



SEPTEMBER 2024: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
<p>Veggie Burger (VE)</p> <p>Veggie Cheeseburger (V)</p> <p>Parmigiana Spinach (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p>Sweet & Sour Popcorn Chicken</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Mushroom Swiss Veggie Burger (V)*</p> <p>Mushroom Swiss Beef Burger*</p> <p>Hamburger</p> <p>Classic Coleslaw (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p>Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p style="text-align: center;"><i>Curry Potato (VE)*</i></p> <p>Flat Bread (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p>Sweet Potato Quesadilla Rollup (V)*</p> <p>Veggie Burger (VE)</p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar (With Black Bean Salad)</p>
9	10	11	12	13
<p>Fiesta Quesadilla (V)</p> <p>Superhero Spinach (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> 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="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>	<p>Chicken Dumplings</p> <p>Garlic Teriyaki Green Beans (V)</p> <p>Brown Rice (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Turkey Cheeseburger Whole Wheat Bun</p> <p>Turkey Burger Whole Wheat Bun</p> <p style="text-align: center;"><i>Herb Roasted Potatoes (VE)</i></p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p>Rustic White Beans (VE)</p> <p>Penne Bruschetta (VE)*</p> <p>Italian Roasted Carrots (VE)*</p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>
16	17	18	19	20
<p>Garlic and Tomato Panini (V)</p> <p>Mixed Greens Salad (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Chicken Tender Melt on Ciabatta Bread</p> <p>Baby Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Roasted Zucchini and Tomatoes (VE)</p> <p style="text-align: center;"><i>Garlic Knot (V)</i></p> <p style="text-align: center;"><i>Salad Bar</i> 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="text-align: center;"><i>Salad Bar</i> 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 style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>
23	24	25	26	27
<p>Veggie Burger (VE)</p> <p>Veggie Cheeseburger (V)</p> <p>Parmigiana Spinach (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p>Sweet & Sour Popcorn Chicken</p> <p>Ginger Carrots (V)</p> <p>Brown Rice (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p>Chickpea Shawarma (VE)* or Chicken Shawarma*</p> <p style="text-align: center;"><i>Curry Potato (VE)*</i></p> <p>Flat Bread (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p>Sweet Potato Quesadilla Rollup (V)*</p> <p>Veggie Burger (VE)</p> <p>Tomato Vinaigrette Salad (VE)*</p> <p>Apple Citrus Pico de Gallo (VE)*</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar (With Black Bean Salad)</p>
30				
<p>Fiesta Quesadilla (V)</p> <p>Superhero Spinach (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar (With Black Bean Salad)</p>			<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	
<p><u>Monday</u></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><u>Tuesday</u></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><u>Wednesday</u></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><u>Thursday</u></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><u>Friday</u></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)

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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