



SEPTEMBER 2024: Pre-K - 8 Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| Labor Day 2 | 3 | 4 | First Day of Classes 5 | 6 |
| <p style="text-align: center;">Sicilian Slice Pizza (V)</p> <p style="text-align: center;">Parmigiana Spinach (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p> | <p style="text-align: center;">Teriyaki Veggie Nuggets (VE)</p> <p style="text-align: center;">Sweet & Sour Chicken Bites</p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p> | <p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini and Tomatoes (VE)</p> <p style="text-align: center;">Garlic Knot (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar</p> | <p style="text-align: center;">Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p style="text-align: center;">Curry Potato (VE)*</p> <p style="text-align: center;">Flat Bread (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p> | <p style="text-align: center;">Sweet Potato Quesadilla Rollup (V)*</p> <p style="text-align: center;">Tomato Vinaigrette Salad (VE)*</p> <p style="text-align: center;">Apple Citrus Pico de Gallo (VE)*</p> <p style="text-align: center;">Veggie Burger (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p> |
| 9 | 10 | 11 | 12 | 13 |
| <p style="text-align: center;">Margherita Pizza (V)</p> <p style="text-align: center;">Pizza by the Slice (V)</p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p> | <p style="text-align: center;">Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p> | <p style="text-align: center;">Veggie Nuggets (VE) Dipping Sauce</p> <p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (VE)</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p> | <p style="text-align: center;">Turkey Cheeseburger Whole Wheat Bun</p> <p style="text-align: center;">Turkey Burger Whole Wheat Bun</p> <p style="text-align: center;">Fish and Cheese Sandwich Whole Wheat Bun</p> <p style="text-align: center;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p> | <p style="text-align: center;">Rustic White Beans (VE)</p> <p style="text-align: center;">Penne Bruschetta (VE)*</p> <p style="text-align: center;">Italian Roasted Carrots (VE)*</p> <p style="text-align: center;">Warm Breadstick (V)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p> |
| 16 | 17 | 18 | 19 | 20 |
| <p style="text-align: center;">Pepper and Onion Pizza (V)</p> <p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Mixed Greens Salad (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p> | <p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p style="text-align: center;">Chicken Tenders</p> <p style="text-align: center;">Corn on the Cob (VE)</p> <p style="text-align: center;">Dinner Roll (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p> | <p style="text-align: center;">Mushroom Swiss Veggie Burger (V)* Whole Wheat Bun</p> <p style="text-align: center;">Mushroom Swiss Beef Burger* Whole Wheat Bun</p> <p style="text-align: center;">Hamburger Whole Wheat Bun</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p> | <p style="text-align: center;">BBQ Chicken Thighs</p> <p style="text-align: center;">Butternut Squash Mac and Cheese (V)*</p> <p style="text-align: center;">Honey Corn Bread (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p> | <p style="text-align: center;">Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar With Diced Tomato (VE)</p> |
| 23 | 24 | 25 | 26 | 27 |
| <p style="text-align: center;">Sicilian Slice Pizza (V)</p> <p style="text-align: center;">Parmigiana Spinach (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p> | <p style="text-align: center;">Teriyaki Veggie Nuggets (VE)</p> <p style="text-align: center;">Sweet & Sour Chicken Bites</p> <p style="text-align: center;">Ginger Carrots (V)</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p> | <p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini and Tomatoes (VE)</p> <p style="text-align: center;">Garlic Knot (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar</p> | <p style="text-align: center;">Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p style="text-align: center;">Curry Potato (VE)*</p> <p style="text-align: center;">Flat Bread (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p> | <p style="text-align: center;">Sweet Potato Quesadilla Rollup (V)*</p> <p style="text-align: center;">Tomato Vinaigrette Salad (VE)*</p> <p style="text-align: center;">Apple Citrus Pico de Gallo (VE)*</p> <p style="text-align: center;">Veggie Burger (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p> |
| 30 | | | | |
| <p style="text-align: center;">Margherita Pizza (V)</p> <p style="text-align: center;">Pizza by the Slice (V)</p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)</p> | | | <p style="text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p> | |
| Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) | Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich | Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich | Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich | Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V) |

| | | | | |
|--|--|---|---|--|
| Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) <small>Alternative options are available upon request</small> | ATTENTION: All Pre-K Students CANNOT be Offered Chocolate Milk | 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

• **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.