple Pie Oatmeal (VE) Blueberry Muffin (V) Breakfast Bar (V)	Caprese Egg Sandwich on Ciabatta (V) Hashbrowns (VE)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Sweet Potato Oatmeal Muffin (V)	Breakfast Griddle Sandwich (V) Breakfast Bar (V)	Rise and Shine Waffles (V) Cinnamon Apple Topping (VE)	Honey Corn Muffin (V) Breakfast Bar (V)	Egg & Cheese on a Bagel (V) Sweet Potato Home Fries (VE)
19	20	21	22	23
Apple Cinnamon Muffin (V) Colby Jack Cheese Stick (V)	Egg & Cheese on a Buttermilk Biscuit (V) Breakfast Bar (V)	Maple Pancakes (V) Blueberry Topping (VE)	Banana Muffin (V) Breakfast Bar (V)	Breakfast Quesadilla (V) Salsa (VE) Home Fries (VE)
26	27	28	29	30
Zucchini Carrot Muffin (V)	Egg & Cheese on a Croissant (V) Breakfast Bar (V)	French Toast Sticks (V) Warm Peach Topping (V)	Apple Pie Oatmeal (VE) Blueberry Muffin (V) Breakfast Bar (V)	Caprese Egg Sandwich on Ciabatta (V) Hashbrowns (VE)

Milk

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

Cold Cereal Choices

Berry Toasted Oats (VE)
Blueberry Granola (VE)
Cereal with Oat Clusters (V)
Cinnamon Vanilla
Granola (VE)
Honey Toasted Oats (V)
Shredded Wheat
Toasted Oats (VE)

OFFERED DAILY

Options may vary
by location

Breakfast After the Bell
Grab and Go

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

Seasonal Fresh Fruit

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

OFNS has an extensive
Prohibitive Ingredients List
available at:



ATTENTION:

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• Vegetarian Item (V): A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
• Vegan Item (VE): A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.

O.F.N.S. OFFICE OF FOOD & NUTRITION SERVICES

HIGH SCHOOL FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.



OCTOBER 2026: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Yogurt Choice (V) Blueberry Granola (V) Raisins (VE)	Banana Muffin (V) Cheddar Cheese Stick (V)
5	6	7	8	9
Berry Toasted Oats (VE) Honey Roasted Sunflower Seeds (V) Applesauce (VE)	Whole Grain Croissant (V) with Jelly (VE) Cheddar Cheese Stick (V)	Zucchini Carrot Muffin (V)	Yogurt Choice (V) Blueberry Granola (V) Raisins (VE)	Blueberry Muffin (V) Colby Jack Cheese Cubes (V)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Cinnamon Burst Pancakes (V)	Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Applesauce (VE)	Sweet Potato Oatmeal Muffin (V)	Yogurt Choice (V) Apple Cinnamon Granola (V) Raisins (VE)	Honey Corn Muffin (V) Honey Roasted Sunflower Seeds (V)
19	20	21	22	23
Honey Toasted Oats (V) Apple Cinnamon Granola (V) Raisins (VE)	Apple Cinnamon Muffin (V) Colby Jack Cheese Stick (V)	Whole Grain Croissant (V) with Jelly (VE) Honey Roasted Sunflower Seeds (V)	Yogurt Choice (V) Blueberry Granola (V) Raisins (VE)	Banana Muffin (V) Cheddar Cheese Stick (V)
26	27	28	29	30
Berry Toasted Oats (VE) Honey Roasted Sunflower Seeds (V) Applesauce (VE)	Whole Grain Croissant (V) with Jelly (VE) Cheddar Cheese Stick (V)	Zucchini Carrot Muffin (V)	Yogurt Choice (V) Blueberry Granola (V) Raisins (VE)	Blueberry Muffin (V) Colby Jack Cheese Cubes (V)

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

Cold Cereal Choices
Berry Toasted Oats (VE)
Blueberry Granola (VE)
Cereal with Oat Clusters (V)
Cinnamon Vanilla Granola (VE)
Honey Toasted Oats (V)
Shredded Wheat
Toasted Oats (VE)

OFFERED DAILY
Options may vary by location

Breakfast After the Bell
Grab and Go

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

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

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



OCTOBER 2026: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Zucchini Carrot Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Applesauce (VE)
5	6	7	8	9
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 Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Applesauce (VE)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
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 Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Applesauce (VE)
19	20	21	22	23
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 Muffin (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Applesauce (VE)
26	27	28	29	30
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 Muffin (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, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberries, Watermelon (VE)

Options may vary by location

Assorted Yogurts

Other Fruits
Applesauce, Sliced Peaches, Diced Pears, Pineapples

Cold Cereal Choices
Berry Toasted Oats (VE)
Blueberry Granola (VE)
Cereal with Oat Clusters (V)
Cinnamon Vanilla Granola (VE)
Honey Toasted Oats (V)
Shredded Wheat
Toasted Oats (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



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.



OCTOBER 2026: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Breakfast Quesadilla (V) Home Fries (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
5	6	7	8	9
Zucchini Carrot Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Egg & Cheese on a Croissant (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	French Toast Sticks (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Apple Pie Oatmeal (VE) Yogurt Choice (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Caprese Egg Sandwich on a Soft Roll (V) Hashbrowns (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Breakfast Griddle Sandwich (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)	Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Egg & Cheese on a Soft Roll (V) Sweet Potato Home Fries (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
19	20	21	22	23
Zucchini Carrot Muffin (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)	Maple Pancakes (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)	Breakfast Quesadilla (V) Home Fries (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
26	27	28	29	30
Zucchini Carrot Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Egg & Cheese on a Croissant (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	French Toast Sticks (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Apple Pie Oatmeal (VE) Yogurt Choice (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Caprese Egg Sandwich on a Soft Roll (V) Hashbrowns (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)

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

(V) Indicates Vegetarian
(VE) Indicates Vegan

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

Other Fruits
Applesauce, Sliced Peaches,
Diced Pears, Pineapples

OFFERED DAILY

Cold Cereal Choices
Berry Toasted Oats (VE)
Toasted Oats (VE)

Options may vary
by location

Assorted Yogurts

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.

PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 23 months. Formula is to be provided by the parent.



