



MAY 2024: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
 WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) <i>Salad Bar</i> Welcome Back Bar	Chicken Tender Melt <i>Ciabatta Bread</i> Superhero Spinach (VE) <i>Salad Bar</i> Rainbow Bar	Cajun Pinto Beans (VE) with Brown Rice (VE) Southwest Burrito (V) Spiced Sweet Potatoes (VE) <i>Salad Bar</i> Fiesta Bar
6	7	8	9	10
Sicilian Slice Pizza (V) Italian Green Beans (VE) <i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)	Soft Turkey Taco Crispy Chicken Bites Seasoned Peas (VE) Seasoned Wedge Fries (VE) Guacamole (VE) <i>Salad Bar</i> Fiesta Bar	<i>Plastic Free Lunch Day</i> Garlic and Tomato Panini (V) Baby Carrots (VE) Marinara Sauce (VE) <i>Salad Bar</i> Plastic Free Lunch Bar	Caribbean Spiced Jerk Chicken Thighs* Jollof Cauliflower (V)* Sweet Potato Wedge Fries (VE) <i>Dinner Roll (V)</i> <i>Salad Bar</i> Rainbow Bar	White Bean and Pasta Primavera (VE) Three Cheese Grilled Cheese (V) Crispy Broccoli (V) <i>Salad Bar</i> Leafy Green Salad Bar
13	14	15	16	17
Pizza by the Slice (V) Kid Friendly Kale Salad (V) <i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)	Chicken Dumplings Veggie Nuggets (VE) Dipping Sauce Garlic Teriyaki Green Beans (V) Brown Rice (VE) <i>Salad Bar</i> Leafy Green Salad Bar	Manicotti (V) in Marinara Roasted Fresh Tomatoes (VE) <i>Bread Stick (V)</i> <i>Salad Bar</i> Leafy Green Salad Bar	Turkey Burger Turkey Cheeseburger <i>Whole Wheat Bun</i> Fish and Cheese Sandwich <i>Whole Wheat Bun</i> <i>Herb Roasted Potatoes (VE)</i> <i>Salad Bar</i> Classic Toppings	Kidney Bean Rajma (VE) Three Cheese Grilled Cheese (V) Kachumber Salad (VE)* Flatbread (VE) <i>Salad Bar</i> Mediterranean Bar
20	21	22	23	24
French Bread Pizza (V) Garlicky Green Bean (VE) <i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)	Veggie Nugget (VE) Dipping Sauce Caribbean Style Beef Patty Seasoned Wedge Fries (VE) <i>Salad Bar</i> Rainbow Bar	Mozzarella Sticks (V) with marinara sauce (VE) Crispy Broccoli (V) <i>Garlic Knot (V)</i> <i>Salad Bar</i> Pizza Bar	Chicken Tender Melt <i>Ciabatta Bread</i> Superhero Spinach (VE) <i>Salad Bar</i> Rainbow Bar	Cajun Pinto Beans (VE) with Brown Rice (VE) Southwest Burrito (V) Spiced Sweet Potatoes (VE) <i>Salad Bar</i> Fiesta Bar
Memorial Day 27	28	29	30	31
Sicilian Slice Pizza (V) Italian Green Beans (VE) <i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)	Soft Turkey Taco Crispy Chicken Bites Seasoned Peas (VE) Seasoned Wedge Fries (VE) Guacamole (VE) <i>Salad Bar</i> Fiesta Bar	<i>Plastic Free Lunch Day</i> Garlic and Tomato Panini (V) Baby Carrots (VE) Marinara Sauce (VE) <i>Salad Bar</i> Plastic Free Lunch Bar	Roasted Chicken Drumstick* Jollof Cauliflower (V)* Sweet Potato Wedge Fries (VE) <i>Dinner Roll (V)</i> <i>Salad Bar</i> Rainbow Bar	White Bean and Pasta Primavera (VE) Three Cheese Grilled Cheese (V) Crispy Broccoli (V) <i>Salad Bar</i> Leafy Green Salad Bar
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • 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 Cookies

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit
 Apples, Apple Slices, Oranges, Mandarins, Pears, Peaches, Bananas, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



* Recipes created in collaboration with OFNS and Wellness In The Schools

- **Vegan Item (VE):** A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- **Vegetarian Item (V):** A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products