Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	2	3	First Day of School 4	5
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Bagel (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Cherry Topping (VE)  Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Hashbrowns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
0	9	10	11	` '
8	9	10	11	12
Sweet Potato Oatmeal Muffin (V)  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Home Fries (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Blueberry Topping (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)	Egg & Cheese on a Croissant (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)
				Seasonal Fresh Fruit (VE)
15	16	17	18	19
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)
22	Dock Hockersk 22	Dock Hockersk 24	25	
Blueberry Breakfast Bread (V)  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Egg & Cheese on a Bagel (V)  Yogurt Choice (V)  Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Cherry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	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)	Egg & Cheese on a Buttermilk Biscuit (V)  Hashbrowns (VE)  Seasonal Fresh Fruit (VE)
29	30			
Sweet Potato Oatmeal Muffin (V)  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Home Fries (V) Seasonal Fresh Fruit (VE)		Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)  Fresh New York Bagel Stick Assortment French Toast (V) Cinnamon Raisin (V) Plain (V)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
		OFFERED DAILY	Seasonal Fresh Fruit	OENS has an autonoive
Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	Breakfast After the Bell Grab and Go Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)	Options may vary by location  Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE)	Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Strawberry, Watermelon (VE) <u>Condiments</u>	OFNS has an extensive Prohibitive Ingredients List available at:

SEPTEMBER 2025: Pre-K - 8 Breakfast Menu

### ATTENTION:

Syrup (VE)

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

# SEPTEMBER 2025: High School Breakfast Menu

NA constant		Wadnaaday		
Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	2	3	First Day of School 4	5
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V)	Egg & Cheese on a Bagel (V)  Breakfast Bar (V)	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)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)
Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	
Seasonal Fresh Fruit (VL)				Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
8	9	10	11	12
Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V)	Caprese Egg Sandwich on Ciabatta (V) Home Fries (V) Breakfast Bar (V)	French Toast Sticks (V) Blueberry Topping (VE) Hot Oatmeal (V)	Egg & Cheese on a Croissant (V) Breakfast Bar (V)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with
	Dieaklast Dai (V)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Cream Cheese (V) Jelly (VE)
Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)			Hot Oatmeal (V)
				Seasonal Fresh Fruit (VE)
15	16	17	18	
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)
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V)	Egg & Cheese on a Bagel (V) Breakfast Bar (V)	Buttermilk Pancakes (V) Cherry Topping (VE) Hot Oatmeal (V)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V)	Egg & Cheese on a Buttermilk Biscuit (V)
Gilosos Gilon (V)			served with Cream Cheese (V) Jelly (VE)	Breakfast Bar (V)
Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)
29	30			
Sweet Potato Oatmeal Muffin (V) Mozzarella Cheese Stick (V)	Caprese Egg Sandwich on Ciabatta (V) Home Fries (V) Breakfast Bar (V)		Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)  Fresh New York Bagel Stick Assortment French Toast (V) Cinnamon Raisin (V) Plain (V)	
Seasonal Fresh Fruit (VE)	Seasonal Fresh Fruit (VE)	OFFERED DAILY	Breakfast Bar Yogurts (V) Assorted Berries & Fresh Cut Fruit (VE) Assorted Granola (V)  Seasonal Fresh Fruit	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
			Apples, Apple Slices.	OFNS has an extensive

Breakfast After the Bell Grab and Go

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk) Apples, Apple Slices,
Bananas, Blueberries,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges,
Peaches, Pears,
Multi-Grain Oats (VE)
Toasted Oats (VE)
Watermelon (VE)

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List



### ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK

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

<u>Milk</u>

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are

available upon request



# SEPTEMBER 2025: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	2			
Blueberry Breakfast Bread (V)  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)  8	Yogurt Choice (V)  Blueberry Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)  9  Yogurt Choice (V)	Honey Cheerios (V)  Honey Graham Cracker (V) or Animal Crackers (V)  Applesauce (VE)	Honey Corn Breakfast Bread (V)  Honey Roasted Sunflower Seeds (V)  Seasonal Fresh Fruit (VE)  11  Whole Grain	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) Seasonal Fresh Fruit (VE)  12  Assorted
Oatmeal Muffin (V)  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Apple Cinnamon Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Scooters (V)  Blueberry Granola (V)  Strawberry Banana Applesauce (VE)	Croissant (V)  Colby Jack Cheese Cubes (V)  Seasonal Fresh Fruit (VE)	Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) Seasonal Fresh Fruit (VE)
15	16	17	18	19
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)
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Yogurt Choice (V)  Blueberry Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	Honey Corn Breakfast Bread (V)  Honey Roasted Sunflower Seeds (V)  Seasonal Fresh Fruit (VE)	Honey Cheerios (V)  Honey Graham Cracker (V) or Animal Crackers (V)  Applesauce (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) Seasonal Fresh Fruit (VE)
29	30			
Sweet Potato Oatmeal Muffin (V)  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Yogurt Choice (V)  Apple Cinnamon Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	OFFERED DAILY	Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)  Seasonal Fresh Fruit	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
		Ortions many com	Apples, Apple Slices,	OFNS has an extensive Prohibitive Ingredients List

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

Alternative options are available upon request

Breakfast After the Bell Grab and Go

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

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

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

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



### **ATTENTION:**

All Pre-K Students CANNOT be Offered CHOCOLATE MILK



SEPTEMBER 2025: Puree Breakfast Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
Labor Day 1	2	3	First Day of School 4	5	
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)	
8	9	10	11	12	
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)	
15	16	17	18	19	
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)	
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26	
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)	Zucchini Carrot Breakfast Bread (V) Yogurt Choice (V) Hot Oatmeal (V) Fruit Offering Bananas (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  Fruit Offering Applesauce (VE)	
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)			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	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Strawberry,	OFFERED DAILY  Options may vary by location  Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE)	<u>Assorted Yogurts</u> <u>Other Fruits</u> Applesauce, Sliced	OFNS has an extensive Prohibitive Ingredients List available at:	

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

Multi-Grain Oats (VE)

Toasted Oats (VE)

Plums, Strawberry,

Watermelon (VE)

Condiments
Syrup (VE)