OCTOBER 2026: Pre-K - 8 Vegetarian Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Banana Muffin (V) Yogurt Choice (V)	Breakfast Quesadilla (V) Salsa (VE) Home Fries (VE)
5	6	7	8	9
Zucchini Carrot Muffin (V)	Egg & Cheese on a Croissant (V)	French Toast Sticks (V) Warm Peach Topping (V)	Apple Pie Oatmeal (VE) Blueberry Muffin (V) Yogurt Choice (V)	Caprese Egg Sandwich on Ciabatta (V) Hashbrowns (VE)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Sweet Potato Oatmeal Muffin (V)	Breakfast Griddle Sandwich (V)	Rise and Shine Waffles (V) Cinnamon Apple Topping (VE)	Honey Corn Muffin (V) Yogurt Choice (V)	Egg & Cheese on a Bagel (V) Sweet Potato Home Fries (VE)
19	20	21	22	23
Apple Cinnamon Muffin (V) Colby Jack Cheese Stick (V)	Egg & Cheese on a Buttermilk Biscuit (V)	Maple Pancakes (V) Blueberry Topping (VE)	Banana Muffin (V) Yogurt Choice (V)	Breakfast Quesadilla (V) Salsa (VE) Home Fries (VE)
26	27	28	29	30
Zucchini Carrot Muffin (V)	Egg & Cheese on a Croissant (V)	French Toast Sticks (V) Warm Peach Topping (V)	Apple Pie Oatmeal (VE) Blueberry Muffin (V) Yogurt Choice (V)	Caprese Egg Sandwich on Ciabatta (V) Hashbrowns (VE)

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

Cold Cereal Choices
Berry Toasted Oats (VE)
Blueberry Granola (VE)
Cereal with Oat Clusters (V)
Cinnamon Vanilla Granola (VE)
Honey Toasted Oats (V)
Toasted Oats (VE)

OFFERED DAILY
Options may vary by location

Breakfast After the Bell
Grab and Go

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

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

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.

Office of Food & Nutrition Services NYC Public Schools				
OCTOBER 2026: Pre-K - 8 Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Sweet Ginger Chicken Garlic Noodles (VE) Steamed Garden Medley (V) <i>Salad Bar</i> Zen & Zest Bar	<i>Plastic Free Lunch Day</i> Bean & Cheese Taquito (V) Empanada (V) Salsa (VE) Sweet Plantains (VE) <i>Salad Bar</i> Plastic Free Bar
5	6	7	8	9
Personal Pizza (V) Green Beans and Mushrooms (VE) <i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)	Honey Mustard Crispy Chicken Sandwich On a Pretzel Bun Roasted Dill Potatoes (VE) <i>Salad Bar</i> Leafy Green Bar	Three Cheese Grilled Cheese (V) BBQ Tofu (VE) Macaroni & Cheese (V) <i>Honey Corn Muffin (V)</i> Ranchy Broccoli (VE) <i>Salad Bar</i> Rainbow Bar	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE) <i>Salad Bar</i> Fiesta Bar	Cowboy Veggie Burger (VE) Cowboy Cheeseburger Sweet Potato Waffle Fries (VE) <i>Salad Bar</i> Classic Toppings Bar
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Lentil Bolognese (VE) with Pasta Marinara (VE) Mozzarella Sticks (V) with Herbed Marinara Cauli-Crunchers (V) <i>Salad Bar</i> Mediterranean Bar	Pizza Slice (V) Parmigiana Peas (V) <i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)	Homestyle Mashed Potato Bowl with Veggie Nuggets (VE) Or Crispy Chicken Bites Confetti Corn (VE) Gravy (V) Buttermilk Biscuit (V) <i>Salad Bar</i> Leafy Green Bar	Sunburst Chicken Sunburst Chickpeas (VE) Naan (VE) Roasted Carrot Coins (VE) <i>Salad Bar</i> Eastern Harvest Bar	Apple Glazed Chicken Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V) <i>Salad Bar</i> Rainbow Bar
19	20	21	22	23
Broccoli Cheddar Pizza (V) French Bread Pizza (V) Creamed Spinach (V) <i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)	Chicken Tenders with Dipping Sauce Fish Sticks with Tartar Sauce Garlic Knot (V) Parmesan Carrot Sticks (V) <i>Salad Bar</i> Leafy Green Bar	Black Bean Burger (VE) Chicken Cheeseburger Seasoned Wedge Fries (VE) <i>Salad Bar</i> Classic Toppings Bar	Sweet Ginger Chicken Garlic Noodles (VE) Steamed Garden Medley (V) <i>Salad Bar</i> Zen & Zest Bar	<i>Plastic Free Lunch Day</i> Bean & Cheese Taquito (V) Empanada (V) Salsa (VE) Sweet Plantains (VE) <i>Salad Bar</i> Plastic Free Bar
26	27	28	29	30
Personal Pizza (V) Green Beans and Mushrooms (VE) <i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)	Honey Mustard Crispy Chicken Sandwich On a Pretzel Bun Roasted Dill Potatoes (VE) <i>Salad Bar</i> Leafy Green Bar	Three Cheese Grilled Cheese (V) BBQ Tofu (VE) Macaroni & Cheese (V) <i>Honey Corn Muffin (V)</i> Ranchy Broccoli (VE) <i>Salad Bar</i> Rainbow Bar	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE) <i>Salad Bar</i> Fiesta Bar	Cowboy Veggie Burger (VE) Cowboy Cheeseburger Sweet Potato Waffle Fries (VE) <i>Salad Bar</i> Classic Toppings Bar
DAILY OFFERINGS				
<u>Monday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Tuesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Balsamic Chicken Salad Wrap	<u>Wednesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Balsamic Chicken Salad Wrap	<u>Thursday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<u>Friday</u> • 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)
On designated Plant-Powered Menu days; meat-based products will not be offered.				
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberries, Watermelon (VE)	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available <u>ATTENTION:</u> All Pre-K Students CANNOT be Offered Chocolate Milk or Chicken On The Bone	<u>Pre-K – 8 with CEE Service</u> <u>Tuesday - Friday Options</u> • Chicken Breaded Bite Grab & Go Salad • Chicken Tender Wrap	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.				
 Office of Food & Nutrition Services			Menu subject to change. Our menus are pork free.	



