



MAY 2023: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Sicilian Slice Pizza (V)</p> <p>Marinated White Beans (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Italian Classico Salad (VE)</p>	<p>Teriyaki Veggie Nuggets (VE)</p> <p>Chicken Dumplings</p> <p>Veggie Ginger Soy Rice (VE)</p> <p>Garlicy Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Asian Red Cabbage Slaw (V)</p>	<p>Caribbean Style Beef Patty</p> <p>Turkey Burger Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p>	<p>Roasted Chicken Thigh</p> <p>Grab and Go Salad</p> <p>Crispy Broccoli (V)</p> <p>Buttermilk Biscuit (V)</p> <p>Fresh Apples (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Black Bean & Corn Salad (VE)</p>	<p>Three Bean Chili (VE) served with Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Roasted Fresh Tomatoes (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Spinach, Tomato, Red Pepper Salad (V)</p>
8	9	10	11	12
<p>Cheesy Garlic Pizza (V)</p> <p>Garlic Knot (V)</p> <p>Garlicy Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Chef Choice Bean Salad (V)</p>	<p>Chicken Fajitas</p> <p>Street Style Corn (V)</p> <p>Cilantro Black Bean Salad (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Kid Friendly Kale (V)</p>	<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Fresh Broccoli Florets (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Veggie Dippers (VE)</p>	<p>Roasted Chicken Drumsticks</p> <p>Grab and Go Salad</p> <p>Crisp Sweet Potato Waffle Fries (VE)</p> <p>Soft Dinner Roll (V)</p> <p>Fresh Apples (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Strawberry Cucumber Salad (V)</p>	<p>Sweet Potato Gumbo (VE) served with Rice (VE)</p> <p>Oven Roasted Squash (VE)</p> <p>Homemade Grilled Cheese (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Broccoli Salad (V)</p>
15	16	17	18	19
<p>Classic Pizza Slice (V)</p> <p>Parmigiana Spinach (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Kale Caesar Salad (V)</p>	<p>Crispy Chicken Tenders With Dipping Sauce</p> <p>Seasoned Wedge Fries (VE)</p> <p>Garlic Knot (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Carrot Raisin Salad (V)</p>	<p>Turkey Quesadilla</p> <p>Sweet Roasted Plantains (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Confetti Corn Salad (VE)</p>	<p>Country Chicken with Gravy on Kaiser Roll</p> <p>Grab & Go Salad</p> <p>Corn, Peas, Carrots (VE)</p> <p>New York Apples Slices (VE)</p> <p>New York Cookie Treat (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Lemon Arugula Salad (V)</p>	<p>BBQ Veggie Burger (VE) Whole Wheat Bun</p> <p>3 Cheese Grilled Cheese (V)</p> <p>Baked Beans (VE)</p> <p>Glazed Carrots (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Cilantro Healthy Coleslaw (V)</p>
22	23	24	25	26
<p>Sicilian Slice Pizza (V)</p> <p>Marinated White Beans (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Italian Classico Salad (VE)</p>	<p>Teriyaki Veggie Nuggets (VE)</p> <p>Chicken Dumplings</p> <p>Veggie Ginger Soy Rice (VE)</p> <p>Garlicy Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Asian Red Cabbage Slaw (V)</p>	<p>Caribbean Style Beef Patty</p> <p>Turkey Burger Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)</p>	<p>Roasted Chicken Thigh</p> <p>Grab and Go Salad</p> <p>Crispy Broccoli (V)</p> <p>Buttermilk Biscuit (V)</p> <p>Fresh Apples (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Black Bean & Corn Salad (VE)</p>	<p>Three Bean Chili (VE) served with Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Roasted Fresh Tomatoes (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Spinach, Tomato, Red Pepper Salad (V)</p>
Memorial Day 29	30	31		
<p>Cheesy Garlic Pizza (V)</p> <p>Garlic Knot (V)</p> <p>Garlicy Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Chef Choice Bean Salad (V)</p>	<p>Chicken Fajitas</p> <p>Street Style Corn (V)</p> <p>Cilantro Black Bean Salad (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Kid Friendly Kale (V)</p>	<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Fresh Broccoli Florets (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Veggie Dippers (VE)</p>	<div style="text-align: center;">  <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p> </div>	
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Friday</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

<p style="text-align: center;">Milk*</p> <p>1% Low-fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p style="font-size: small;">*Alternative options are available upon request</p>	<p style="text-align: center;">OFFERED DAILY</p> <p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p> <p style="text-align: center;">Assorted Dressings</p>	<p style="text-align: center;">Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and Pears (VE)</p> <div style="text-align: right;"> <p style="font-size: x-small;">OFNS has an extensive Prohibitive Ingredients List available at:</p>  </div>
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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