


## SEPTEMBER 2022: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p style="text-align: center;"><i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE) French Toast (VE)</p>	 <p style="text-align: center;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>		<p style="text-align: center;"><b>Buttermilk Pancakes (V)</b>  Turkey Sausage  New York Apples Slices (VE)</p>	<p style="text-align: center;"><b>Assorted Fresh and Bagels (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)  Seasonal Fresh Fruit (VE)</p>
<b>Labor Day</b> 5	6	7	<b>First Day Of Classes</b> 8	9
<p style="text-align: center;"><b>Sweet Potato Oatmeal Muffin (V)</b>  New York Yogurt Choice (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;"><b>Cinnamon Burst Pancakes (V)</b>  Seasonal Fresh Berries (VE)</p>	<p style="text-align: center;"><b>Honey Corn Breakfast Muffin Bread (V)</b>  Colby Cheese Stick (V)  Fresh Honeydew (VE)</p>	<p style="text-align: center;"><b>Turkey Sausage on English Muffin</b>  Hot Oatmeal (V)  New York Apples Slices (VE)</p>	<p style="text-align: center;"><b>Assorted Fresh Bagels (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)  Fresh Bananas (VE)</p>
12	13	14	15	16
<p style="text-align: center;">Zucchini Carrot Loaf (V)  New York Yogurt Choice (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;"><b>Mini Blueberry Waffles (V)</b>  Fresh Peaches (VE)</p>	<p style="text-align: center;">Banana Muffin (V)  Mozzarella Cheese Stick (V)  Watermelon (VE)</p>	<p style="text-align: center;"><b>Buttermilk Pancakes (V)</b>  Turkey Sausage  Fresh Apples (VE)</p>	<p style="text-align: center;"><b>Assorted Fresh Bagels (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)  Fresh Nectarines (VE)</p>
19	20	21	22	23
<p style="text-align: center;"><b>Assorted Fresh Bagel Sticks (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)  New York Yogurt Choice (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;"><b>Tasty Waffles (V)</b>  Fresh Oranges (VE)</p>	<p style="text-align: center;">Apple Cinnamon Breakfast Muffin Bread (V)  Cheddar Cheese Stick (V)  Fresh Cantaloupes (VE)</p>	<p style="text-align: center;"><b>Turkey Sausage on Croissant</b>  Hot Oatmeal (V)  Fresh Apples (VE)</p>	<p style="text-align: center;"><b>Assorted Fresh Bagels (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)  Fresh Plums (VE)</p>
<b>Rosh Hashanah</b> 26	<b>Rosh Hashanah</b> 27	28	29	30
<p style="text-align: center;"><b>Sweet Potato Oatmeal Muffin (V)</b>  New York Yogurt Choice (V)  Hot Oatmeal (V)  Seasonal Fresh Fruit (VE)</p>	<p style="text-align: center;"><b>Cinnamon Burst Pancakes (V)</b>  Seasonal Fresh Berries (VE)</p>	<p style="text-align: center;">Honey Corn Breakfast Muffin Bread (V)  Colby Cheese Stick (V)  Fresh Honeydew (VE)</p>	<p style="text-align: center;"><b>Turkey Sausage on English Muffin</b>  Hot Oatmeal (V)  New York Apples Slices (VE)</p>	<p style="text-align: center;"><b>Assorted Fresh Bagels (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)  Fresh Bananas (VE)</p>

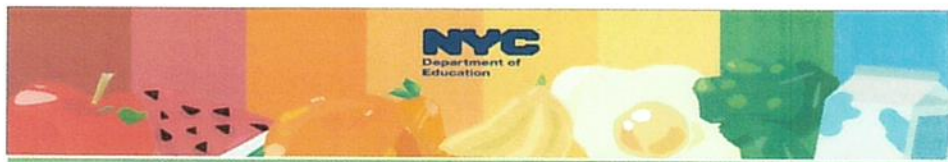
<p style="text-align: center;"><b>Milk*</b> 1% Low-fat Fat Free Fat Free Chocolate</p> <p style="font-size: small;">*Alternative options are available upon request</p>	<p style="text-align: center;"><b>OFFERED DAILY</b></p> <p style="font-size: small;">Options may vary by location</p> <p style="text-align: center;"><b>Cold Cereal Choices</b> Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)</p>	<p style="text-align: center;"><b>Seasonal Fresh Fruit</b></p> <p style="font-size: small;">Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p>	<p style="font-size: small;">OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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**ATTENTION:**