Applesauce, Sliced

Peaches, Diced Pears,

**Pineapples** 

### 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.

Alternative options are

available upon request



# SEPTEMBER 2025: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	2	3	First Day of School 4	5
Zucchini Carrot Breakfast Bread (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Egg & Cheese on a Bagel (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Buttermilk Pancakes (V) Cherry Topping (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Egg & Cheese on a Croissant (V)  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)
8	9	10	11	12
Sweet Potato Oatmeal Muffin (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Caprese Egg Sandwich on a Soft Roll (V) 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)
15	16	17	18	19
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)
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
Zucchini Carrot Breakfast Bread (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit or Diced Pineapples (VE)  Milk (V)	Egg & Cheese on a Bagel (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	Buttermilk Pancakes (V) Cherry Topping (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit or Applesauce (VE)	Egg & Cheese on a Croissant (V)  Hashbrowns (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit or Diced Pears (VE)
29	30		Milk (V)	Milk (V)
Sweet Potato Oatmeal Muffin (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Caprese Egg Sandwich on a Soft Roll (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	OFFERED DAIL V		WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

### <u>Milk</u>

### Whole Milk (V)

Alternative options are available upon request

(V) Indicates Vegetarian(VE) Indicates Vegan

# Seasonal Fresh Fruit

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

### Other Fruits

Applesauce, Sliced Peaches, Diced Pears, Pineapples

### **OFFERED DAILY**

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

# Options may vary by location

**Assorted Yogurts** 

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List



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

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

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



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

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Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	2	3	First Day of School 4	5
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Bagel (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Cherry Topping (VE)  Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Hashbrowns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)  Assorted Fresh NY Bagel Sticks (V) served with Cream Cheese (V) Jelly (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)
				Assorted
Sweet Potato Oatmeal Muffin (V)  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Home Fries (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Blueberry Topping (VE)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)	Egg & Cheese on a Croissant (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	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)
15	16	17	18	19
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)
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
Blueberry Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Bagel (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Cherry Topping (VE)  Hot Oatmeal (V) Seasonal Fresh Fruit (VE)	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)	Egg & Cheese on a
29	30			
Sweet Potato Oatmeal Muffin (V)  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Caprese Egg Sandwich on Ciabatta (V) Home Fries (V) Seasonal Fresh Fruit (VE)		Fresh New York Bagel Assortment Cinnamon Raisin (VE) Plain (VE)  Fresh New York Bagel Stick Assortment French Toast (V) Cinnamon Raisin (V) Plain (V)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
		OFFERED DAILY	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices,	OFNS has an extensive Prohibitive Ingredients List

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

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

**Breakfast After the Bell Grab and Go** 

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

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

Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears,

Plums, Strawberry, Watermelon (VE)

> **Condiments** Syrup (VE)

# **Prohibitive Ingredients List**



### **ATTENTION:**

• All Pre-K Students CANNOT be Offered CHOCOLATE MILK



		2025: Pre-K - 8				
Monday	Tuesday	Wednesday	Thursday	Friday		
Labor Day 1	2	3	First Day of School 4	5		
	North African Lentils (VE)	Empanada (V)	Apple Glazed Chicken	Garlic Parmesan Veggie Nuggets (V)		
French Bread Pizza (V)	Jalapeno Popper Grilled Cheese (V)	Baja Fish Burrito Salsa (VE)	Butternut Squash Mac & Cheese (V)	Garlic Parmesan Chicken Bites		
Italian Roasted Carrots (VE)	Brown Rice (VE)	Zesty Corn (VE)	Roasted Broccoli (VE)	Dinner Roll (V)		
Salad Bar	Spiced Green Beans (VE)  Salad Bar	Salad Bar Fiesta Bar	Salad Bar	Seasoned Wedge Fries (VE)  Salad Bar		
Pizza Bar	Leafy Green Bar	with Black Bean Salad (VE)	Rainbow Bar	Mediterranean Bar		
8	9	10	11	12		
	Brunch For Lunch	Mozzarella Sticks (V) with Herbed Marinara (VE)	Hummus Grab & Go Salad (VE)	Turkey Picadillo		
Pizza Slice (V)	Chicken and Waffles	Fish Sticks with Dipping Sauces (V)	Falafel (VE) With Tzatziki (V)	Sweet Roasted Plantains (VE)		
Corn, Peas, Carrots (VE)	Sweet Potato Wedge Fries (VE)	Creamy Arugula Salad (V)	Flat Bread (VE)	Yellow Rice (VE)		
Salad Bar	Salad Bar	Salad Bar	Greek Cucumber Salad (V)  Salad Bar	Salad Bar Fiesta Bar		
Pizza Bar	Brunch Bar	Leafy Green Bar	Mediterranean Bar	with Black Bean Salad (VE)		
15	16	17	18	Plastic Free Lunch Day		
Bruschetta Pizza (V)	Honey Garlic Chicken	Chickpea Masala (VE)	Chicken Paprika	Caribbean Style Beef Patty		
Personal Pizza (V)	with Broccoli	Veggie Nuggets (VE) with Dipping Sauce	Roasted Dill Potatoes (VE)	Fish and Cheese		
Parmigiana Peas (V)	Sesame Noodles (VE)	Spiced Brown Rice (VE)	Buttermilk Biscuit (V)	Sandwich with Tartar Sauce (V)		
Colod Box	Ginger Carrots (V)	Saag Spinach (VE)		Fresh Cucumber Slices (VE) with Ranch Dressing (V)		
Salad Bar Pizza Bar with Balsamic	Salad Bar	Salad Bar	Salad Bar	Salad Bar		
Chickpea Salad (V)	Zen & Zest Bar	Eastern Harvest Bar	Rainbow Bar	Plastic Free Bar		
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26		
	North African Lentils (VE)	Garlic Parmesan Veggie Nuggets (V)	Empanada (V)	Apple Glazed Chicken		
French Bread Pizza (V)	Jalapeno Popper Grilled Cheese (V)	Garlic Parmesan Chicken Bites	Baja Fish Burrito Salsa (VE)	Butternut Squash Mac & Cheese (V)		
Italian Roasted Carrots (VE)	Brown Rice (VE)	Dinner Roll (V)	Zesty Corn (VE)	Roasted Broccoli (VE)		
	Spiced Green Beans (VE)	Seasoned Wedge Fries (VE)	Salad Bar	0 / / 5		
<i>Salad Bar</i> Pizza Bar	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar	Fiesta Bar with Black Bean Salad (VE)	<i>Salad Bar</i> Rainbow Bar		
29	30					
Pizza Slice (V)	Brunch For Lunch  Chicken and Waffles					
Corn, Peas, Carrots (VE)	Sweet Potato Wedge Fries (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD.		
<i>Salad Bar</i> Pizza Bar	<i>Salad Bar</i> Brunch Bar			ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		
Monday	Tuesday	DAILY OFFERINGS Wednesday	Thursday	Friday		
Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)     Hummus and Pretzels (VE)     Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V) Balsamic Chicken Salad Wrap	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V) Balsamic Chicken Salad Wrap	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V) Tuna Sandwich	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V) Tuna Sandwich Rainbow Wrap (VE)		
Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Strawberry, Watermelon (VE)	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available  ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk or Chicken On The Bone	CEE Service Options Tuesday - Friday  Chicken Breaded Bite Grab & Go 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.



