



NOVEMBER 2022: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant (V) served with Jelly (VE) Sunflower Seeds (V) Seasonal Fresh Fruit (VE)	Blueberry Muffin (V) New York Yogurt Choice (V) New York Apples Slices (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
7	Election Day 8	9	10	Veterans Day 11
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Honey Corn Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) New York Apples Slices (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
14	15	16	17	18
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Banana Muffin (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Zucchini Carrot Breakfast Bread (V) Fresh Apples (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Apple Cinnamon Breakfast Bread (V) Cheddar Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant (V) served with Jelly (VE) Sunflower Seeds (V) Seasonal Fresh Fruit (VE)	Blueberry Muffin (V) New York Yogurt Choice (V) New York Apples Slices (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
28	29	30		
New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Honey Corn Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

OFFERED DAILY

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

*Alternative options are available upon request

Breakfast After the Bell
Grab and Go

Alternative Breakfast
Grab and Go
(Cereal, Fruit and Milk)

Options may vary by location

Cold Cereal Choices

Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)
Oat Circles (VE)
Cinnamon Flakes (VE)

Seasonal Fresh Fruit

Apples, Apple Slices,
Bananas, Grapefruit,
Oranges, Pears, Grapes,
Plums, Honeydew, and
Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- 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



NOVEMBER 2022: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Crispy Chicken Sandwich Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V) Seasoned Wedge Fries (VE)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Fresh Broccoli and Cauliflower (VE) Garlic Knot (V)	Roasted Chicken Thigh Slow Roasted Baby Carrots (V) Dinner Roll (VE) Apple Bake (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Southwest Burrito (V)
7	Election Day 8	9	10	Veterans Day 11
Pizza Bagel (V) Corn, Peas and Carrots (VE)	Crispy Chicken Tenders With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)	Hamburgers Cheeseburgers Whole Wheat Bun Home Fries (V)	Roasted Chicken Drumsticks Baked Beans (VE) Green Garden Salad (VE) Buttermilk Biscuit (V) New York Apples Slices (VE)	Veggie Nuggets (VE) with Dipping Sauce Confetti Corn (VE) Crispy Tortillas (VE) Served with Salsa (VE)
14	15	16	17	18
Pizza Bagel (V) Crispy Broccoli (V)	Manicotti (V) with Marinara Sauce (VE) Marinated White Beans (VE) New York Cookie Treat (V)	Turkey Burger Whole Wheat Bun Green Garden Salad (VE) Seasoned Wedge Fries (VE)	Chicken Dumplings with Veggie Ginger Soy Rice (VE) Seasoned Fresh Green Beans (V) New York Apples Slices (VE)	Veggie Burger (VE) Veggie Cheeseburger (V) Whole Wheat Bun Roasted Fresh Tomatoes (VE)
21	22	23	Thanksgiving Recess 24	Thanksgiving Recess 25
Pizza Bagel (V) Superhero Spinach (VE)	Crispy Chicken Sandwich Whole Wheat Bun Roasted Chickpeas with Basil Pesto (V) Seasoned Wedge Fries (VE)	Roasted Chicken Thigh Honey Diced Sweet Potato (V) Dinner Roll (VE) New York Cookie Treat (V)	Mozzarella Sticks (V) with marinara sauce (VE) Roasted Fresh Broccoli and Cauliflower (VE) Garlic Knot (V) Fresh Apples (VE)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Southwest Burrito (V)
28	29	30	 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	Friday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

OFFERED DAILY

Milk*
Whole Milk
*Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Grapefruit, Oranges, Pears, Grapes, Plums, Honeydew, and Strawberries

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones
- 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