

NOVEMBER 2026: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	Election Day 3	4	5	6
Sicilian Slice Pizza (V) Parmigiana Peas (V) Italian Chickpeas (VE)	**Sunburst Chicken** Naan (VE) Roasted Carrot Coins (VE)	**Homestyle Mashed Potato Bowl with Crispy Chicken Bites** Confetti Corn (VE) Gravy (V) Buttermilk Biscuit (V)	**Lentil Bolognese (VE)** with Pasta Marinara (VE) Cauli-Crunchers (V)	**Apple Glazed Chicken** Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V)
9	10	Veterans Day 11	12	13
Sicilian Slice Pizza (V) Creamed Spinach (V) Roasted Chickpeas (VE)	**Chicken Tenders** with Dipping Sauce Garlic Knot (V) Parmesan Carrot Sticks (V)	**Black Bean Burger (VE)** Seasoned Wedge Fries (VE)	**Sweet Ginger Chicken** Garlic Noodles (VE) Steamed Garden Medley (V)	**Empanada (V)** Salsa (VE) Sweet Plantains (VE)
16	17	18	19	20
Sicilian Slice Pizza (V) Green Beans and Mushrooms (VE) Italian Chickpeas (VE)	**Honey Mustard Crispy Chicken Sandwich** on a Pretzel Bun Roasted Dill Potatoes (VE)	**BBQ Tofu (VE)** Macaroni & Cheese (V) Honey Corn Bread (V) Ranchy Broccoli (VE)	**Arroz Con Pollo** Spanish Rice and Roasted Chicken Salsa (VE) Stewed Black Beans (VE)	**Cowboy Cheeseburger** Sweet Potato Waffle Fries (VE)
23	24	25	Thanksgiving Recess 26	Thanksgiving Recess 27
Sicilian Slice Pizza (V) Parmigiana Peas (V) Herbalicious Corn (VE)	**Crispy Chicken Bites** with Dipping Sauces Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V)	**Apple Glazed Chicken** Mashed Potatoes (V) with Gravy (V) Glazed Carrots (VE) Buttermilk Biscuit (V) Animal Crackers (VE)	**Lentil Bolognese (VE)** with Pasta Marinara (VE) Cauli-Crunchers (V)	**Sunburst Chicken** Naan (VE) Roasted Carrot Coins (VE)
30				
Sicilian Slice Pizza (V) Creamed Spinach (V) Roasted Chickpeas (VE)				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD FROM NEW YORK.

DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)

On designated Plant-Powered Menu days; meat-based products will not be offered.

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 or Chicken On The Bone

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Clementines, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, Strawberries, Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.

- **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.

O.F.N.S. Office of Food & Nutrition Services | Urban School Food Alliance

Menu subject to change.
Our menus are pork free.