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

Monday	Tuesday	Wednesday Thursday		Friday
Labor Day 1	2	3		5
Super Hero Spinach Wrap (V) Ranch Carrot Sticks (V)	Hummus Grab & Go Salad (VE) Savory Green Beans (VE)	Chipotle Chicken Wrap  Salsa (VE)  Zesty Corn Salad (VE)	BBQ Chicken Bite Grab & Go Salad Broccoli Salad (V)	Caesar Veggie Nugget Wrap (V) White Bean Salad (VE)
Red White & Green Panini (V)	Crispy Chicken Grab & Go Salad	Classic Tuna on Ciabatta	Falafel Grab & Go Salad (V)	Southwest Black Bean Cobb Salad (V)
Marinated Bean Salad (VE)	Fresh Tomato Salad (V)	Creamy Arugula Salad (V)	Greek Cucumber Salad (V)	Confetti Corn Salad (VE)
15	16	17	18	19
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)
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
Super Hero Spinach	Hummus	Caesar Veggie Nugget	Chipotle Chicken Wrap	BBQ Chicken Bite
Wrap (V) Ranch Carrot Sticks (V)	Grab & Go Salad (VE) Savory Green Beans (VE)	Wrap (V) White Bean Salad (VE)	Salsa (VE) Zesty Corn Salad (VE)	Grab & Go Salad  Broccoli Salad (V)
,	, , ,		· ·	Grab & Go Salad
Ranch Carrot Sticks (V)	Savory Green Beans (VE)	White Bean Salad (VE)	· ·	Grab & Go Salad
Ranch Carrot Sticks (V)  29  Red White & Green Panini (V)  Marinated Bean Salad (VE)	Savory Green Beans (VE)  30  Crispy Chicken Grab & Go Salad  Fresh Tomato Salad (V)	White Bean Salad (VE)  DAILY OFFERINGS	Zesty Corn Salad (VE)	Grab & Go Salad  Broccoli Salad (V)  WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
Ranch Carrot Sticks (V)  29  Red White & Green Panini (V)	Savory Green Beans (VE)  Crispy Chicken Grab & Go Salad Fresh Tomato Salad (V)  Tuesday Peanut Butter and/or Sunflower Seed Butter &	White Bean Salad (VE)  DAILY OFFERINGS  Wednesday  • Peanut Butter and/or Sunflower Seed Butter &	Zesty Corn Salad (VE)  Thursday Peanut Butter and/or Sunflower Seed Butter &	Grab & Go Salad  Broccoli Salad (V)  WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN

<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

Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, **Nectarines, Oranges,** Peaches, 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.



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

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Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	2	3	First Day of School 4	5
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Empanada (V)  Salsa (VE)  Zesty Corn (VE)  Black Bean Salad (VE)	Apple Glazed Chicken  Butternut Squash Mac & Cheese (V)  Roasted Broccoli (VE)	Garlic Parmesan Chicken Bites  Dinner Roll (V)  Seasoned Wedge Fries (VE)
8	9	10	11	12
Sicilian Slice Pizza (V)  Corn, Peas, Carrots (VE)  Italian Chickpeas (VE)	Chicken Tenders with Dipping Sauce  Honey Herb Knot (V)  Sweet Potato Wedge Fries (VE)	Fish Sticks with Dipping Sauces (V)  Dinner Roll (V)  Crispy Broccoli (V)  Adobo Green Beans (VE)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Roasted Zucchini (VE)	Turkey Picadillo  Salsa (VE)  Sweet Roasted Plantains (VE)  Yellow Rice (VE)
15	16	17	18	19
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)
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Garlic Parmesan Chicken Bites Dinner Roll (V) Seasoned Wedge Fries (VE)	Empanada (V)  Salsa (VE)  Zesty Corn (VE)  Black Bean Salad (VE)	Apple Glazed Chicken  Butternut Squash Mac & Cheese (V)  Roasted Broccoli (VE)
29	30			
Sicilian Slice Pizza (V) Corn, Peas, Carrots (VE) Italian Chickpeas (VE)	Chicken Tenders with Dipping Sauce  Honey Herb Knot (V)  Sweet Potato Wedge Fries (VE)	DAILY OFFERINGS		WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
<u>Monday</u>	Tuesday	Wednesday	Thursday	Friday
Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)     Hummus and Pretzels (VE)     Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)	Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) Hummus and Pretzels (VE) Hot or Cold Cheese Sandwich (V)

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,
Peaches, 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.