OCTOBER 2026: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Crispy Chicken Sesame Noodle Bowl Asian Harvest Broccoli Salad (V)	Grab & Go Black Bean Salad (VE) Zesty Corn Salad (VE)
5	6	7	8	9
Caprese on Ciabatta (V) Savory Green Beans (VE)	Honey Mustard Crispy Chicken Wrap Pickle Potato Salad (V)	Hummus Grab & Go Salad (VE) Ranch Carrot Sticks (V)	Grilled Chipotle Chicken Wrap Black Bean Salad (VE)	Chicken Caesar Salad Broccoli Salad (V)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Lemon & Herb Lentil Grab & Go Salad (VE) Cauliflower Salad (VE)	Hummus and Pretzels (VE), Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Herbalicious Corn Salad (VE)	Chicken Breaded Bite Grab & Go Salad Carrot Sticks (VE)	Sunburst Chicken Wrap Kachumber (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)
19	20	21	22	23
Super Hero Spinach Wrap (V) Balsamic Chickpea Salad (V)	Chicken Tender Wrap Fresh Tomato Salad (V)	Tangy Tuna Wrap Colorful Green Bean Salad (V)	Crispy Chicken Sesame Noodle Bowl Asian Harvest Broccoli Salad (V)	Grab & Go Black Bean Salad (VE) Zesty Corn Salad (VE)
26	27	28	29	30
Caprese on Ciabatta (V) Savory Green Beans (VE)	Honey Mustard Crispy Chicken Wrap Pickle Potato Salad (V)	Hummus Grab & Go Salad (VE) Ranch Carrot Sticks (V)	Grilled Chipotle Chicken Wrap Black Bean Salad (VE)	Chicken Caesar Salad Broccoli Salad (V)

DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Cheese Sandwich (V) • Rainbow Wrap (VE)

On designated Plant-Powered Menu days; meat-based products will not be offered.

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, Nectarines,
Oranges, Pears,
Plums, Strawberries,
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 2026: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Sweet Ginger Chicken Garlic Noodles (VE) Steamed Garden Medley (V)	Empanada (V) Salsa (VE) Sweet Plantains (VE)
5	6	7	8	9
Sicilian Slice Pizza (V) Green Beans and Mushrooms (VE) Italian Chickpeas (VE)	Honey Mustard Crispy Chicken Sandwich on a Pretzel Bun Roasted Dill Potatoes (VE)	BBQ Tofu (VE) Macaroni & Cheese (V) Honey Corn Muffin (V) Ranchy Broccoli (VE)	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE)	Cowboy Cheeseburger Sweet Potato Waffle Fries (VE)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Lentil Bolognese (VE) with Pasta Marinara (VE) Cauli-Crunchers (V)	Sicilian Slice Pizza (V) Parmigiana Peas (V) Italian Chickpeas (VE)	Homestyle Mashed Potato Bowl with Crispy Chicken Bites Confetti Corn (VE) Gravy (V) Buttermilk Biscuit (V)	Sunburst Chicken Naan (VE) Roasted Carrot Coins (VE)	Apple Glazed Chicken Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V)
19	20	21	22	23
Sicilian Slice Pizza (V) Creamed Spinach (V) Roasted Chickpeas (VE)	Chicken Tenders with Dipping Sauce Garlic Knot (V) Parmesan Carrot Sticks (V)	Black Bean Burger (VE) Seasoned Wedge Fries (VE)	Sweet Ginger Chicken Garlic Noodles (VE) Steamed Garden Medley (V)	Empanada (V) Salsa (VE) Sweet Plantains (VE)
26	27	28	29	30
Sicilian Slice Pizza (V) Green Beans and Mushrooms (VE) Italian Chickpeas (VE)	Honey Mustard Crispy Chicken Sandwich on a Pretzel Bun Roasted Dill Potatoes (VE)	BBQ Tofu (VE) Macaroni & Cheese (V) Honey Corn Muffin (V) Ranchy Broccoli (VE)	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE)	Cowboy Cheeseburger Sweet Potato Waffle Fries (VE)

DAILY OFFERINGS

<u>Monday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Tuesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Wednesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Thursday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Friday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)
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On designated Plant-Powered Menu days; meat-based products will not be offered.

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, Nectarines,
Oranges, Pears,
Plums, Strawberries,
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.

Office of Food & Nutrition Services NYC Public Schools				
OCTOBER 2026: Puree Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Lunch Specials • Hummus and Soft Roll (VE) • 8 oz. Yogurt (V) • Tuna		Sweet Ginger Grilled Chicken Garlic Noodles (VE) Steamed Garden Medley (V) Fruit Offering Applesauce (VE)	Empanada (V) Salsa (VE) Sweet Plantains (VE) Fruit Offering Bananas (VE)
5	6	7	8	9
Stuffed Shells (V) With Herbed Marinara Soft Roll (VE) Green Beans and Mushrooms (VE) Italian Chickpeas (VE) Fruit Offering Flavored Applesauce (VE)	Honey Mustard Crispy Chicken Sandwich on a Pretzel Bun Roasted Dill Potatoes (VE) Fruit Offering Diced Pears (VE)	BBQ Tofu (VE) Macaroni & Cheese (V) Honey Corn Muffin (V) Ranchy Broccoli (VE) Fruit Offering Sliced Peaches (VE)	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE) Fruit Offering Applesauce (VE)	Cowboy Cheeseburger Sweet Potato Waffle Fries (VE) Fruit Offering Bananas (VE)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Lentil Bolognese (VE) with Pasta Marinara (VE) Cauli-Crunchers (V) Fruit Offering Flavored Applesauce (VE)	Stuffed Shells (V) With Herbed Marinara Soft Roll (VE) Parmigiana Peas (V) Italian Chickpeas (VE) Fruit Offering Diced Pears (VE)	Homestyle Mashed Potato Bowl with Crispy Chicken Bites Confetti Corn (VE) Gravy (V) Buttermilk Biscuit (V) Fruit Offering Sliced Peaches (VE)	Sunburst Chicken Naan (VE) Roasted Carrot Coins (VE) Fruit Offering Applesauce (VE)	Apple Glazed Grilled Chicken Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V) Fruit Offering Bananas (VE)
19	20	21	22	23
Stuffed Shells (V) With Herbed Marinara Soft Roll (VE) Creamed Spinach (V) Roasted Chickpeas (VE) Fruit Offering Flavored Applesauce (VE)	Fish Nuggets with Tartar Sauce Garlic Knot (V) Parmesan Carrot Sticks (V) Fruit Offering Diced Pears (VE)	Black Bean Burger (VE) Seasoned Wedge Fries (VE) Fruit Offering Sliced Peaches (VE)	Sweet Ginger Grilled Chicken Garlic Noodles (VE) Steamed Garden Medley (V) Fruit Offering Applesauce (VE)	Empanada (V) Salsa (VE) Sweet Plantains (VE) Fruit Offering Bananas (VE)
26	27	28	29	30
Stuffed Shells (V) With Herbed Marinara Soft Roll (VE) Green Beans and Mushrooms (VE) Italian Chickpeas (VE) Fruit Offering Flavored Applesauce (VE)	Honey Mustard Crispy Chicken Sandwich on a Pretzel Bun Roasted Dill Potatoes (VE) Fruit Offering Diced Pears (VE)	BBQ Tofu (VE) Macaroni & Cheese (V) Honey Corn Muffin (V) Ranchy Broccoli (VE) Fruit Offering Sliced Peaches (VE)	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE) Fruit Offering Applesauce (VE)	Cowboy Cheeseburger Sweet Potato Waffle Fries (VE) Fruit Offering Bananas (VE)
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 (V) Indicates Vegetarian (VE) Indicates Vegan Options may vary by location Assorted Dressings Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberries, Watermelon (VE) Other Fruits Applesauce, Sliced Peaches, Diced Pears, Pineapples 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.				
Available Daily Upon Request: Transitional, Thick Puree or Thin Puree				
O.F.N.S. Office of Food & Nutrition Services DESK READER THE FOOD ALLIANCE			Menu subject to change. Our menus are pork free.	

