


OCTOBER 2024: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green; margin: 0;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Honey Graham Biscuits (V)</p> <p>Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Blueberry Granola (V)</p>	<p>Mozzarella Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
7	8	9	10	11
<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>	<p>Cheese Cubes (V)</p> <p>Applesauce (VE)</p>	<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Colby Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Honey Roasted Sunflower Seeds (V)</p> <p>Milk (V)</p>
<p>Italian Heritage/Indigenous Peoples Day 14</p>	15	16	17	18
<p>Honey Graham Crackers (V)</p> <p>Milk (V)</p>	<p>Assorted Granola (V)</p> <p>Milk (V)</p>	<p>Crispy Tortilla (VE)</p> <p>Salsa (VE)</p> <p>Fresh Fruit (VE)</p>	<p>Cheddar Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>
21	22	23	24	25
<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Honey Graham Biscuits (V)</p> <p>Milk (V)</p>	<p>Yogurt Choice (V)</p> <p>Blueberry Granola (V)</p>	<p>Mozzarella Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	<p>Multi-Grain Oats (VE)</p> <p>Milk (V)</p>
28	29	30	31	
<p>Heart Shaped Pretzels (VE)</p> <p>Hummus Cup (VE)</p>	<p>Cheese Cubes (V)</p> <p>Applesauce (VE)</p>	<p>Animal Crackers (V)</p> <p>Milk (V)</p>	<p>Colby Cheese Stick (V)</p> <p>Fresh Fruit (VE)</p>	

<p>Milk</p> <p>1% Low-fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p style="font-size: x-small;">Alternative options are available upon request</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>All Fruit and Vegetable Offerings are 1 cup</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p>	<p style="color: yellow; font-weight: bold;">OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;">  </div>
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• **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.