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Public Schools	

SEPT	<b>TEMBER</b>	2025	Puree	Lunch	Menu
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Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	2	3	First Day of School 4	5
Manicotti (V)  Italian Roasted Carrots (VE)  Fruit Offering  Flavored Applesauce (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE) Fruit Offering Diced Pears (VE)	Hamburgers & Cheeseburgers Whole Wheat Bun  Salsa (VE)  Zesty Corn (VE)  Black Bean Salad (VE)  Fruit Offering Sliced Peaches (VE)	Apple Glazed Grilled Chicken  Pasta (VE)  Roasted Broccoli (VE)  Fruit Offering Applesauce (VE)	Italian Chicken Tenders  Soft Roll (V)  Seasoned Wedge Fries (VE)  Fruit Offering  Bananas (VE)
8	9	10	11	12
Manicotti (V)  Corn, Peas, Carrots (VE)  Super Hero Spinach (VE)  Fruit Offering  Flavored Applesauce (VE)	Ranch Chicken Tenders  Soft Roll (V)  Sweet Potato Wedge Fries (VE)  Fruit Offering Diced Pears (VE)	Hamburgers & Cheeseburgers Whole Wheat Bun  Seasoned Wedge Fries (VE)  Fruit Offering Sliced Peaches (VE)	Braised Tuna with Tomato Sauce  Broccoli With Roasted Garlic (VE)  Soft Roll (VE)  Fruit Offering Applesauce (VE)	Turkey Picadillo  Sweet Roasted Plantains (VE)  Yellow Rice (VE)  Fruit Offering Bananas (VE)
15	16	17	18	19
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)
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
Manicotti (V)  Italian Roasted Carrots (VE)  Fruit Offering  Flavored Applesauce (VE)	North African Lentils (VE)  Brown Rice (VE)  Spiced Green Beans (VE)  Fruit Offering Diced Pears (VE)	Italian Chicken Tenders  Soft Roll (V)  Seasoned Wedge Fries (VE)  Fruit Offering Sliced Peaches (VE)	Hamburgers & Cheeseburgers Whole Wheat Bun  Salsa (VE)  Zesty Corn (VE)  Black Bean Salad (VE)  Fruit Offering Applesauce (VE)	Apple Glazed Grilled Chicken  Pasta (VE)  Roasted Broccoli (VE)  Fruit Offering Bananas (VE)
29	30			
Manicotti (V)  Corn, Peas, Carrots (VE)  Super Hero Spinach (VE)  Fruit Offering  Flavored Applesauce (VE)	Ranch Chicken Tenders  Soft Roll (V)  Sweet Potato Wedge Fries (VE)  Fruit Offering Diced Pears (VE)		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.
		OFFERED DAILY		

### OFFERED DAILY

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

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

(V) Indicates Vegetarian (VE) Indicates Vegan

**Options may vary** by location **Assorted Dressings** 

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

**Seasonal Fresh Fruit** 

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

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



### 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.

CE.	SEPTEMBER 2025: Infant - Toddler Lunch Menu					
Monday	Tuesday	Wednesday	Thursday	Friday		
French Bread Pizza (V)  Italian Roasted Carrots (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	North African Lentils (VE)  Brown Rice (VE)  Spiced Green Beans (VE)  Seasonal Fresh Fruit or Diced Pears (VE)  Milk (V)	Fish Nuggets with Dipping Sauce  Black Bean Salad (VE)  Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Veggie Nuggets (VE) with Dipping Sauce  Butternut Squash Mac & Cheese (V)  Roasted Broccoli (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE)  Milk (V)	Garlic Parmesan Chicken Bites  Seasoned Wedge Fries (VE)  Seasonal Fresh Fruit or Flavored Apple Sauce (VE) Milk (V)		
8	9	10	11	12		
Pizza Slice (V)  Garlicky Green Beans (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Chicken and Waffles  Sweet Potato Wedge Fries (VE)  Seasonal Fresh Fruit or Diced Pears (VE)  Milk (V)	Mozzarella Sticks (V) with Herbed Marinara (VE)  Green Garden Salad (V)  Seasonal Fresh Fruit or Diced Pineapples (VE)  Milk (V)	Falafel (VE) With Tzatziki (V)  Flat Bread (VE)  Italian Marinated Cucumber Salad (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE)  Milk (V)	Turkey Picadillo  Sweet Roasted Plantains (VE)  Yellow Rice (VE)  Seasonal Fresh Fruit or Flavored Apple Sauce (VE) Milk (V)		
15	16	17	18	19		
Personal Pizza (V)  Parmigiana Peas (V)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Teriyaki Grilled Chicken  Sesame Noodles (VE)  Roasted Carrots Coins (VE)  Seasonal Fresh Fruit or Diced Pears (VE)  Milk (V)	Chickpea Masala (VE)  Spiced Brown Rice (VE)  Saag Spinach (VE)  Seasonal Fresh Fruit or Diced Pineapples (VE)  Milk (V)	Fish and Cheese Sandwich  Roasted Dill Potatoes (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE)  Milk (V)	Caribbean Style Beef Patty  Fresh Cucumber Slices (VE) with Ranch Dressing (V)  Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)		
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26		
French Bread Pizza (V)  Italian Roasted Carrots (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	North African Lentils (VE)  Brown Rice (VE)  Spiced Green Beans (VE)  Seasonal Fresh Fruit or Diced Pears (VE)  Milk (V)	Garlic Parmesan Chicken Bites  Seasoned Wedge Fries (VE)  Seasonal Fresh Fruit or Diced Pineapples (VE)  Milk (V)	Fish Nuggets with Dipping Sauce  Black Bean Salad (VE)  Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Veggie Nuggets (VE) with Dipping Sauce  Butternut Squash Mac & Cheese (V)  Roasted Broccoli (VE)  Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)		
29	30					
Pizza Slice (V)  Garlicky Green Beans (VE)  Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Brunch For Lunch  Chicken and Waffles  Sweet Potato Wedge Fries (VE)  Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)		• Hot or Cold Cheese Sandwich (V) • Hummus and Soft Roll (VE) • 4 oz. Yogurt (V) • Tuna Sandwich	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		

### ATTENTION:

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

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

# Seasonal Fresh Fruit Apple Slices, Bananas,

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

# Other Fruits Applesauce, Sliced Peaches,

Applesauce, Sliced Peaches, Diced Pears, Pineapples OFNS has an extensive Prohibitive Ingredients List

GREEN.



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.