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2

WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Lunch Specials • Hot or Cold Cheese Sandwich (V) • Hummus and Soft Roll (VE) • 4 oz. Yogurt (V) • Tuna Sandwich		Chicken Tenders with Teriyaki Dipper Garlic Noodles (VE) Steamed Green Beans (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Bean & Cheese Taquito (V) Sweet Plantains (VE) Seasonal Fresh Fruit or Flavored Apple Sauce (VE) Milk (V)
5	6	7	8	9
Personal Pizza (V) Green Beans and Mushrooms (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Crispy Chicken Sandwich on a Pretzel Bun Roasted Dill Potatoes (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	BBQ Tofu (VE) Macaroni & Cheese (V) Ranchy Broccoli (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Arroz Con Pollo Spanish Rice and Chicken Stewed Black Beans (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Cowboy Cheeseburger Sweet Potato Waffle Fries (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Lentil Bolognese (VE) with Pasta Marinara (VE) Cauli-Crunchers (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Pizza Slice (V) Parmigiana Peas (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Veggie Nuggets (VE) Mashed Potatoes (V) with Gravy (V) Dinner Roll (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Sunburst Chicken Naan (VE) Roasted Carrot Coins (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Crispy Chicken Bites Harvest Butternut Squash Pasta (VE) Roasted Broccoli (VE) Seasonal Fresh Fruit or Flavored Apple Sauce (VE) Milk (V)
19	20	21	22	23
Broccoli Cheddar Pizza (V) French Bread Pizza (V) Creamed Spinach (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fish Sticks with Tartar Sauce Basil Parmesan Carrots (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	Chicken Cheeseburger Seasoned Wedge Fries (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Chicken Tenders with Teriyaki Dipper Garlic Noodles (VE) Steamed Green Beans (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Bean & Cheese Taquito (V) Sweet Plantains (VE) Seasonal Fresh Fruit or Flavored Apple Sauce (VE) Milk (V)
26	27	28	29	30
Personal Pizza (V) Green Beans and Mushrooms (VE) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Crispy Chicken Sandwich on a Pretzel Bun Roasted Dill Potatoes (VE) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)	BBQ Tofu (VE) Macaroni & Cheese (V) Ranchy Broccoli (VE) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Arroz Con Pollo Spanish Rice and Chicken Stewed Black Beans (VE) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Cowboy Cheeseburger Sweet Potato Waffle Fries (VE) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)

On designated Plant-Powered Menu days; meat-based products will not be offered.

<u>Milk*</u> Whole Milk (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	<u>Seasonal Fresh Fruit</u> Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Nectarines, Oranges, Plums, Strawberries, Watermelon (VE) <u>Other Fruits</u> Applesauce, Sliced Peaches, Diced Pears, Pineapples
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PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 23 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.

- **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 2026: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Veggie Nuggets (VE) with Teriyaki Dipper (VE) Garlic Noodles (VE) Steamed Garden Medley (V) Salad Bar Zen & Zest Bar	Plastic Free Lunch Day Bean & Cheese Taquito (V) Empanada (V) Salsa (VE) Sweet Plantains (VE) Salad Bar Plastic Free Bar
5	6	7	8	9
Personal Pizza (V) Green Beans and Mushrooms (VE) Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Three Cheese Grilled Cheese (V) Roasted Dill Potatoes (VE) Salad Bar Leafy Green Bar	BBQ Tofu (VE) Macaroni & Cheese (V) Honey Corn Muffin (V) Ranchy Broccoli (VE) Salad Bar Rainbow Bar	Guisado Kidney Beans (VE) Spanish Rice (VE) Salsa (VE) Zesty Corn (VE) Salad Bar Fiesta Bar	Cowboy Veggie Burger (VE) Sweet Potato Waffle Fries (VE) Salad Bar Classic Toppings Bar
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Lentil Bolognese (VE) with Pasta Marinara (VE) Cauli-Crunchers (V) Salad Bar Mediterranean Bar	Pizza Slice (V) Parmigiana Peas (V) Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Homestyle Mashed Potato Bowl with Veggie Nuggets (VE) Confetti Corn (VE) Gravy (V) Buttermilk Biscuit (V) Salad Bar Leafy Green Bar	Sunburst Chickpeas (VE) Naan (VE) Roasted Carrot Coins (VE) Salad Bar Eastern Harvest Bar	Three Bean Chili (VE) Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V) Salad Bar Rainbow Bar
19	20	21	22	23
Broccoli Cheddar Pizza (V) French Bread Pizza (V) Creamed Spinach (V) Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Mozzarella Sticks (V) with Herbed Marinara Parmesan Carrot Sticks (V) Salad Bar Leafy Green Bar	Black Bean Burger (VE) Seasoned Wedge Fries (VE) Salad Bar Classic Toppings Bar	Veggie Nuggets (VE) with Teriyaki Dipper (VE) Garlic Noodles (VE) Steamed Garden Medley (V) Salad Bar Zen & Zest Bar	Plastic Free Lunch Day Bean & Cheese Taquito (V) Empanada (V) Salsa (VE) Sweet Plantains (VE) Salad Bar Plastic Free Bar
26	27	28	29	30
Personal Pizza (V) Green Beans and Mushrooms (VE) Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Three Cheese Grilled Cheese (V) Roasted Dill Potatoes (VE) Salad Bar Leafy Green Bar	BBQ Tofu (VE) Macaroni & Cheese (V) Honey Corn Muffin (V) Ranchy Broccoli (VE) Salad Bar Rainbow Bar	Guisado Kidney Beans (VE) Spanish Rice (VE) Salsa (VE) Zesty Corn (VE) Salad Bar Fiesta Bar	Cowboy Veggie Burger (VE) Sweet Potato Waffle Fries (VE) Salad Bar Classic Toppings Bar

DAILY OFFERINGS

<u>Monday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Tuesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Wednesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Thursday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Friday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Rainbow Wrap (VE)
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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, Nectarines,
Oranges, Pears,
Plums, Strawberries,
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.

