



## SEPTEMBER 2021: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><b>Lunch Specials Offered Every Day</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Hummus Grab &amp; Go (VE)</li> </ul> <p><b>Only Tuesday, Wednesday and Thursday</b></p> <ul style="list-style-type: none"> <li>• Tuna or Turkey Sandwich</li> </ul> <p><b>Only Monday and Friday</b></p> <ul style="list-style-type: none"> <li>• Chickpea Wrap (V)</li> </ul>	 <p style="text-align: center; font-size: small; color: green; margin-top: 10px;"> <b>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</b> </p>	<p style="text-align: center;"><b>Chicken Parmigiana On a Bun</b></p> <p style="text-align: center;">Roasted Baby Carrots (V)</p> <p style="text-align: center;">Fresh Marinated Green Beans (VE)</p>	<p style="text-align: center;"><b>New York Hamburgers &amp; Cheeseburgers Deluxe</b></p> <p style="text-align: center;">Baked New York French Fries (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;"><b>Macaroni &amp; Cheese (V)</b></p> <p style="text-align: center;">Seasoned Broccoli (V)</p> <p style="text-align: center;">Ranch Carrot Snackers (V)</p>
Labor Day 6	Rosh Hashanah 7	Rosh Hashanah 8	9	10
<p style="text-align: center;"><b>Stuffed Shells (V)</b></p> <p style="text-align: center;">PIZZA (V)</p> <p style="text-align: center;">Marinated Bean Salad (VE)</p>	<p><b>BRUNCH BUFFET</b></p> <p style="text-align: center;">Waffles (V) Chicken Tenders Sweet Potato Home Fries(VE)</p>	<p style="text-align: center;"><b>Southwest Fish Sandwich</b> served with Chipotle Ranch</p> <p style="text-align: center;">Street Style Corn (VE)</p> <p style="text-align: center;">Carrot Snackers (VE)</p>	<p style="text-align: center;"><b>Chicken Dumplings</b></p> <p style="text-align: center;">Rice Medley (VE)</p> <p style="text-align: center;">Fresh Teriyaki Green Beans (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;"><b>Mozzarella Sticks (V)</b> Marinara Dipping Sauce (VE)</p> <p style="text-align: center;">Superhero Spinach (V)</p> <p style="text-align: center;">Baked! Tostitos® Scoops® (VE)</p>
First Day of Classes 13	14	15	Yom Kippur 16	17
<p style="text-align: center;"><b>Manicotti (V)</b></p> <p style="text-align: center;">PIZZA (V)</p> <p style="text-align: center;">Chickpea Salad (V)</p> <p style="text-align: center;">New York Cookie Treat (V)</p>	<p style="text-align: center;"><b>Crispy Chicken Tenders</b> With Dipping Sauce</p> <p style="text-align: center;">Confetti Corn (VE)</p> <p style="text-align: center;">Garlic Toast (V)</p>	<p style="text-align: center;"><b>Teriyaki Chicken With Broccoli</b></p> <p style="text-align: center;">Rice Medley (VE)</p> <p style="text-align: center;">Orange Ginger Carrots (V)</p>	<p style="text-align: center;"><b>Caribbean Style Beef Patty</b></p> <p style="text-align: center;">Seasoned Roasted Potato Wedges (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;"><b>Grilled Cheese Sandwich (V)</b></p> <p style="text-align: center;">Baked Sweet Potato Waffle Fries (VE)</p>
20	21	22	23	24
<p style="text-align: center;"><b>Southwest Burrito (V)</b></p> <p style="text-align: center;">PIZZA (V)</p> <p style="text-align: center;">Three Bean Salad (V)</p>	<p style="text-align: center;"><b>Roasted Chicken Drumsticks</b></p> <p style="text-align: center;">Mashed Potatoes with Gravy (V)</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p>	<p style="text-align: center;"><b>Chicken Parmigiana On a Bun</b></p> <p style="text-align: center;">Roasted Baby Carrots (V)</p> <p style="text-align: center;">Fresh Marinated Green Beans (VE)</p>	<p style="text-align: center;"><b>New York Hamburgers &amp; Cheeseburgers Deluxe</b></p> <p style="text-align: center;">Baked New York French Fries (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;"><b>Macaroni &amp; Cheese (V)</b></p> <p style="text-align: center;">Seasoned Broccoli (V)</p> <p style="text-align: center;">Ranch Carrot Snackers (V)</p>
27	28	29	30	OCTOBER 1
<p style="text-align: center;"><b>Stuffed Shells (V)</b></p> <p style="text-align: center;">PIZZA (V)</p> <p style="text-align: center;">Marinated Bean Salad (VE)</p>	<p><b>BRUNCH BUFFET</b></p> <p style="text-align: center;">Waffles (V) Chicken Tenders Sweet Potato Home Fries(VE)</p>	<p style="text-align: center;"><b>Southwest Fish Sandwich</b> served with Chipotle Ranch</p> <p style="text-align: center;">Street Style Corn (VE)</p> <p style="text-align: center;">Carrot Snackers (VE)</p>	<p style="text-align: center;"><b>Chicken Dumplings</b></p> <p style="text-align: center;">Rice Medley (VE)</p> <p style="text-align: center;">Fresh Teriyaki Green Beans (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p>	<p style="text-align: center;"><b>Mozzarella Sticks (V)</b> Marinara Dipping Sauce (VE)</p> <p style="text-align: center;">Superhero Spinach (V)</p> <p style="text-align: center;">Baked! Tostitos® Scoops® (VE)</p>

### OFFERED DAILY

**Milk\***  
1% Low-fat  
Fat Free  
Fat Free Chocolate

\*Alternative options are available upon request

OFNS Menu Support  
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian  
(VE) Indicates Vegan

Assorted Dressings

### Seasonal Fresh Fruit

Apples, Apple Slices, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon

OFNS has an extensive Prohibitive Ingredients List available at:  
[schools.nyc.gov/nutritioninformation](http://schools.nyc.gov/nutritioninformation)

### ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK