



## SEPTEMBER 2021: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><b>Lunch Specials Offered Every Day</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Hummus Grab &amp; Go (VE)</li> </ul> <p><b>Only Tuesday, Wednesday and Thursday</b></p> <ul style="list-style-type: none"> <li>• Tuna or Turkey Sandwich</li> </ul> <p><b>Only Monday and Friday</b></p> <ul style="list-style-type: none"> <li>• Southwest Burrito (V)</li> <li>• Chickpea Wrap (VE)</li> </ul>	 <p style="font-size: small; color: green; text-align: center;">EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p style="text-align: center;"><b>Roasted Chicken</b></p> <p>Honey Sweet Potatoes</p> <p>Corn, Peas and Carrots</p> <p style="text-align: center;">Buttermilk Biscuit</p>	<p style="text-align: center;"><b>New York Hamburgers &amp; Cheeseburgers Deluxe</b></p> <p style="text-align: center;">Baked New York French Fries</p> <p style="text-align: center;">Fresh New York Apples</p>	<p style="text-align: center;"><b>Mozzarella Sticks (V)</b> with Marinara Dipping Sauce</p> <p style="text-align: center;">Spinach Dip</p> <p style="text-align: center;">Baked! Tostitos® Scoops®</p>
Labor Day 6	Rosh Hashanah 7	Rosh Hashanah 8	9	10
<p style="text-align: center;"><b>PIZZA (V)</b></p> <p>Roasted Chickpea Salad</p>	<p style="text-align: center;"><b>Taco Tuesday</b></p> <p style="text-align: center;">Beef Tacos with Soft Tortilla and Salsa</p> <p style="text-align: center;">Street Style Corn</p>	<p style="text-align: center;"><b>Crispy Chicken Tenders</b> With Dipping Sauce</p> <p style="text-align: center;">Baked Broccoli</p> <p style="text-align: center;">Garlic Toast</p>	<p style="text-align: center;"><b>Chicken Dumplings</b></p> <p style="text-align: center;">Rice Medley</p> <p style="text-align: center;">Fresh Teriyaki Green Beans</p> <p style="text-align: center;">Fresh New York Apples</p>	<p style="text-align: center;"><b>Grilled Cheese (V)</b></p> <p style="text-align: center;">Roasted Grape Tomatoes</p> <p style="text-align: center;">Crunchy Carrots</p>
First Day of Classes 13	14	15	Yom Kippur 16	17
<p style="text-align: center;"><b>Manicotti (V)</b></p> <p>Chickpea Salad (V)</p> <p style="text-align: center;">Pizza (V)</p> <p>New York Cookie Treat (V)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Broccoli and Cranberry Salad (VE)</p>	<p style="text-align: center;"><b>Crispy Chicken Tenders</b> With Dipping Sauce</p> <p style="text-align: center;">Corn on the Cob (VE)</p> <p style="text-align: center;">Garlic Toast (V)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Carrot and Lemon Salad (VE)</p>	<p style="text-align: center;"><b>Teriyaki Chicken With Broccoli</b></p> <p style="text-align: center;">Rice Medley (VE)</p> <p style="text-align: center;">Orange Ginger Carrots (V)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Asian Slaw (VE)</p>	<p style="text-align: center;"><b>Caribbean Style Beef Patty</b></p> <p style="text-align: center;">Seasoned Roasted Potato Wedges (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Caesar Salad (V)</p>	<p style="text-align: center;"><b>Vegetarian Chili (V)</b> served over Baked Sweet Potato Waffle Fries (VE)</p> <p style="text-align: center;">Seasoned Bread Knot (V)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>
20	21	22	23	24
<p style="text-align: center;"><b>Penne Pasta with Marinara (VE)</b></p> <p style="text-align: center;">Chickpea and Pimento Salad (VE)</p> <p style="text-align: center;">PIZZA (V)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Greek Zucchini Salad (VE)</p>	<p style="text-align: center;"><b>Roasted Chicken Drumsticks</b></p> <p style="text-align: center;">Mashed Potatoes with Gravy (V)</p> <p style="text-align: center;">Fresh Seasoned Green Beans (VE)</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Confetti Corn Salad</p>	<p style="text-align: center;"><b>Chicken Parmigiana Ciabatta Bread</b></p> <p style="text-align: center;">Roasted Baby Carrots (V)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Italian Marinated Cucumber Salad (VE)</p>	<p style="text-align: center;"><b>New York Hamburgers &amp; Cheeseburgers Deluxe</b></p> <p style="text-align: center;">Baked New York French Fries (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Pickles, Lettuce and Tomato (VE)</p>	<p style="text-align: center;"><b>Vegetarian Quesadilla (V)</b> served with Salsa Cup (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Veggie Cup (VE)</p>
27	28	29	30	OCTOBER 1
<p style="text-align: center;"><b>Stuffed Shells (V)</b></p> <p style="text-align: center;">Marinated Bean Salad (V)</p> <p style="text-align: center;">PIZZA (V)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Spinach, Tomato &amp; Roasted Red Pepper Salad (V)</p>	<p style="text-align: center;"><b>BRUNCH BUFFET</b></p> <p style="text-align: center;">Waffles (V) Chicken Tenders Sweet Potato Home Fries (VE)</p> <p style="text-align: center;">Mixed Berry Fruit Cup (VE)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Cinnamon Apple Topping (VE)</p>	<p style="text-align: center;"><b>Southwest Fish Sandwich</b> served with Chipotle Ranch Dressing</p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Black Bean Salsa (VE)</p>	<p style="text-align: center;"><b>Chicken Dumplings</b></p> <p style="text-align: center;">Rice Medley (VE)</p> <p style="text-align: center;">Fresh Teriyaki Green Beans (VE)</p> <p style="text-align: center;">Fresh New York Apples (VE)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> Orange Ginger Kale (VE)</p>	<p style="text-align: center;"><b>Pasta Primavera (V)</b></p> <p style="text-align: center;">Mozzarella Sticks (V) with marinara sauce (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p> <p style="text-align: center; color: pink; font-size: small;"><i>Eat Your Colors</i> White Bean Salad (VE)</p>

<p><b>Milk*</b> 1% Low-fat Fat Free Fat Free Chocolate</p> <p style="font-size: x-small;">*Alternative options are available upon request</p>	<p style="font-size: x-small;">OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p> <p style="font-size: x-small;">(V) Indicates Vegetarian (VE) Indicates Vegan</p>	<p><b>OFFERED DAILY</b></p> <p>Assorted Dressings</p>	<p><b>Seasonal Fresh Fruit</b></p> <p>Apples, Apple Slices, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p> <p style="font-size: x-small; color: yellow;">OFNS has an extensive Prohibitive Ingredients List available at: <a href="http://schools.nyc.gov/nutritioninformation" style="color: yellow;">schools.nyc.gov/nutritioninformation</a></p>
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**ATTENTION:**  
All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones