



## JANUARY 2025: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Winter Recess 1	2	3
<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>		<b>Fish &amp; Cheese Sandwich</b> Whole Wheat Bun  <b>Roasted Broccoli (VE)</b>  <span style="color: purple;">Salad Bar</span> Plastic Free Lunch Day Bar	<b>Chicken Pot Pie with Buttermilk Biscuit</b>  <span style="color: green;">Herb Roasted Potatoes (VE)</span>  <span style="color: purple;">Salad Bar</span> Welcome Back Bar	<b>Falafel (VE)</b> With Tzatziki (V)  <b>Flat Bread (VE)</b>  <b>Savory Green Beans (VE)</b>  <span style="color: purple;">Salad Bar</span> Welcome Back Bar
6	7	8	9	10
<b>Empanada (V)</b>  Roasted Chickpeas (VE)  <span style="color: purple;">Salad Bar</span> Pizza Bar	<b>BBQ Chicken Sliders</b>  Chipotle Broccoli (V)*  <span style="color: purple;">Salad Bar</span> Leafy Green Bar	<b>Veggie Burger (VE)</b> Whole Wheat Bun (VE)  <b>Veggie Cheeseburger (V)</b> Whole Wheat Bun (VE)  <span style="color: green;">Hot Confetti Corn (VE)</span>  <span style="color: purple;">Salad Bar</span> Classic Toppings Bar	<b>Hawaiian Grilled Chicken*</b>  Sesame Noodles (VE)  Ginger Carrots (VE)  <span style="color: purple;">Salad Bar</span> Leafy Green	<b>Egyptian Chickpeas (VE)*</b>  Brown Rice (VE)  Sweet and Tangy Braised Kale (V)*  <span style="color: purple;">Salad Bar</span> Mediterranean Bar
13	14	15	16	17
<b>Red White &amp; Green Panini (V)</b>  Italian Chickpeas (VE)  <span style="color: purple;">Salad Bar</span> Pizza Bar	<b>BBQ Chicken Bites*</b>  <span style="color: green;">Butternut Squash Mac &amp; Cheese (V)*</span>  Crispy Broccoli (V)  <span style="color: purple;">Salad Bar</span> Rainbow Bar	<b>Caribbean Style Beef Patty</b>  Roasted Carrot Coins (VE)  <span style="color: purple;">Salad Bar</span> Leafy Green Bar	<b>Soft Turkey Taco</b>  Guacamole & Salsa (VE)  Cinnamon Plantains (VE)*  <span style="color: purple;">Salad Bar</span> Fiesta Bar	<b>Carolina Pinto Beans (VE)</b>  Southern Seasoned Brown Rice (VE)*  Roasted Cauliflower (VE)  <span style="color: purple;">Salad Bar</span> Leafy Green Bar
Martin Luther King Jr Day 20				
21	22	23	24	25
<b>Veggie Nugget (VE)</b>  Italian Roasted Carrots (V)*  <span style="color: purple;">Salad Bar</span> Pizza Bar	<span style="color: purple;">Brunch For Lunch</span>  <b>Egg &amp; Cheese on a Buttermilk Biscuit (V)</b>  <span style="color: green;">Herb Roasted Potatoes (VE)</span>  <span style="color: purple;">Salad Bar</span> Rainbow Bar	<b>Fish &amp; Cheese Sandwich</b> Whole Wheat Bun  <b>Roasted Broccoli and Cauliflower (VE)</b>  <span style="color: purple;">Salad Bar</span> Classic Toppings Bar	<b>Tomato Glazed Chicken Thigh*</b>  <span style="color: green;">Pasta &amp; Peas (V)*</span>  <b>Gremolata Marinated White Bean (VE)*</b>  <span style="color: purple;">Salad Bar</span> Leafy Green Bar	<b>Falafel (VE)</b> With Tzatziki (V)  <b>Flat Bread (VE)</b>  <b>Green Garden Salad (VE)</b>  <span style="color: purple;">Salad Bar</span> Mediterranean Bar
27	28	29	30	31
<b>Empanada (V)</b>  Roasted Chickpeas (VE)  <span style="color: purple;">Salad Bar</span> Pizza Bar	<b>BBQ Chicken Sliders</b>  Chipotle Broccoli (V)*  <span style="color: purple;">Salad Bar</span> Leafy Green Bar	<b>Veggie Burger (VE)</b> Whole Wheat Bun (VE)  <b>Veggie Cheeseburger (V)</b> Whole Wheat Bun (VE)  <span style="color: green;">Hot Confetti Corn (VE)</span>  <span style="color: purple;">Salad Bar</span> Classic Toppings Bar	<b>Hawaiian Grilled Chicken*</b>  Sesame Noodles (VE)  Ginger Carrots (VE)  <span style="color: purple;">Salad Bar</span> Leafy Green	<b>Egyptian Chickpeas (VE)*</b>  Brown Rice (VE)  Sweet and Tangy Braised Kale (V)*  <span style="color: purple;">Salad Bar</span> Mediterranean Bar

### DAILY OFFERINGS

<b>Monday</b> • 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) • Egg and Cheese Sandwiches (V)	<b>Tuesday</b> • 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) • Egg and Cheese Sandwiches (V)	<b>Wednesday</b> • 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) • Egg and Cheese Sandwiches (V)	<b>Thursday</b> • 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) • Egg and Cheese Sandwiches (V)	<b>Friday</b> • 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) • Rainbow Wrap (VE)
---	---	---	--	---

<p style="text-align: center;"><b>Milk</b></p> <p style="text-align: center;">1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)</p> <p style="font-size: x-small;">Alternative options are available upon request</p>	<p style="text-align: center;"><b>ATTENTION:</b></p> <p style="font-size: x-small;">All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p style="font-size: x-small;">OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="font-size: x-small;">OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;"> <p style="font-size: x-small; color: yellow;"><u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Grapefruit, Mandarins, Oranges, Pears (VE)</p> </div>
--	--	---	--

\* 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.