Office of Food & Nutrition Services NYC Public Schools				
OCTOBER 2026: High School Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Sweet Ginger Chicken	<u>Plastic Free Lunch Day</u>
			Garlic Noodles (VE)	Bean & Cheese Taquito (V)
			Steamed Garden Medley (V)	Empanada (V)
				Salsa (VE)
				Sweet Plantains (VE)
			Salad Bar Zen & Zest Bar	Salad Bar Plastic Free Bar
5	6	7	8	9
Personal Pizza (V)	Honey Mustard Crispy Chicken Sandwich on a Pretzel Bun	Three Cheese Grilled Cheese (V)	Arroz Con Pollo Spanish Rice and Chicken	Cowboy Veggie Burger (VE)
Green Beans and Mushrooms (VE)	Roasted Dill Potatoes (VE)	BBQ Tofu (VE)	Salsa (VE)	Cowboy Cheeseburger
		Macaroni & Cheese (V)	Stewed Black Beans (VE)	Sweet Potato Waffle Fries (VE)
Salad Bar Pizza Bar	Salad Bar Leafy Green Bar	Honey Corn Muffin (V)		
		Ranchy Broccoli (VE)		
		Salad Bar Rainbow Bar	Salad Bar Fiesta Bar	Salad Bar Classic Toppings Bar
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Lentil Bolognese (VE) with Pasta Marinara (VE)	Pizza Slice (V)	Homestyle Mashed Potato Bowl with Veggie Nuggets (VE) Or Crispy Chicken Bites	Sunburst Chicken	Apple Glazed Chicken
Mozzarella Sticks (V) with Herbed Marinara	Parmigiana Peas (V)	Confetti Corn (VE) Gravy (V)	Sunburst Chickpeas (VE)	Harvest Butternut Squash Pasta (VE)
Cauli-Crunchers (V)		Buttermilk Biscuit (V)	Naan (VE)	Sweet and Tangy Braised Kale (V)
Salad Bar Mediterranean Bar	Salad Bar Pizza Bar	Salad Bar Leafy Green Bar	Salad Bar Eastern Harvest Bar	Salad Bar Rainbow Bar
19	20	21	22	23
Broccoli Cheddar Pizza (V)	Chicken Tenders with Dipping Sauce	Black Bean Burger (VE)	Sweet Ginger Chicken	<u>Plastic Free Lunch Day</u>
French Bread Pizza (V)	Fish Sticks with Tartar Sauce	Chicken Cheeseburger	Garlic Noodles (VE)	Bean & Cheese Taquito (V)
Creamed Spinach (V)	Garlic Knot (V)	Seasoned Wedge Fries (VE)	Steamed Garden Medley (V)	Empanada (V)
	Parmesan Carrot Sticks (V)			Salsa (VE)
				Sweet Plantains (VE)
Salad Bar Pizza Bar With Balsamic Chickpea Salad (V)	Salad Bar Leafy Green Bar	Salad Bar Classic Toppings Bar	Salad Bar Zen & Zest Bar	Salad Bar Plastic Free Bar
26	27	28	29	30
Personal Pizza (V)	Honey Mustard Crispy Chicken Sandwich on a Pretzel Bun	Three Cheese Grilled Cheese (V)	Arroz Con Pollo Spanish Rice and Chicken	Cowboy Veggie Burger (VE)
Green Beans and Mushrooms (VE)	Roasted Dill Potatoes (VE)	BBQ Tofu (VE)	Salsa (VE)	Cowboy Cheeseburger
		Macaroni & Cheese (V)	Stewed Black Beans (VE)	Sweet Potato Waffle Fries (VE)
		Honey Corn Muffin (V)		
		Ranchy Broccoli (VE)		
Salad Bar Pizza Bar	Salad Bar Leafy Green Bar	Salad Bar Rainbow Bar	Salad Bar Fiesta Bar	Salad Bar Classic Toppings Bar
DAILY OFFERINGS				
Monday • 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)	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 • Grab and Go Salads	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 • Grab and Go Salads	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Grab and Go Salads	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Grab and Go Salads • Rainbow Wrap (VE)
On designated Plant-Powered Menu days; meat-based products will not be offered.				
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, Nectarines, Oranges, Pears, Plums, Strawberries, 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. Office of Food & Nutrition Services SCHOOL DISTRICT iFOOD ALLIANCE Menu subject to change. Our menus are pork free.				



OCTOBER 2026: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Crispy Chicken Sesame Noodle Bowl Asian Harvest Broccoli Salad (V)	Grab & Go Black Bean Salad (VE) Zesty Corn Salad (VE)
5	6	7	8	9
Caprese on Ciabatta (V) Savory Green Beans (VE)	Honey Mustard Crispy Chicken Wrap Pickle Potato Salad (V)	Hummus Grab & Go Salad (VE) Ranch Carrot Sticks (V)	Grilled Chipotle Chicken Wrap Black Bean Salad (VE)	Chicken Caesar Salad Broccoli Salad (V)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Lemon & Herb Lentil Grab & Go Salad (VE) Cauliflower Salad (VE)	Hummus and Pretzels (VE), Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) Herbalicious Corn Salad (VE)	Chicken Breaded Bite Grab & Go Salad Carrot Sticks (VE)	Sunburst Chicken Wrap Kachumber (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V)
19	20	21	22	23
Super Hero Spinach Wrap (V) Balsamic Chickpea Salad (V)	Chicken Tender Wrap Fresh Tomato Salad (V)	Tangy Tuna Wrap Colorful Green Bean Salad (V)	Crispy Chicken Sesame Noodle Bowl Asian Harvest Broccoli Salad (V)	Grab & Go Black Bean Salad (VE) Zesty Corn Salad (VE)
26	27	28	29	30
Caprese on Ciabatta (V) Savory Green Beans (VE)	Honey Mustard Crispy Chicken Wrap Pickle Potato Salad (V)	Hummus Grab & Go Salad (VE) Ranch Carrot Sticks (V)	Grilled Chipotle Chicken Wrap Black Bean Salad (VE)	Chicken Caesar Salad Broccoli Salad (V)

DAILY OFFERINGS

<u>Monday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Cheese Sandwich (V)	<u>Tuesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Cheese Sandwich (V)	<u>Wednesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Cheese Sandwich (V)	<u>Thursday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Cheese Sandwich (V)	<u>Friday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Cheese Sandwich (V) • Rainbow Wrap (VE)
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On designated Plant-Powered Menu days; meat-based products will not be offered.

