



## MARCH 2025: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p><b>Red White and Green Panini (V)</b></p> <p>Italian Chickpeas (VE)</p> <p><i>Salad Bar</i> Pizza Bar</p>	<p>Teriyaki Chicken Bites</p> <p>Vegetable Rice (VE)</p> <p>Katsu Broccoli (VE)*</p> <p><i>Salad Bar</i> Leafy Green Bar</p>	<p style="text-align: center;"><i>Brunch For Lunch</i></p> <p><b>Fiesta Egg &amp; Cheese Sandwich (V)</b></p> <p>Salsa (VE)</p> <p>Sweet Potato Waffle Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings Bar</p>	<p><b>Caribbean Spiced Jerk Chicken*</b></p> <p>Dinner Roll (VE)</p> <p>Cinnamon Plantains (VE)*</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p><b>Lentil Bolognese (VE) with Elbow Macaroni (VE)</b></p> <p>Oven Roasted Squash (VE)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
10	11	12	13	14
<p><b>Empanada (V)</b></p> <p>Seasoned Pinto Beans (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p><b>Fish and Cheese Sandwich</b> with Tartar Sauce</p> <p>Lemon Chive Peas (VE)</p> <p><i>Salad Bar</i> Classic Toppings Bar</p>	<p><b>Caribbean Style Beef Patty</b></p> <p>Parmesan Carrot Sticks (V)*</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p><b>Turkey Quesadilla</b></p> <p>Salsa (VE)</p> <p>Sweet and Zesty Garden Greens (V)*</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p><b>Chickpea Shawarma (VE)</b></p> <p>Brown Rice (VE)</p> <p>Roasted Curried Cauliflower (VE)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>
17	18	19	20	21
<p><b>Veggie Nuggets (VE)</b></p> <p>Dinner Roll (V)</p> <p>Black Bean Salad (VE)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>	<p><b>Guisado Chicken*</b></p> <p>Sofrito Rice (VE)*</p> <p>Confetti Corn (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p><b>Fish Sticks</b> with Dipping Sauce</p> <p>Honey Herb Knot (V)</p> <p>Rainbow Spinach (VE)*</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p><b>Lemon Pepper Chicken</b></p> <p>Arugula Pesto Pasta (V)*</p> <p>Italian Roasted Carrots (VE)*</p> <p><i>Salad Bar</i> Leafy Green Bar</p>	<p><b>Falafel (VE) With Tzatziki (V)</b></p> <p>Flat Bread (VE)</p> <p>Greek Zucchini Salad (VE)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
24	25	26	27	28
<p><b>Red White and Green Panini (V)</b></p> <p>Italian Chickpeas (VE)</p> <p><i>Salad Bar</i> Pizza Bar</p>	<p>Teriyaki Chicken Bites</p> <p>Vegetable Rice (VE)</p> <p>Katsu Broccoli (VE)*</p> <p><i>Salad Bar</i> Leafy Green Bar</p>	<p style="text-align: center;"><i>Brunch For Lunch</i></p> <p><b>Fiesta Egg &amp; Cheese Sandwich (V)</b></p> <p>Salsa (VE)</p> <p>Sweet Potato Waffle Fries (VE)</p> <p><i>Salad Bar</i> Classic Toppings Bar</p>	<p><b>Caribbean Spiced Jerk Chicken*</b></p> <p>Dinner Roll (VE)</p> <p>Cinnamon Plantains (VE)*</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p><b>Lentil Bolognese (VE) with Elbow Macaroni (VE)</b></p> <p>Oven Roasted Squash (VE)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
31				
<p><b>Empanada (V)</b></p> <p>Seasoned Pinto Beans (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</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>

### DAILY OFFERINGS

<p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Pizza (V)</li> <li>• Mozzarella Sticks (V)</li> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Grab and Go Salads (V)</li> <li>• Seasoned Wedge Fries (VE)</li> <li>• Egg and Cheese Sandwiches (V)</li> </ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Pizza (V)</li> <li>• Chicken Tenders &amp; Dinner Roll</li> <li>• Mozzarella Sticks (V)</li> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Grab and Go Salads</li> <li>• Seasoned Wedge Fries (VE)</li> <li>• Egg and Cheese Sandwiches (V)</li> </ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Pizza (V)</li> <li>• Chicken Tenders &amp; Dinner Roll</li> <li>• Mozzarella Sticks (V)</li> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Grab and Go Salads</li> <li>• Seasoned Wedge Fries (VE)</li> <li>• Egg and Cheese Sandwiches (V)</li> </ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Pizza (V)</li> <li>• Chicken Tenders &amp; Dinner Roll</li> <li>• Mozzarella Sticks (V)</li> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Grab and Go Salads</li> <li>• Seasoned Wedge Fries (VE)</li> <li>• Egg and Cheese Sandwiches (V)</li> </ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Grab and Go Salads (VE)</li> <li>• Seasoned Wedge Fries (VE)</li> <li>• Southwest Burrito (V)</li> <li>• Rainbow Wrap (VE)</li> </ul>
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**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 Menu Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit  
Apples, Apple Slices, Mandarins, Oranges, Pears, 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.