\* All Pre-K Students CANNOT be Offered CHOCOLATE MILK

\* 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



**SEPTEMBER 2022: Pre-K - 8 Express Hot Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
1 2				
 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				
Labor Day 5 6 7 First Day Of Classes 8 9				
<b>Pizza Bagel (V)</b>  Italian Green Beans (VE)	<b>Crispy Chicken Tenders</b> With Dipping Sauce  Sweet Potato Waffle Fries (VE)  Garlic Knot (V)	<b>Roasted Chicken Drumsticks</b>  Baked Beans (VE) Green Garden Salad (VE)  Buttermilk Biscuit (V)	<b>Hamburgers Cheeseburgers</b> Whole Wheat Bun  Seasoned Wedge Fries (VE)  New York Apples Slices (VE)  New York Cookie Treat (V)	<b>Black Bean and Plantain Power Bowl (VE)</b> with Vegetable Rice (VE) and Pico de Gallo (VE)  Green Garden Salad (VE)  Frozen Fruit Cup (VE)  Southwest Burrito (V)
12 13 14 15 16				
<b>Pizza Bagel (V)</b>  Crispy Broccoli (V)	<b>Turkey Burger</b> Whole Wheat Bun  Green Garden Salad (VE)  Seasoned Wedge Fries (VE)	<b>Manicotti (V)</b> with Marinara Sauce (VE)  Marinated White Beans (VE)	Chicken Dumplings with Veggie Ginger Soy Rice (VE)  Seasoned Fresh Green Beans (V)  New York Apples Slices (VE)	<b>Veggie Burger (VE)</b> Whole Wheat Bun  <b>Veggie Cheeseburger (V)</b>  Roasted Fresh Tomatoes (VE)
19 20 21 22 23				
<b>Pizza Bagel (V)</b>  Superhero Spinach (VE)	<b>Crispy Chicken Sandwich</b> Whole Wheat Bun  Roasted Chickpeas with Basil Pesto (V)  Seasoned Wedge Fries (VE)	<b>Mozzarella Sticks (V)</b> with marinara sauce (VE)  Roasted Fresh Broccoli and Cauliflower (VE)  Garlic Knot (V)	<b>Roasted Chicken Thigh</b>  Slow Roasted Baby Carrots (V)  Dinner Roll (VE)  Apple Bake (VE)	<b>Black Bean and Plantain Power Bowl (VE)</b> with Vegetable Rice (VE) and Pico de Gallo (VE)  Green Garden Salad (VE)  Southwest Burrito (V)
Rosh Hashanah 26 Rosh Hashanah 27 28 29 30				
<b>Pizza Bagel (V)</b>  Italian Green Beans (VE)	<b>Crispy Chicken Tenders</b> With Dipping Sauce  Sweet Potato Waffle Fries (VE)  Garlic Knot (V)	<b>Roasted Chicken Drumsticks</b>  Baked Beans (VE) Green Garden Salad (VE)  Buttermilk Biscuit (V)	<b>Hamburgers Cheeseburgers</b> Whole Wheat Bun  Seasoned Wedge Fries (VE)  New York Apples Slices (VE)	<b>Veggie Nuggets (VE)</b> with Dipping Sauce  Confetti Corn (VE)  Crispy Tortillas (VE) Served with Salsa (VE)
<b>Monday</b> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	<b>Tuesday</b> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	<b>Wednesday</b> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	<b>Thursday</b> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Chickpea Wrap (V)	<b>Friday</b> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

**OFFERED DAILY**

<p><b>Milk*</b> Whole Milk <small>*Alternative options are available upon request</small></p>	<p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Assorted Dressings</p>	<p><b>Seasonal Fresh Fruit</b> Apple Slices, Bananas, Blueberries, Sliced Oranges, Cantaloupe Wedge, and Honeydew Wedge</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at </p>
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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