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, Nectarines,
Oranges, Pears,
Plums, Strawberries,
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.

Office of Food & Nutrition Services NYC Public Schools				
OCTOBER 2026: High School Express Hot Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Sweet Ginger Chicken Garlic Noodles (VE) Steamed Garden Medley (V)	Empanada (V) Salsa (VE) Super Hero Spinach (VE)
5	6	7	8	9
Sicilian Slice Pizza (V) Green Beans and Mushrooms (VE) Italian Chickpeas (VE)	Honey Mustard Crispy Chicken Sandwich on a Pretzel Bun Roasted Dill Potatoes (VE)	BBQ Tofu (VE) Macaroni & Cheese (V) Honey Corn Muffin (V) Ranchy Broccoli (VE)	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE)	Cowboy Cheeseburger Sweet Potato Waffle Fries (VE)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Lentil Bolognese (VE) with Pasta Marinara (VE) Cauli-Crunchers (V)	Sicilian Slice Pizza (V) Parmigiana Peas (V)	Homestyle Mashed Potato Bowl with Crispy Chicken Bites Confetti Corn (VE) Gravy (V) Buttermilk Biscuit (V)	Sunburst Chicken Naan (VE) Roasted Carrot Coins (VE)	Apple Glazed Chicken Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V)
19	20	21	22	23
Sicilian Slice Pizza (V) Roasted Chickpeas (VE)	Chicken Tenders with Dipping Sauce Garlic Knot (V) Parmesan Carrot Sticks (V)	Black Bean Burger (VE) Seasoned Wedge Fries (VE)	Sweet Ginger Chicken Garlic Noodles (VE) Steamed Garden Medley (V)	Empanada (V) Salsa (VE) Super Hero Spinach (VE)
26	27	28	29	30
Sicilian Slice Pizza (V) Green Beans and Mushrooms (VE) Italian Chickpeas (VE)	Honey Mustard Crispy Chicken Sandwich on a Pretzel Bun Roasted Dill Potatoes (VE)	BBQ Tofu (VE) Macaroni & Cheese (V) Honey Corn Muffin (V) Ranchy Broccoli (VE)	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE)	Cowboy Cheeseburger Sweet Potato Waffle Fries (VE)
DAILY OFFERINGS				
<u>Monday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Tuesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Wednesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Thursday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Friday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)
On designated Plant-Powered Menu days; meat-based products will not be offered.				
<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, Nectarines, Oranges, Pears, Plums, Strawberries, 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. OFFICE OF FOOD & NUTRITION SERVICES NYCPS FOOD ALLIANCE				
Menu subject to change. Our menus are pork free.				

Office of Food & Nutrition Services NYC Public Schools				
OCTOBER 2026: Food Court Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Sweet Ginger Chicken Garlic Noodles (VE) Steamed Garden Medley (V) <i>Salad Bar</i> Zen & Zest Bar	Bean & Cheese Taquito (V) Salsa (VE) Sweet Plantains (VE) <i>Salad Bar</i> Fiesta Bar
5	6	7	8	9
Three Cheese Grilled Cheese (V) Green Beans and Mushrooms (VE) <i>Salad Bar</i> Pizza Bar	Honey Mustard Crispy Chicken Sandwich On a Pretzel Bun Roasted Dill Potatoes (VE) <i>Salad Bar</i> Leafy Green Bar	BBQ Tofu (VE) Macaroni & Cheese (V) <i>Honey Corn Muffin (V)</i> Ranchy Broccoli (VE) <i>Salad Bar</i> Rainbow Bar	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE) <i>Salad Bar</i> Fiesta Bar	Cowboy Cheeseburger Sweet Potato Waffle Fries (VE) <i>Salad Bar</i> Classic Toppings Bar
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Lentil Bolognese (VE) with Pasta Marinara (VE) Cauli-Crunchers (V) <i>Salad Bar</i> Mediterranean Bar	Veggie Nuggets (VE) with Dipping Sauce Parmigiana Peas (V) <i>Salad Bar</i> Pizza Bar	Homestyle Mashed Potato Bowl with Crispy Chicken Bites Confetti Corn (VE) Gravy (V) Buttermilk Biscuit (V) <i>Salad Bar</i> Leafy Green Bar	Sunburst Chicken Naan (VE) Roasted Carrot Coins (VE) <i>Salad Bar</i> Eastern Harvest Bar	Apple Glazed Chicken Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V) <i>Salad Bar</i> Rainbow Bar
19	20	21	22	23
Empanada (V) Super Hero Spinach (VE) <i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)	Fish Sticks with Tartar Sauce Garlic Knot (V) Parmesan Carrot Sticks (V) <i>Salad Bar</i> Leafy Green Bar	Chicken Cheeseburger Seasoned Wedge Fries (VE) <i>Salad Bar</i> Classic Toppings Bar	Sweet Ginger Chicken Garlic Noodles (VE) Steamed Garden Medley (V) <i>Salad Bar</i> Zen & Zest Bar	Bean & Cheese Taquito (V) Salsa (VE) Sweet Plantains (VE) <i>Salad Bar</i> Fiesta Bar
26	27	28	29	30
Three Cheese Grilled Cheese (V) Green Beans and Mushrooms (VE) <i>Salad Bar</i> Pizza Bar	Honey Mustard Crispy Chicken Sandwich On a Pretzel Bun Roasted Dill Potatoes (VE) <i>Salad Bar</i> Leafy Green Bar	BBQ Tofu (VE) Macaroni & Cheese (V) <i>Honey Corn Muffin (V)</i> Ranchy Broccoli (VE) <i>Salad Bar</i> Rainbow Bar	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE) <i>Salad Bar</i> Fiesta Bar	Cowboy Cheeseburger Sweet Potato Waffle Fries (VE) <i>Salad Bar</i> Classic Toppings Bar
DAILY OFFERINGS				
Monday • 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)	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 • Grab and Go Salads • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Empanada (V) • Seasoned Wedge Fries (VE)	Wednesday • 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)	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Balsamic Chicken Salad Wrap • Grab and Go Salads • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Empanada (V) • Seasoned Wedge Fries (VE)	Friday • 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)
On designated Plant-Powered Menu days; meat-based products will not be offered.				
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, Nectarines, Oranges, Pears, Plums, Strawberries, 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. Office of Food & Nutrition Services NYC Public Schools Food ALLIANCE			Menu subject to change. Our menus are pork free.	



