



OCTOBER 2024: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p>Street Style Corn (V)</p> <p style="color: purple;">Salad Bar Fiesta Bar</p>	<p>Chicken Dumplings</p> <p>Garlic Teriyaki Green Beans (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;">Salad Bar Leafy Green Salad Bar</p>	<p>Turkey Cheeseburger Whole Wheat Bun</p> <p>Turkey Burger Whole Wheat Bun</p> <p style="color: green;">Herb Roasted Potatoes (VE)</p> <p style="color: purple;">Salad Bar Classic Toppings</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p style="color: purple;">Salad Bar Mediterranean Bar</p>
7	8	9	10	11
<p>Garlic and Tomato Panini (V)</p> <p>Seasoned Peas (VE)</p> <p style="color: purple;">Salad Bar Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Chicken Tender Melt on Ciabatta Bread</p> <p>Baby Carrots (VE)</p> <p style="color: purple;">Salad Bar Plastic Free Lunch Bar</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p style="color: green;">Garlic Knot (V)</p> <p style="color: purple;">Salad Bar Classic Toppings</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p style="color: purple;">Salad Bar Leafy Green Salad Bar</p>	<p>Black-Eyed Peas with Tomato and Kale (VE) with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p style="color: purple;">Salad Bar Fiesta Bar With Diced Tomato (VE)</p>
14 <small>Italian Heritage/Indigenous Peoples Day</small>	15	16	17	18
<p>Veggie Burger (VE)</p> <p>Veggie Cheeseburger (V)</p> <p>Parmigiana Spinach (V)</p> <p style="color: purple;">Salad Bar Classic Toppings</p>	<p>Sweet & Sour Popcorn Chicken</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;">Salad Bar Leafy Green Salad Bar</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple;">Salad Bar Classic Toppings</p>	<p>Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p style="color: green;">Curry Potato (VE)*</p> <p>Flat Bread (VE)</p> <p style="color: purple;">Salad Bar Rainbow Bar</p>	<p>Sweet Potato Quesadilla Rollup (V)*</p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p>Guacamole (VE)</p> <p>Veggie Burger (VE) Salad Bar Fiesta Bar</p>
21	22	23	24	25
<p>Fiesta Quesadilla (V)</p> <p>Superhero Spinach (VE)</p> <p style="color: purple;">Salad Bar Fiesta Bar (With Black Bean Salad)</p>	<p>Three Bean Chili Southwest Pasta Bowl (VE) or Turkey Chili Southwest Pasta Bowl*</p> <p>Street Style Corn (V)</p> <p style="color: purple;">Salad Bar Fiesta Bar</p>	<p>Chicken Dumplings</p> <p>Garlic Teriyaki Green Beans (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;">Salad Bar Leafy Green Salad Bar</p>	<p>Turkey Cheeseburger Whole Wheat Bun</p> <p>Turkey Burger Whole Wheat Bun</p> <p style="color: green;">Herb Roasted Potatoes (VE)</p> <p style="color: purple;">Salad Bar Classic Toppings</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p>Warm Breadstick (V)</p> <p>Three Cheese Grilled Cheese (V)</p> <p style="color: purple;">Salad Bar Mediterranean Bar</p>
28	29	30	31	
<p>Garlic and Tomato Panini (V)</p> <p>Seasoned Peas (VE)</p> <p style="color: purple;">Salad Bar Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Chicken Tender Melt on Ciabatta Bread</p> <p>Baby Carrots (VE)</p> <p style="color: purple;">Salad Bar Plastic Free Lunch Bar</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p style="color: green;">Garlic Knot (V)</p> <p style="color: purple;">Salad Bar Classic Toppings</p>	<p>BBQ Chicken Thighs</p> <p>Butternut Squash Mac and Cheese (V)*</p> <p>Honey Corn Bread (V)</p> <p>Crispy Broccoli (V)</p> <p>Honey Graham Cracker (V)</p> <p style="color: purple;">Salad Bar Leafy Green Salad Bar</p>	
<p>Monday</p> <ul style="list-style-type: none"> • Pizza (V) • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (V) • Seasoned Wedge Fries (VE) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Pizza (V) • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Seasoned Wedge Fries (VE) 	<p>Wednesday</p> <ul style="list-style-type: none"> • Pizza (V) • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Seasoned Wedge Fries (VE) 	<p>Thursday</p> <ul style="list-style-type: none"> • Pizza (V) • Chicken Tenders & Dinner Roll • Mozzarella Sticks (V) • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads • Seasoned Wedge Fries (VE) 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Grab and Go Salads (VE) • Seasoned Wedge Fries (VE) • Southwest Burrito (V)

OFFERED DAILY

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are available upon request

OFNS Menu Support
Seasonal Fresh Fruit and
Vegetables
when available

Seasonal Fresh Fruit
Apples, Apple Slices,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Oranges, Pears, Plums,
Bananas, Watermelon, 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.