



## OCTOBER 2024: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p><b>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</b></p>	<p>Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p>Street Style Corn (V)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Veggie Nuggets (VE) Dipping Sauce</p> <p>Chicken Dumplings</p> <p>Garlic Teriyaki Green Beans (VE)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Turkey Cheeseburger Whole Wheat Bun</p> <p>Turkey Burger Whole Wheat Bun</p> <p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Herb Roasted Potatoes (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
7	8	9	10	11
<p>Pepper and Onion Pizza (V)</p> <p>French Bread Pizza (V)</p> <p>Seasoned Peas (VE)</p> <p>Mixed Green Salad (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><i>Plastic Free Lunch Day</i></p> <p>Chicken Tenders</p> <p>Corn on the Cob (VE)</p> <p>Dinner Roll (VE)</p> <p><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Mushroom Swiss Veggie Burger (V)* Whole Wheat Bun</p> <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p><i>Salad Bar</i> Fiesta Bar With Diced Tomato (VE)</p>
14	15	16	17	18
<p>Italian Heritage/Indigenous Peoples Day</p>	<p>Teriyaki Veggie Nuggets (VE)</p> <p>Sweet &amp; Sour Chicken Bites</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p>Garlic Knot (V)</p> <p><i>Salad Bar</i> Pizza Bar</p>	<p>Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p>Curry Potato (VE)*</p> <p>Flat Bread (VE)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p>Sweet Potato Quesadilla Rollup (V)*</p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>
21	22	23	24	25
<p>Margherita Pizza (V)</p> <p>Pizza by the Slice (V)</p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p>Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p>Street Style Corn (V)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p>Veggie Nuggets (VE) Dipping Sauce</p> <p>Chicken Dumplings</p> <p>Garlic Teriyaki Green Beans (VE)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Turkey Cheeseburger Whole Wheat Bun</p> <p>Turkey Burger Whole Wheat Bun</p> <p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Herb Roasted Potatoes (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
28	29	30	31	
<p>Pepper and Onion Pizza (V)</p> <p>French Bread Pizza (V)</p> <p>Seasoned Peas (VE)</p> <p>Mixed Green Salad (V)</p> <p><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p>	<p><i>Plastic Free Lunch Day</i></p> <p>Chicken Tenders</p> <p>Corn on the Cob (VE)</p> <p>Dinner Roll (VE)</p> <p><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Mushroom Swiss Veggie Burger (V)* Whole Wheat Bun</p> <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p>Honey Graham Cracker (V)</p> <p><i>Salad Bar</i> Leafy Green Salad Bar</p>	
<p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Southwest Burrito (V)</li> </ul>

<p><b>Milk</b></p> <p>1% Low-fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p><small>Alternative options are available upon request</small></p>	<p><b>ATTENTION:</b></p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p><b>Seasonal Fresh Fruit</b></p> <p>Apples, Apple Slices, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p>
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\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **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.