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

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	2	3	First Day of School 4	5
French Bread Pizza (V) Italian Roasted Carrots (VE)  Salad Bar	North African Lentils (VE)  Jalapeno Popper Grilled Cheese (V)  Brown Rice (VE)  Spiced Green Beans (VE)	Empanada (V)  Salsa (VE)  Zesty Corn (VE)  Salad Bar  Fiesta Bar	Three Bean Chili (VE)  Butternut Squash Mac & Cheese (V)  Roasted Broccoli (VE)	Garlic Parmesan Veggie Nuggets (V)  Dinner Roll (V)  Seasoned Wedge Fries (VE)
Pizza Bar	Leafy Green Bar	with Black Bean Salad (VE)	Rainbow Bar	Mediterranean Bar
Pizza Slice (V)  Corn, Peas, Carrots (VE)  Salad Bar  Pizza Bar	Brunch For Lunch  Egg & Cheese on a Buttermilk Biscuit (V)  Sweet Potato Wedge Fries (VE)  Salad Bar Brunch 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)
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
French Bread Pizza (V) Italian Roasted Carrots (VE)  Salad Bar Pizza Bar	North African Lentils (VE)  Jalapeno Popper Grilled Cheese (V)  Brown Rice (VE)  Spiced Green Beans (VE)  Salad Bar Leafy Green 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
29			Sidok Bodii Odiad (VL)	Tallbow Dal
Pizza Slice (V) Corn, Peas, Carrots (VE)	Brunch For Lunch  Egg & Cheese on a Buttermilk Biscuit (V)  Sweet Potato Wedge Fries (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD.
Salad Bar	Salad Bar			ALL NEW YORK ITEMS
Pizza Bar	Brunch Bar	DAILY OFFERINGS		ARE HIGHLIGHTED IN GREEN.
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	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 & Jelly Sandwich (VE)  • Hummus and Pretzels (VE)  • Hot or Cold Cheese Sandwich (V)  • Rainbow Wrap (VE)

Milk
1% Low-fat (V)
Fat Free (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,
Peaches, 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.

	10			
SEPTEM	<b>IBER 2025</b>	5: High S	School L	unch Menu

SEPTEMBER 2025: High School Lunch Menu					
Monday	Tuesday	Wednesday	Thursday	Friday	
Labor Day 1					
	North African		,	Garlic Parmesan	
	Lentils (VE)	Empanada (V)	Apple Glazed Chicken	Veggie Nuggets (V)	
French Bread Pizza (V)	Jalapeno Popper Grilled Cheese (V)	Baja Fish Burrito	Butternut Squash Mac & Cheese (V)	Garlic Parmesan Chicken Bites	
Italian Roasted Carrots (VE)	Brown Rice (VE)	Salsa (VE)	Roasted Broccoli (VE)	Dinner Roll (V)	
Salad Bar	Spiced Green Beans (VE)  Salad Bar	Zesty Corn (VE)  Salad Bar	Salad Bar	Seasoned Wedge Fries (VE)  Salad Bar	
Pizza Bar	Leafy Green Bar	Fiesta Bar	Rainbow Bar	Mediterranean Bar	
	Brunch For Lunch	Mozzarella Sticks (V) with Herbed Marinara (VE)	Hummus Grab & Go Salad (VE)	Turkey Picadillo  Sweet Roasted	
Pizza Slice (V)	Chicken and Waffles	Fish Sticks with Dipping Sauces (V)	Falafel (VE) With Tzatziki (V)	Plantains (VE)  Yellow Rice (VE)	
Corn, Peas, Carrots (VE)	Sweet Potato Wedge Fries (VE)	Creamy Arugula Salad (V)	Flat Bread (VE)	reliow Rice (VE)	
			Greek Cucumber Salad (V)	Salad Bar	
Salad Bar Pizza Bar	Salad Bar Brunch Bar 16	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar	Fiesta Bar with Black Bean Salad (VE)	
15	16	17	18	19	
				<u>Plastic Free</u> <u>Lunch Day</u>	
Bruschetta Pizza (V)	Honey Garlic Chicken	Chickpea Masala (VE)	Chicken Paprika	Caribbean Style Beef Patty	
Personal Pizza (V)	with Broccoli	Veggie Nuggets (VE) with Dipping Sauce	Roasted Dill Potatoes (VE)	Fish and Cheese Sandwich	
5 5	Sesame Noodles (VE)	Spiced Brown Rice (VE)		with Tartar Sauce (V)	
Parmigiana Peas (V)	Ginger Carrots (V)	Saag Spinach (VE)	Buttermilk Biscuit (V)	Fresh Cucumber Slices (VE) with Ranch Dressing (V)	
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	
Pizza Bar 22	Zen & Zest Bar Rosh Hashanah 23	Eastern Harvest Bar  Rosh Hashanah 24	Rainbow Bar 25	Plastic Free Bar	
ZZ	Rosii Hasilaliali 23	Nosii Hasilaliali 24	20	20	
	North African Lentils (VE)	Garlic Parmesan Veggie Nuggets (V)	Empanada (V)	Apple Glazed Chicken	
French Bread Pizza (V)	Jalapeno Popper Grilled Cheese (V)	Garlic Parmesan Chicken Bites	Baja Fish Burrito	Butternut Squash Mac & Cheese (V)	
Italian Roasted Carrots (VE)	Brown Rice (VE)	Dinner Roll (V)	Salsa (VE)	Roasted Broccoli (VE)	
	Spiced Green Beans (VE)	Seasoned Wedge Fries (VE)	Zesty Corn (VE)		
Salad Bar Pizza Bar	Salad Bar	Salad Bar Mediterranean Bar	Salad Bar Fiesta Bar	Salad Bar Rainbow Bar	
Pizza Bar 29	Leafy Green Bar 30		FIESTA DAL	Kallibow Bar	
29	Brunch For Lunch				
	Chicken and				
Pizza Slice (V)  Corn, Peas, Carrots (VE)	Waffles Sweet Potato				
Com, reas, Carrots (VL)	Wedge Fries (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD.	
Salad Bar Pizza Bar	Salad Bar Brunch Bar			ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	
Mandan	Turnella	DAILY OFFERINGS	Thomas	Friday	
Monday • Peanut Butter and/or	Tuesday  • Peanut Butter and/or	Wednesday • Peanut Butter and/or	Thursday • Peanut Butter and/or	Friday • Peanut Butter and/or	
Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &	Sunflower Seed Butter &	
Jelly Sandwich (VE)  • Hummus and Pretzels (VE)	Jelly Sandwich (VE) • Hummus and Pretzels (VE)	Jelly Sandwich (VE)  • Hummus and Pretzels (VE)	Jelly Sandwich (VE)  • Hummus and Pretzels (VE)	Jelly Sandwich (VE) • Hummus and Pretzels (VE)	
• Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	• Hot or Cold Cheese Sandwich (V)	• Hot or Cold Cheese Sandwich (V)	Hot or Cold Cheese Sandwich (V)	
• Grab and Go Salads (V)	Balsamic Chicken Salad Wrap	Balsamic Chicken Salad	• Tuna Sandwich	Grab and Go Salads	
	Grab and Go Salads	Wrap • Grab and Go Salads	Grab and Go Salads	<ul><li>Tuna Sandwich</li><li>Rainbow Wrap (VE)</li></ul>	

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

available upon request

## 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,
Peaches, 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.



