

Monday	Tuesday	Wednesday	Thursday	Friday
		1	Yom Kippur 2	3
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		Fish Sticks with Dipping Sauces (V) Garlic Knot (V) Creamy Arugula Salad (V) <i>Salad Bar</i> Leafy Green Bar	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Greek Cucumber Salad (V) <i>Salad Bar</i> Mediterranean Bar	Turkey Picadillo Sweet Roasted Plantains (VE) Yellow Rice (VE) <i>Salad Bar</i> Fiesta Bar with Black Bean Salad (VE)
	6	7	8	9
				10
Veggie Burger (VE) on Whole Wheat Bun (VE) Parmigiana Peas (V) <i>Salad Bar</i> Pizza Bar	Honey Garlic Chicken with Broccoli Sesame Noodles (VE) Ginger Carrots (V) <i>Salad Bar</i> Zen & Zest Bar	Chickpea Masala (VE) Spiced Brown Rice (VE) Saag Spinach (VE) <i>Salad Bar</i> Eastern Harvest Bar	Chicken Paprika Roasted Dill Potatoes (VE) Buttermilk Biscuit (V) <i>Salad Bar</i> Rainbow Bar	Caribbean Style Beef Patty Sweet Potato Waffle Fries (VE) <i>Salad Bar</i> Leafy Green Bar
Italian Heritage/Indigenous Peoples' Day 13	14	15	16	17
North African Lentils (VE) Brown Rice (VE) Spiced Green Beans (VE) <i>Salad Bar</i> Leafy Green Bar	Manicotti (V) in Marinara Sauce <i>Italian Roasted Carrots (VE)</i> <i>Salad Bar</i> Pizza Bar	Garlic Parmesan Chicken Bites Dinner Roll (V) Seasoned Wedge Fries (VE) <i>Salad Bar</i> Mediterranean Bar	Baja Fish Burrito Salsa (VE) Zesty Corn (VE) <i>Salad Bar</i> Fiesta Bar	Apple Glazed Chicken Butternut Squash Mac & Cheese (V) Roasted Broccoli (VE) <i>Salad Bar</i> Rainbow Bar
Diwali 20	21	22	23	24
<i>Brunch For Lunch</i> Chicken and Waffles Sweet Potato Wedge Fries (VE) <i>Salad Bar</i> Brunch Bar	Empanada (V) Corn, Peas, Carrots (VE) <i>Salad Bar</i> Pizza Bar	Fish Sticks with Dipping Sauces (V) Garlic Knot (V) Creamy Arugula Salad (V) <i>Salad Bar</i> Leafy Green Bar	Falafel (VE) With Tzatziki (V) Flat Bread (VE) Greek Cucumber Salad (V) <i>Salad Bar</i> Mediterranean Bar	Turkey Picadillo Sweet Roasted Plantains (VE) Yellow Rice (VE) <i>Salad Bar</i> Fiesta Bar with Black Bean Salad (VE)
27	28	29	30	31
Veggie Burger (VE) on Whole Wheat Bun (VE) Parmigiana Peas (V) <i>Salad Bar</i> Pizza Bar	Honey Garlic Chicken with Broccoli Sesame Noodles (VE) Ginger Carrots (V) <i>Salad Bar</i> Zen & Zest Bar	Chickpea Masala (VE) Spiced Brown Rice (VE) Saag Spinach (VE) <i>Salad Bar</i> Eastern Harvest Bar	Caribbean Style Beef Patty Sweet Potato Waffle Fries (VE) <i>Salad Bar</i> Leafy Green Bar	Chicken Paprika Roasted Dill Potatoes (VE) Buttermilk Biscuit (V) Honey Graham Crackers (V) <i>Salad Bar</i> Rainbow Bar

DAILY OFFERINGS

Monday

- Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)
- Hummus and Pretzels (VE)
- Hot or Cold Cheese Sandwich (V)
- Grab and Go Salads (V)
- Pizza (V)
- Seasoned Wedge Fries (VE)

Tuesday

- Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)
- Hummus and Pretzels (VE)
- Hot or Cold Cheese Sandwich (V)
- Balsamic Chicken Salad Wrap
- Grab and Go Salads
- Chicken Tenders & Dinner Roll
- Mozzarella Sticks (V)
- Empanada (V)
- Seasoned Wedge Fries (VE)

Wednesday

- Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)
- Hummus and Pretzels (VE)
- Hot or Cold Cheese Sandwich (V)
- Grab and Go Salads
- Tuna Sandwich
- Pizza (V)
- Chicken Bites & Dinner Roll
- Seasoned Wedge Fries (VE)

Thursday

- Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)
- Hummus and Pretzels (VE)
- Hot or Cold Cheese Sandwich (V)
- Balsamic Chicken Salad Wrap
- Grab and Go Salads
- Chicken Tenders & Dinner Roll
- Mozzarella Sticks (V)
- Empanada (V)
- Seasoned Wedge Fries (VE)

Friday

- Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)
- Hummus and Pretzels (VE)
- Hot or Cold Cheese Sandwich (V)
- Grab and Go Salads
- Tuna Sandwich
- Pizza (V)
- Chicken Bites & Dinner Roll
- Seasoned Wedge Fries (VE)

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 Chicken On The Bone

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberry, Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.

- **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.

O.F.N.S.

Office of Food & Nutrition Services

SEASONAL

FOOD

ALLIANCE

Menu subject to change.
Our menus are pork free.