



## NOVEMBER 2024: Food Court Menu

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
|  |   |   |  | Diwali 1   |
| <p style="font-size: small; color: green; text-align: center;">WE PROUDLY SUPPORT<br/>LOCALLY SOURCED,<br/>GROWN, HARVESTED OR<br/>PRODUCED FOOD.<br/>ALL NEW YORK ITEMS<br/>ARE HIGHLIGHTED IN GREEN.</p> |   |   |  | <p><b>Black-Eyed Peas with Tomato and Kale (VE)</b><br/>with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p><i>Salad Bar</i><br/>Fiesta Bar<br/>With Diced Tomato (VE)</p>                           |
| 4  | Election Day 5  | 6   | 7  | 8  |
| <p>Veggie Burger (VE)</p> <p>Veggie Cheeseburger (V)</p> <p>Parmigiana Spinach (V)</p> <p><i>Salad Bar</i><br/>Classic Toppings</p>  | <p>Sweet &amp; Sour Popcorn Chicken</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i><br/>Leafy Green Salad Bar</p>                          | <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i><br/>Classic Toppings</p>                                 | <p>Chickpea Shawarma (VE)*<br/>or<br/>Chicken Shawarma*</p> <p>Curry Potato (VE)*</p> <p>Flat Bread (VE)</p> <p><i>Salad Bar</i><br/>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)</p> <p><i>Salad Bar</i><br/>Fiesta Bar<br/>With Black Bean Salad (VE)</p> |
| Veterans Day 11  | 12  | 13  | 14   | 15   |
| <p>Fiesta Quesadilla (V)</p> <p>Superhero Spinach (VE)</p> <p><i>Salad Bar</i><br/>Fiesta Bar<br/>(With Black Bean Salad)</p>  | <p>Three Bean Chili Southwest Pasta Bowl (VE)<br/>or<br/>Turkey Chili Southwest Pasta Bowl*</p> <p>Street Style Corn (V)</p> <p><i>Salad Bar</i><br/>Fiesta Bar</p> | <p>Teriyaki Grilled Chicken</p> <p>Garlic Teriyaki Green Beans (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i><br/>Leafy Green Salad Bar</p> | <p>Turkey Cheeseburger<br/>Whole Wheat Bun</p> <p>Turkey Burger<br/>Whole Wheat Bun</p> <p>Herb Roasted Potatoes (VE)</p> <p><i>Salad Bar</i><br/>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><i>Salad Bar</i><br/>Mediterranean Bar</p>                              |
| 18   | 19  | 20  | 21   | 22   |
| <p>Garlic and Tomato Panini (V)</p> <p>Seasoned Peas (VE)</p> <p><i>Salad Bar</i><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>   | <p>Chicken Tender Melt<br/>on Ciabatta Bread</p> <p>Baby Carrots (VE)</p> <p><i>Salad Bar</i><br/>Plastic Free Lunch Bar</p>  | <p>Fish and Cheese Sandwich<br/>Whole Wheat Bun</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p><i>Salad Bar</i><br/>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><i>Salad Bar</i><br/>Leafy Green Salad Bar</p> | <p>Black-Eyed Peas with Tomato and Kale (VE)<br/>with Brown Rice (VE)</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Southwest Burrito (V)</p> <p><i>Salad Bar</i><br/>Fiesta Bar<br/>With Diced Tomato (VE)</p>                                  |
| 25   | 26  | 27  | Thanksgiving Recess 28   | Thanksgiving Recess 29   |
| <p>Veggie Burger (VE)</p> <p>Veggie Cheeseburger (V)</p> <p>Parmigiana Spinach (V)</p> <p><i>Salad Bar</i><br/>Classic Toppings</p>  | <p>Sweet &amp; Sour Popcorn Chicken</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p><i>Salad Bar</i><br/>Leafy Green Salad Bar</p>                          | <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p><i>Salad Bar</i><br/>Classic Toppings</p>                                 | <p>Chickpea Shawarma (VE)*<br/>or<br/>Chicken Shawarma*</p> <p>Curry Potato (VE)*</p> <p>Flat Bread (VE)</p> <p><i>Salad Bar</i><br/>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)</p> <p><i>Salad Bar</i><br/>Fiesta Bar<br/>With Black Bean Salad (VE)</p> |

### DAILY OFFERINGS

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
| <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> </ul> | <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> </ul> | <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> </ul> | <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> </ul> | <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> </ul> |

#### ATTENTION:

|   |   |   |   |
|---|---|---|---|
| <p><b>Milk</b><br/>1% Low-fat (V)<br/>Fat Free (V)<br/>Fat Free Chocolate (V)<br/><small>Alternative options are available upon request</small></p> | <p>All Pre-K Students CANNOT be Offered Chocolate Milk, or Chicken with Bones</p> <p><u>Pre-K Chicken Choices</u><br/>Chicken Tenders<br/>Chicken Bites</p> | <p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p> | <p><u>Seasonal Fresh Fruit</u><br/>Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p> |
|---|---|---|---|

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.