# SEPTEMBER 2025: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	2	3	First Day of School 4	5
Super Hero Spinach Wrap (V) Ranch Carrot Sticks (V)	Hummus Grab & Go Salad (VE) Savory Green Beans (VE)	Chipotle Chicken Wrap  Salsa (VE)  Zesty Corn Salad (VE)	BBQ Chicken Bite Grab & Go Salad Broccoli Salad (V)	Caesar Veggie Nugget Wrap (V) White Bean Salad (VE)
8	9	10	11	12
Red White & Green Panini (V) Marinated Bean Salad (VE)	Crispy Chicken Grab & Go Salad Fresh Tomato Salad (V)	Classic Tuna on Ciabatta Creamy Arugula Salad (V)	Falafel Grab & Go Salad (V) Greek Cucumber Salad (V)	Southwest Black Bean Cobb Salad (V) Confetti Corn Salad (VE)
15	16	17	18	19
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)
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
Super Hero Spinach Wrap (V) Ranch Carrot Sticks (V)	Hummus Grab & Go Salad (VE) Savory Green Beans (VE)	Caesar Veggie Nugget Wrap (V) White Bean Salad (VE)	Chipotle Chicken Wrap  Salsa (VE)  Zesty Corn Salad (VE)	BBQ Chicken Bite Grab & Go Salad Broccoli Salad (V)
29	30			
Red White & Green Panini (V) Marinated Bean Salad (VE)	Crispy Chicken Grab & Go Salad Fresh Tomato Salad (V)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
Monday	Tuesday	DAILY OFFERINGS 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 &	Peanut Butter and/or Sunflower Seed Butter &	<ul> <li>Peanut Butter and/or</li> <li>Sunflower Seed Butter &amp;</li> <li>Jelly Sandwich (VE)</li> <li>Hummus and Pretzels (VE)</li> <li>Cheese Sandwich (V)</li> </ul>	• 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

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,
Peaches, 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.



# SEPTEMBER 2025: High School Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	_		_	5
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Empanada (V)  Salsa (VE)  Zesty Corn (VE)	Apple Glazed Chicken  Butternut Squash Mac & Cheese (V)  Roasted Broccoli (VE)	Garlic Parmesan Chicken Bites Dinner Roll (V) Seasoned Wedge Fries (VE)
Sicilian Slice Pizza (V) Italian Chickpeas (VE)	Chicken Tenders with Dipping Sauce  Honey Herb Knot (V)  Sweet Potato Wedge Fries (VE)	Fish Sticks with Dipping Sauces (V)  Dinner Roll (V)  Crispy Broccoli (V)	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Roasted Zucchini (VE)	Turkey Picadillo  Salsa (VE)  Sweet Roasted Plantains (VE)  Yellow Rice (VE)
15	16	17	18	19
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)
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
Sicilian Slice Pizza (V) Italian Roasted Carrots (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Garlic Parmesan Chicken Bites  Dinner Roll (V)  Seasoned Wedge Fries (VE)	Empanada (V)  Salsa (VE)  Zesty Corn (VE)	Apple Glazed Chicken  Butternut Squash Mac & Cheese (V)  Roasted Broccoli (VE)
29	30			
Sicilian Slice Pizza (V) Italian Chickpeas (VE)	Chicken Tenders with Dipping Sauce  Honey Herb Knot (V)  Sweet Potato Wedge Fries (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
		DAILY OFFERINGS		
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	Tuesday  • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)  • Hummus and Pretzels (VE)  • Hot or Cold Cheese Sandwich (V)	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 & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)

Sandwich (V)

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,
Peaches, 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.



SEPTEM	<b>IBER 2025</b>	Food	Court N	Manu
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Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1				5
<b>Manicotti (V)</b> in Marinara Sauce	North African Lentils (VE)	Baja Fish Burrito	Apple Glazed Chicken	Garlic Parmesan Chicken Bites
14 II D 4 10 4 17 1	Brown Rice (VE)	Salsa (VE)	Butternut Squash Mac & Cheese (V)	Dinner Roll (V)
Italian Roasted Carrots (VE)	Spiced Green Beans (VE)	Zesty Corn (VE)	Roasted Broccoli (VE)	Seasoned Wedge Fries (VE)
Salad Bar Pizza Bar	Salad Bar Leafy Green Bar	Salad Bar Fiesta Bar	<i>Salad Bar</i> Rainbow Bar	Salad Bar Mediterranean Bar
8	9	10	11	12
Empanada (V) Corn, Peas, Carrots (VE)	Brunch For Lunch  Chicken and Waffles  Sweet Potato	Fish Sticks with Dipping Sauces (V)  Garlic Knot (V)  Creamy Arugula Salad (V)	Falafel (VE) With Tzatziki (V) Flat Bread (VE)	Turkey Picadillo  Sweet Roasted Plantains (VE)  Yellow Rice (VE)
<i>Salad Bar</i> Pizza Bar	Wedge Fries (VE)  Salad Bar  Brunch Bar	Salad Bar Leafy Green Bar	Greek Cucumber Salad (V)  Salad Bar  Mediterranean Bar	Salad Bar Fiesta Bar with Black Bean Salad (VE)
15		-	18	19
Veggie Burger (VE) on Whole Wheat Bun (VE) 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)
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Pizza Bar	Zen & Zest Bar	Eastern Harvest Bar	Rainbow Bar	Leafy Green Bar
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
Manicotti (V) in Marinara Sauce Italian Roasted Carrots (VE)	North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE)	Garlic Parmesan Chicken Bites Dinner Roll (V)	Baja Fish Burrito  Salsa (VE)	Apple Glazed Chicken  Butternut Squash Mac & Cheese (V)
		Seasoned Wedge Fries (VE)	Zesty Corn (VE)	Roasted Broccoli (VE)
<i>Salad Bar</i> Pizza Bar	Salad Bar Leafy Green Bar	Salad Bar Mediterranean Bar	Salad Bar Fiesta Bar	<i>Salad Bar</i> Rainbow Bar
Empanada (V) Corn, Peas, Carrots (VE)	Brunch For Lunch  Chicken and Waffles  Sweet Potato Wedge Fries (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD.
Salad Bar	Salad Bar			ALL NEW YORK ITEMS
Pizza Bar	Brunch Bar	DAILY OFFERINGS		ARE HIGHLIGHTED IN GREEN.
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)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Balsamic Chicken Salad Wrap	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Tuna Sandwich	Peanut Butter and/or	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