OCTOBER 2026: After School Snack Menu

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

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

OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

All Fruit
Offerings are 1 cup

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Nectarines,
Oranges, Pears,
Plums, Strawberries,
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 2026: After School Infant - Toddler Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Cucumber Slices (VE) Tzatziki (V)	Berry Toasted Oats (VE) Milk (V)
5	6	7	8	9
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 12	13	14	15	16
Animal Crackers (VE) Milk (V)	Yogurt Choice (V) Diced Pears (VE)	Apple Slices (VE) Milk (V)	Cucumber Slices (VE) Tzatziki (V)	Berry Toasted Oats (VE) Milk (V)
19	20	21	22	23
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)
26	27	28	29	30
Animal Crackers (VE) Milk (V)	Yogurt Choice (V) Diced Pears (VE)	Apple Slices (VE) Milk (V)	Cucumber Slices (VE) Tzatziki (V)	Berry Toasted Oats (VE) Milk (V)

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

OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

Seasonal Fresh Fruit
Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Nectarines, Oranges, Plums, Strawberries, 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 23 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.



OCTOBER 2026: After School Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Supper Specials • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Cheese Sandwich (V) • Hummus and Pretzel Grab & Go (VE) Options may vary by location		Chicken Salad Hoagie Classic Potato Salad (V) Fruit Offering Honeydew	Hummus Grab & Go Salad (VE) Kachumber (VE) Fruit Offering Apple Slices
5	6	7	8	9
Black Bean Salad Wrap (VE) Zesty Corn Salad (VE) Fruit Offering Oranges	Curried Chicken Wrap Kid Friendly Kale Salad (V) Fruit Offering Cantaloupe	Taco Spiced Chicken Bite Grab & Go Salad Fresh Cilantro Healthy Coleslaw (V) Fruit Offering Green Grapes	Classic Tuna on Ciabatta Bruschetta Tomato Salad (V) Fruit Offering Apple Slices	Asian Sesame Grilled Chicken Grab & Go Salad Asian Cucumber Salad (VE) Fruit Offering Watermelon
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Red White & Green Panini (V) Pickle Potato Salad (V) Fruit Offering Strawberries	BBQ Crispy Chicken Wrap Marinated Bean Salad (VE) Fruit Offering Apples	Cilantro Pinto Bean Wrap (VE) Green Garden Salad (VE) Fruit Offering Bananas	Crispy Chicken Grab & Go Pasta Salad Broccoli Salad (V) Fruit Offering Green Grapes	Greek Lemon Chicken Pita Deluxe with Tzatziki Sauce Mediterranean Zucchini and Tomato Salad (VE) Fruit Offering Pears
19	20	21	22	23
Caesar Veggie Nugget Wrap (V) Savory Green Beans (VE) Fruit Offering Grapefruit	Chicken Breaded Bite Grab & Go Salad Confetti Corn Salad (VE) Fruit Offering Oranges	Chipotle Chicken Wrap Black Bean Salad (VE) Fruit Offering Red Grapes	Chicken Salad Hoagie Classic Potato Salad (V) Fruit Offering Honeydew	Hummus Grab & Go Salad (VE) Kachumber (VE) Fruit Offering Apple Slices
26	27	28	29	30
Black Bean Salad Wrap (VE) Zesty Corn Salad (VE) Fruit Offering Oranges	Curried Chicken Wrap Kid Friendly Kale Salad (V) Fruit Offering Cantaloupe	Taco Spiced Chicken Bite Grab & Go Salad Fresh Cilantro Healthy Coleslaw (V) Fruit Offering Green Grapes	Classic Tuna on Ciabatta Bruschetta Tomato Salad (V) Fruit Offering Apple Slices	Asian Sesame Grilled Chicken Grab & Go Salad Asian Cucumber Salad (VE) Fruit Offering Watermelon

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, Cantaloupe,
Grapefruit, Grapes,
Honeydew, Nectarines,
Oranges, Pears,
Plums, Strawberries,
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 NYC Public Schools				
OCTOBER 2026: After School Hot Supper Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Daily Supper Specials • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzel Grab & Go (VE) Options may vary by location		Crispy Chicken Bites Onion Rings (VE) Lemon & Chive Peas (VE) Mixed Greens Salad (V) Fruit Offering Honeydew	Spicy Crispy Chicken Sandwich Mashed Potatoes (V) with Gravy (V) Green Garden Salad (VE) Fruit Offering Apple Slices
5	6	7	8	9
Black Bean Burger (VE) Sweet Potato Waffle Fries (VE) Green Garden Salad (VE) Fruit Offering Oranges	Fish Nuggets with Dipping Sauce Dinner Roll (VE) Zesty Corn (VE) Mixed Greens Salad (V) Fruit Offering Cantaloupe	Bruschetta Pizza (V) Roasted Zucchini and Tomatoes (VE) Green Garden Salad (VE) Fruit Offering Green Grapes	Chicken Tenders with Dipping Sauce Honey & Herb Knot (V) Rainbow Spinach (VE) Mixed Greens Salad (V) Fruit Offering Apple Slices	Hawaiian Chicken on Ciabatta Colorful Green Beans (V) Green Garden Salad (VE) Fruit Offering Watermelon
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Empanada (V) Guacamole (VE) Cinnamon Plantains (VE) Green Garden Salad (VE) Fruit Offering Strawberries	Hamburgers Whole Wheat Bun Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE) Mixed Greens Salad (V) Fruit Offering Apples	Pesto Pizza (V) Crispy Broccoli (V) Green Garden Salad (VE) Fruit Offering Bananas	BBQ Crispy Chicken Sandwich Baked Beans (VE) Mixed Greens Salad (V) Fruit Offering Green Grapes	Three Bean Chili Cheese Fries (V) Corn Bread (V) Green Garden Salad (VE) Fruit Offering Pears
19	20	21	22	23
Mozzarella Sticks (V) with Herbed Marinara Pizzalicious Green Beans (VE) Green Garden Salad (VE) Fruit Offering Grapefruit	Chipotle Garden Wrap (V) Spiced Sweet Potatoes (VE) Mixed Greens Salad (V) Fruit Offering Oranges	Hot Honey Pizza (V) Garbanzo Beans and Diced Tomatoes (VE) Green Garden Salad (VE) Fruit Offering Red Grapes	Crispy Chicken Bites Onion Rings (VE) Lemon & Chive Peas (VE) Mixed Greens Salad (V) Fruit Offering Honeydew	Spicy Crispy Chicken Sandwich Mashed Potatoes (V) with Gravy (V) Green Garden Salad (VE) Fruit Offering Apple Slices
26	27	28	29	30
Black Bean Burger (VE) Sweet Potato Waffle Fries (VE) Green Garden Salad (VE) Fruit Offering Oranges	Fish Nuggets with Dipping Sauce Dinner Roll (VE) Zesty Corn (VE) Mixed Greens Salad (V) Fruit Offering Cantaloupe	Bruschetta Pizza (V) Roasted Zucchini and Tomatoes (VE) Green Garden Salad (VE) Fruit Offering Green Grapes	Chicken Tenders with Dipping Sauce Honey & Herb Knot (V) Rainbow Spinach (VE) Mixed Greens Salad (V) Fruit Offering Apple Slices	Hawaiian Chicken on Ciabatta Colorful Green Beans (V) Green Garden Salad (VE) Fruit Offering Watermelon
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, Nectarines, Oranges, Pears, Plums, Strawberries, 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.				
O.F.N.S. OFFICE OF FOOD & NUTRITION SERVICES FOOD ALLIANCE			Menu subject to change. Our menus are pork free.	



