

APRIL 2022: Pre-K - 8 Express Hot Lunch Menu

APRIL 2022. Pre-R - 6 Express not Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
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Lunch Specials Offered Every Day Peanut Butter & Jelly* (VE) Hummus and Pretzels Grab & Go (VE) Hot or Cold Cheese Sandwich (V) (Not on Friday) Tuesday, Wednesday and Thursday Tuna or Turkey Sandwich Monday and Friday Assorted Vegan Wraps (VE) Options may vary by location			WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHED IN GREEN	Big City Bean Tacos (VE) Served with Soft Tortilla (VE) and Salsa (VE) Superhero Spinach (VE)
4	5	6	7	8
Pizza Bagel (V) Chef Choice Bean Salad (V) Ranch Carrot Snackers (V)	Turkey Burger or Southwest Fish Sandwich Baked French Fries (VE)	Crispy Chicken Tenders With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V)	Manicotti (V) with marinara sauce (VE) Superhero Spinach (VE) Warm Breadstick (VE) New York Apples Slices (VE) New York Cookie Treat (V)	Mediterranean Chickpeas (VE) Served With Rice or Pasta (VE) Roasted Cauliflower and Broccoli (VE)
11	12	13	14	Spring Recess 15
Mozzarella Sticks (V) with marinara sauce (VE) Chef Choice Bean Salad (V)	Chicken and Broccoli Vegetable Rice (VE) Roasted Baby Carrots (V)	Roasted Chicken Corn, Peas and Carrots (VE) Buttermilk Biscuit (V)	Hamburgers & Cheeseburgers Deluxe Baked French Fries (VE) New York Apples Slices (VE)	Black Bean and Plantain Power Bowl (VE) Green Garden Salad (VE)
Spring Recess 18	Spring Recess 19	Spring Recess 20	Spring Recess 21	Spring Recess 22
Pizza Bagel (V) Chef Choice Bean Salad (V) Ranch Carrot Snackers (V)	BBQ Chicken Sandwich or Southwest Fish Sandwich Baked French Fries (VE)	Crispy Chicken Tenders With Dipping Sauce Superhero Spinach (VE) Sweet Potato Waffle Fries (VE) Dinner Roll (V)	Chicken Fajitas Served with Soft Tortilla Salsa (VE) Street Style Corn (VE) New York Apples Slices (VE)	Zesty Chickpea Stew (VE) Vegetable Rice (VE) Curried Cauliflower (VE)
25	26	27	28	29
Mozzarella Sticks (V) with marinara sauce (VE) Chef Choice Bean Salad (V)	Crispy Chicken Sandwich Baked French Fries (VE) Corn, Peas and Carrots (VE)	Macaroni and Cheese (V) Seasoned Broccoli (V) Garlic Knot (V)	Roasted Chicken Honey Diced Sweet Potato (V) Buttermilk Biscuit (V) New York Apples Slices (VE)	Big City Bean Tacos (VE) Served with Soft Tortilla (VE) and Salsa (VE) Superhero Spinach (VE)
		OFFERED DAILY		OFNS has an extensive

Milk* 1% Low-fat Fat Free **Fat Free Chocolate**

*Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, and Mandarins

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones
- Vegan Item (VE): A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
 - Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