Seasoned Wedge

Fries (VE)

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

### **ATTENTION:**

Grab and Go Salads

Mozzarella Sticks (V)

• Empanada (V)

Fries (VE)

Seasoned Wedge

Roll

Chicken Tenders & Dinner

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

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

Chicken Bites & Dinner Roll

Pizza (V)

Fries (VE)

Seasoned Wedge

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

Grab and Go Salads

Mozzarella Sticks (V)

• Empanada (V)

Fries (VE)

• Seasoned Wedge

Roll

Chicken Tenders & Dinner

Pizza (V)

Chicken Bites & Dinner Roll • Seasoned Wedge

Fries (VE)

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



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





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

			or enack men	
Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	2	3	First Day of School 4	5
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)
8	9	10	11	12
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)
15	16	17	18	19
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)
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
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)
29	30			
Crispy Tortilla (VE) Salsa (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
			Soconal Froch Fruit	OFNS has an extensive

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

All Fruit
Offerings are 1 cup

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

OFNS has an extensive Prohibitive Ingredients List



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



# SEPTEMBER 2025: After School Infant - Toddler Snack Menu

SEI I EIVIE	SEPTEMBER 2023. After School Illiant - Toudier Shack Menu					
Monday	Tuesday	Wednesday	Thursday	Friday		
Labor Day 1	2	3	First Day of School 4	5		
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)		
8	9	10	11	12		
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)		
15	16	17	18	19		
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)		
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26		
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)		
29	30					
Animal Crackers (V)  Milk (V)	Yogurt Choice (V)  Diced Pears (VE)			WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		
			Seasonal Fresh Fruit	OFNS has an extensive		

<u>Milk</u> Whole Milk (V) Alternative options are available upon request

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

### <u>Seasonal Fresh Fruit</u>

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

# **Other Fruits**

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

**Prohibitive Ingredients List** available at:



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

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





# SEPTEMBER 2025: After School Cold Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	2	3	First Day of School 4	5
Black Bean & Corn Wrap (VE) Seasoned Green Beans (VE)	Chicken Tender Wrap Classic Potato Salad (V)	Balsamic Chicken Salad Wrap Zucchini Tomato Parmesan Salad (V)	Curried Chicken Wrap Kachumber (VE)	Hummus Grab & Go Salad (VE) Ranch Carrot Sticks (V)
8	9	10	11	12
Cheese Plate Grab & Go (V) Crunchy Carrot Sticks (VE)	Asian Sesame Crispy Chicken Grab & Go Salad Broccoli Salad (V)	Chicken Salad Hoagie Seasoned Corn (VE)	Chicken Breaded Bite Grab & Go Salad Savory Green Beans (VE)	BBQ Veggie Nugget Wrap (VE) Classic Coleslaw (V)
15	16	17	18	19
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)
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
Black Bean & Corn Wrap (VE) Seasoned Green Beans (VE)	Chicken Tender Wrap Classic Potato Salad (V)	Balsamic Chicken Salad Wrap Zucchini Tomato Parmesan Salad (V)	Curried Chicken Wrap Kachumber (VE)	Hummus Grab & Go Salad (VE) Ranch Carrot Sticks (V)
29	30			
Cheese Plate Grab & Go (V) Crunchy Carrot Sticks (VE)	Asian Sesame Crispy Chicken Grab & Go Salad Broccoli Salad (V)		• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Cheese Sandwich (V) • Hummus and Pretzel Grab & Go (VE)  Options may vary by location	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
		OFFERED DAILY		

### <u>OFFERED DAILY</u>

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

**Assorted Dressings** 

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

OFNS has an extensive Prohibitive Ingredients List



# SEPTEMBER 2025: After School Hot Supper Menu

Manday	Tuesday	Madagaday	Thursday	Eridov
Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	2	3	•	5
Mozzarella Sticks (V) with Herbed Marinara (VE) Super Hero Spinach (VE) Green Garden Salad (VE)	BBQ Chicken Melt  Classic Potato Salad (V)  Mixed Green Salad (V)	Kidney Bean Rajma (VE) Brown Rice (VE) Garlicky Green Beans (VE)	Hamburgers Whole Wheat Bun Cheeseburgers Whole Wheat Bun Sweet Potato Waffle Fries (VE)	Vegetable Pizza (V) Green Garden Salad (VE)
Fruit Offering Cantaloupe	Fruit Offering Pears	Green Garden Salad (VE)  Fruit Offering Grapefruit	Mixed Green Salad (V)  Fruit Offering Apple Slices	Fruit Offering Red Grapes
8	9	10	11	12
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
15	16	17	18	19
Empanada (V)  Guacamole (VE)  Seasoned Pinto Beans (VE)  Green Garden Salad (VE)  Fruit Offering Oranges  22  Mozzarella Sticks (V) with Herbed Marinara (VE)  Super Hero Spinach (VE)  Green Garden Salad (VE)	Chicken Bites with Dipping Sauce  Seasoned Wedge Fries (VE)  Garlic Knot (V)  Mixed Green Salad (V)  Fruit Offering Green Grapes  Rosh Hashanah 23  BBQ Chicken Melt  Classic Potato Salad (V)  Mixed Green Salad (V)	Pesto Pizza (V)  Italian Roasted Carrots (VE)  Green Garden Salad (VE)  Fruit Offering Pears  Rosh Hashanah 24  Kidney Bean Rajma (VE)  Brown Rice (VE)  Garlicky Green Beans (VE)	Soft Turkey Tacos  Confetti Corn (VE)  Guacamole (VE)  Mixed Green Salad (V)  Fruit Offering Bananas  25  Hamburgers  Whole Wheat Bun Cheeseburgers  Whole Wheat Bun Sweet Potato Waffle Fries (VE)	Stewed Black Beans (VE)  Sweet Plantains (VE)  Brown Rice (VE)  Green Garden Salad (VE)  Fruit Offering Apple Slices  26  Vegetable Pizza (V)  Green Garden Salad (VE)
Fruit Offering Cantaloupe	Fruit Offering Pears	Green Garden Salad (VE)  Fruit Offering  Grapefruit	Mixed Green Salad (V)  Fruit Offering Apple Slices	Fruit Offering Red Grapes
29	30			
Manicotti (V) in Marinara Sauce  Seasoned Peas (VE)  Green Garden Salad (VE)  Fruit Offering Honeydew	Fish Nuggets  Mixed Green Salad (V)  Fruit Offering Bananas	OFFERED DAILY	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hot or Cold Cheese Sandwich (V) • Hummus and Pretzel Grab & Go (VE)  Options may vary by location	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