OCTOBER 2026: After School Vegetarian Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	<i>Daily Supper Specials</i> • 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		Southwest Burrito (V) Onion Rings (VE) Seasoned Peas (VE) Mixed Greens Salad (V) Fruit Offering Honeydew	Mozzarella Sticks (V) with Herbed Marinara Pizzalicious Green Beans (VE) Green Garden Salad (VE) Fruit Offering Apple Slices
5	6	7	8	9
Black Bean Burger (VE) Sweet Potato Waffle Fries (VE) Green Garden Salad (VE) Fruit Offering Oranges	Veggie Nuggets (VE) with Dipping Sauce Dinner Roll (VE) Zesty Corn (VE) Mixed Greens Salad (V) Fruit Offering Cantaloupe	Bruschetta Pizza (V) Roasted Zucchini and Tomatoes (VE) Green Garden Salad (VE) Fruit Offering Green Grapes	Stuffed Shells (V) With Herbed Marinara Honey & Herb Knot (V) Rainbow Spinach (VE) Mixed Greens Salad (V) Fruit Offering Apple Slices	Fiesta Quesadilla (V) Salsa (VE) Colorful Green Beans (V) Green Garden Salad (VE) Fruit Offering Watermelon
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Empanada (V) Guacamole (VE) Cinnamon Plantains (VE) Green Garden Salad (VE) Fruit Offering Strawberries	Veggie Burgers (VE) Whole Wheat Bun Veggie Cheeseburgers (V) Whole Wheat Bun Seasoned Wedge Fries (VE) Mixed Greens Salad (V) Fruit Offering Apples	Pesto Pizza (V) Crispy Broccoli (V) Green Garden Salad (VE) Fruit Offering Bananas	Homemade Grilled Cheese (V) Baked Beans (VE) Mixed Greens Salad (V) Fruit Offering Green Grapes	Chipotle Garden Wrap (V) Spiced Sweet Potatoes (VE) Green Garden Salad (VE) Fruit Offering Pears
19	20	21	22	23
Super Hero Spinach Wrap (V) Mashed Potatoes (V) with Gravy (V) Green Garden Salad (VE) Fruit Offering Grapefruit	Three Bean Chili Cheese Fries (V) Corn Bread (V) Mixed Greens Salad (V) Fruit Offering Oranges	Hot Honey Pizza (V) Garbanzo Beans and Diced Tomatoes (VE) Green Garden Salad (VE) Fruit Offering Red Grapes	Southwest Burrito (V) Onion Rings (VE) Seasoned Peas (VE) Mixed Greens Salad (V) Fruit Offering Honeydew	Mozzarella Sticks (V) with Herbed Marinara Pizzalicious Green Beans (VE) Green Garden Salad (VE) Fruit Offering Apple Slices
26	27	28	29	30
Black Bean Burger (VE) Sweet Potato Waffle Fries (VE) Green Garden Salad (VE) Fruit Offering Oranges	Veggie Nuggets (VE) with Dipping Sauce Dinner Roll (VE) Zesty Corn (VE) Mixed Greens Salad (V) Fruit Offering Cantaloupe	Bruschetta Pizza (V) Roasted Zucchini and Tomatoes (VE) Green Garden Salad (VE) Fruit Offering Green Grapes	Stuffed Shells (V) With Herbed Marinara Honey & Herb Knot (V) Rainbow Spinach (VE) Mixed Greens Salad (V) Fruit Offering Apple Slices	Fiesta Quesadilla (V) Salsa (VE) Colorful Green Beans (V) Green Garden Salad (VE) Fruit Offering Watermelon

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, Nectarines, Oranges, Pears, Plums, Strawberries, 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 2026: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	31
Yogurt Choice (V) Apples (VE)	Blueberry Muffin (V) Milk (V)	Croissant (V) with Jelly (VE) Oranges (VE)	Sweet Potato Oatmeal Muffin (V) Milk (V)	Zucchini Carrot Muffin (V) Pears (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, Nectarines,
Oranges, Pears,
Plums, Strawberries,
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.

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OCTOBER 2026: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	31
Assorted Cold Sandwiches and Wraps Seasoned Corn (VE) Oranges (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Classic Potato Salad (V) Green Grapes (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Ranch Carrot Snackers (V) Pears (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V) Apple Slices (VE) Milk (V)	Assorted Cold Sandwiches and Wraps Colorful Green Bean Salad (V) Bananas (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 available upon request

OFFERED DAILY

Assorted Dressings

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

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OCTOBER 2026: Saturday Hot Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday
3	10	17	24	31
Chicken Tenders Garlic Knot (V) Confetti Corn (VE) Oranges (VE) Milk (V)	Hamburgers & Cheeseburgers Seasoned Wedge Fries (VE) Green Grapes (VE) Milk (V)	Mozzarella Sticks (V) with Herbed Marinara Crispy Broccoli (V) Pears (VE) Milk (V)	Chicken Bites Dinner Roll (VE) Herb Roasted Potatoes (VE) Apple Slices (VE) Milk (V)	Crispy Chicken Sandwich Sweet Potato Waffle Fries (VE) Bananas (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, Nectarines,
Oranges, Pears,
Plums, Strawberries,
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.