**OFFERED DAILY** 

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

**Assorted Dressings** 

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

OFNS has an extensive Prohibitive Ingredients List available at:



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# SEPTEMBER 2025: After School Vegetarian Supper Menu

	T			
Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 1	2	3	First Day of School 4	5
Mozzarella Sticks (V) with Herbed Marinara (VE) Super Hero Spinach (VE) Green Garden Salad (VE) Fruit Offering Cantaloupe	Veggie Nuggets (VE) with Dipping Sauce  Classic Potato Salad (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
8	9	10	11	12
Manicotti (V) in Marinara Sauce	Southwest Burrito (V)	Three Bean Chili Cheese Fries (V)	Fiesta Quesadilla (V)	Pepper and Onion Pizza (V)
Seasoned Peas (VE)	Mixed Green Salad (V)	Corn Bread (V)	Chipotle Broccoli (V)	Corn, Peas, Carrots (VE)
Green Garden Salad (VE)	Fruit Offering	Green Garden Salad (VE)	Mixed Green Salad (V)	Green Garden Salad (VE)
Fruit Offering Honeydew	Bananas	Fruit Offering Apples	Fruit Offering Plums	Fruit Offering Strawberries
15	16	17	18	19
Empanada (V)  Guacamole (VE)	Super Hero Spinach Wrap (V)	Pesto Pizza (V)	Homemade Grilled Cheese (V)	Stewed Black Beans (VE)
Seasoned Pinto Beans (VE)	Seasoned Wedge Fries (VE)	Italian Roasted Carrots (VE)	. ,	Sweet Plantains (VE)
Green Garden Salad (VE)	Mixed Green Salad (V)	Green Garden Salad (VE)	Mixed Green Salad (V)	Brown Rice (VE)
Fruit Offering Oranges	Fruit Offering Green Grapes	Fruit Offering Pears	Fruit Offering Bananas	Green Garden Salad (VE)  Fruit Offering Apple Slices
22	Rosh Hashanah 23	Rosh Hashanah 24	25	26
Mozzarella Sticks (V) with Herbed Marinara (VE) Super Hero Spinach (VE)	Veggie Nuggets (VE) with Dipping Sauce Classic Potato Salad (V)	Kidney Bean Rajma (VE) Brown Rice (VE) Garlicky Green Beans (VE)	Veggie Burger (VE) Whole Wheat Bun Veggie Cheeseburgers (V) Whole Wheat Bun	Vegetable Pizza (V) Green Garden Salad (VE)
Green Garden Salad (VE)  Fruit Offering Cantaloupe	Mixed Green Salad (V)  Fruit Offering  Pears	Green Garden Salad (VE)  Fruit Offering Grapefruit	Sweet Potato Waffle Fries (VE)  Mixed Green Salad (V)  Fruit Offering Apple Slices	Fruit Offering Red Grapes
29	30			
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		• 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
		OFFERED DAILY		GREEN.

### **OFFERED DAILY**

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

**Assorted Dressings** 

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

OFNS has an extensive
Prohibitive Ingredients List
available at:







# SEPTEMBER 2025: Saturday Cold Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6	13	20	27	
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,
Peaches, 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.

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





# SEPTEMBER 2025: Saturday Hot Morning Snack Menu

Saturday	Saturday	Saturday	Saturday	Saturday
6	13	20	27	
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
available upon request

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges,
Peaches, 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.

O.F.N.S. TIFOOD A L L L A N E E





# SEPTEMBER 2025: Saturday Cold Lunch Menu

Saturday	Saturday	Saturday	Saturday	Saturday		
6	13	20	27			
Assorted Cold Sandwiches and Wraps Seasoned Corn (VE)	Assorted Cold Sandwiches and Wraps Classic Potato Salad (V)	Assorted Cold Sandwiches and Wraps Ranch Carrot Snackers (V)	Assorted Cold Sandwiches and Wraps Broccoli Salad (V)			
Fresh Fruit (VE)	Fresh Fruit (VE)	Fresh Fruit (VE)	Fresh Fruit (VE)			
Milk (V)	Milk (V)	Milk (V)	Milk (V)			
_	_	_				
	-	-				
				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		

### **OFFERED DAILY**

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

**Assorted Dressings** 

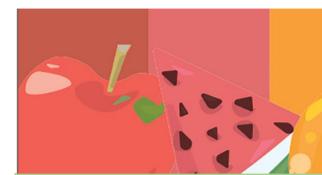
Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges,
Peaches, Pears,
Plums, Strawberry,
Watermelon (VE)

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.

O.F.N.S. TIFOOD ALLIANEE





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

Saturday	Saturday	Saturday	Saturday	Saturday
6	13	20	27	
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.

### **OFFERED DAILY**

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

**Assorted Dressings** 

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges,
Peaches, 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.

O.F.N.S. TIFOOD A L L L A N C E