



## JANUARY 2024: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<b>Cinnamon Burst Pancakes (V)</b>  Seasonal Fresh Fruit (VE)	Honey Scooters (V)  Blueberry Granola (V)  Raisins (VE)	<b>Apple Cinnamon Breakfast Bread (V)</b>  Colby Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Frosted Mini Wheats  Honey Graham Cracker (V)  Strawberry Banana Applesauce (VE)	<b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) & Jelly (VE)  Seasonal Fresh Fruit (VE)
8	9	10	11	12
Scooters (V)  Blueberry Granola (V)  Strawberry Banana Apple Sauce (VE)	<b>Blueberry Muffin (V)</b>  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	<b>Zucchini Carrot Breakfast Bread (V)</b>  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	<b>Sweet Potato Oatmeal Muffin (V)</b>  Seasonal Fresh Fruit (VE)	<b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) & Jelly (VE)  Seasonal Fresh Fruit (VE)
Martin Luther King Day 15	16	17	18	19
<b>Blueberry Muffin (V)</b>  Mozzarella Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Honey Cheerios (V)  Honey Graham Cracker (V) or Animal Crackers (V)  Applesauce (VE)	Yogurt Choice (V)  Assorted Granola (V)  Raisins (VE)  Seasonal Fresh Fruit (VE)	<b>Zucchini Carrot Breakfast Bread (V)</b>  Seasonal Fresh Fruit (VE)	<b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) & Jelly (VE)  Seasonal Fresh Fruit (VE)
22	23	24	25	26
Honey Scooters (V)  Blueberry Granola (V)  Raisins (VE)	Cinnamon Burst Pancakes (V)  Seasonal Fresh Fruit (VE)	<b>Apple Cinnamon Breakfast Bread (V)</b>  Colby Cheese Stick (V)  Seasonal Fresh Fruit (VE)	Frosted Mini Wheats  Honey Graham Cracker (V)  Strawberry Banana Applesauce (VE)	<b>Whole Grain NY Bagel (VE)</b> served with Cream Cheese (V) & Jelly (VE)  Seasonal Fresh Fruit (VE)
29	30	31		
Scooters (V)  Blueberry Granola (V)  Strawberry Banana Apple Sauce (VE)	<b>Blueberry Muffin (V)</b>  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	<b>Zucchini Carrot Breakfast Bread (V)</b>  Cheddar Cheese Stick (V)  Seasonal Fresh Fruit (VE)	  WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	

**Milk**  
1% Low-fat (V)  
Fat Free (V)  
Fat Free Chocolate (V)  
Alternative options are available upon request

**Breakfast After the Bell Grab and Go**  
  
**Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)**

**OFFERED DAILY**  
  
 Options may vary by location  
  
**Cold Cereal Choices**  
 Shredded Wheat  
 Multi-Grain Oats (VE)  
 Toasted Oats (VE)  
 Oat Circles (VE)  
 Cinnamon Flakes (VE)

**Seasonal Fresh Fruit**  
 Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)

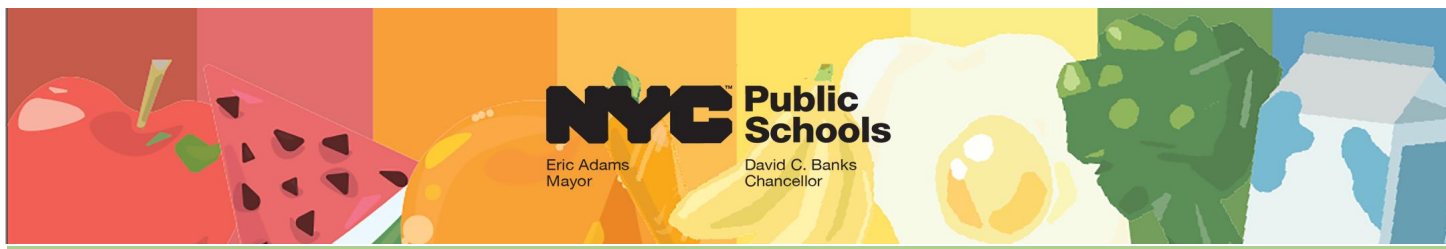
**Condiments**  
 Syrup (VE)

**OFNS has an extensive Prohibitive Ingredients List available at:**



**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



## JANUARY 2024: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	4	5
<b>Big City Bean Taco (VE)</b>  Street Style Corn (V)  Black Bean Salad (VE)	<b>Sicilian Slice Pizza (V)</b>  Italian Green Bean (VE)	<b>Mozzarella Sticks (V)</b> with marinara sauce (VE)  Roasted Zucchini (VE)  New York Cookie Treat (V)	<b>Moroccan Roasted Chicken Drumsticks</b>  Sweet Potato Wedge Fries (VE)  Dinner Roll (V)	<b>White Bean and Pasta Primavera (VE)</b>  Three Cheese Grilled Cheese (V)  Crispy Broccoli (V)
8	9	10	11	12
<b>Sicilian Slice Pizza (V)</b>  Superhero Spinach (VE)  Hot Bean Salad (VE)	<b>Guisado Kidney Beans (VE)*</b>  Sofrito Rice (VE)*  Roasted Cauliflower (VE)  Served with Salsa (VE)	<b>Caribbean Style Beef Patty</b>  Sweet Potato Waffle Fries (VE)	<b>Caribbean Spiced Jerk Chicken Thighs*</b>  Seasoned Wedge Fries (VE)  Buttermilk Biscuit (V)	<b>Zesty Chickpea Stew (VE)</b>  Southwest Burrito (V)  Kachumbar Salad (VE)*  Flatbread (VE)
15	16	17	18	19
<b>Martin Luther King Day</b>  <b>Hamburgers</b> <b>Cheeseburgers</b> Whole Wheat Bun  Seasoned Wedge Fries (VE)  Parmigiana Spinach (V)	<b>Sicilian Slice Pizza (V)</b>  Italian Chickpeas (VE)	<b>Soft Turkey Taco</b>  Street Style Corn (V)	<b>Crispy Chicken Bites</b>  Roasted Zucchini (V)  Garlic Knot (V)  Crispy Tortillas (VE) Served with Salsa (VE)	<b>Tropical Bean Bowl (VE)</b> with Cilantro Rice  <b>Veggie Nuggets (VE)</b> Dipping Sauce  Spiced Sweet Potatoes (VE)  Heart Shaped Pretzels (VE)
22	23	24	25	26
<b>Sicilian Slice Pizza (V)</b>  Seasoned Chickpeas (VE)  Italian Green Bean (VE)	<b>Chicken Pot Pie</b>  Buttermilk Biscuit (V)  Herb Roasted Potatoes (VE)	<b>Mozzarella Sticks (V)</b> with marinara sauce (VE)  Roasted Zucchini (VE)  New York Cookie Treat (V)	<b>Moroccan Roasted Chicken Drumsticks</b>  Sweet Potato Wedge Fries (VE)  Dinner Roll (V)	<b>White Bean and Pasta Primavera (VE)</b>  Three Cheese Grilled Cheese (V)  Crispy Broccoli (V)
29	30	31		
<b>Sicilian Slice Pizza (V)</b>  Superhero Spinach (VE)  Hot Bean Salad (VE)	<b>Guisado Kidney Beans (VE)*</b>  Sofrito Rice (VE)*  Roasted Cauliflower (VE)  Served with Salsa (VE)	<b>Caribbean Style Beef Patty</b>  Sweet Potato Waffle Fries (VE)	  WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	
<b>Monday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	<b>Tuesday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<b>Wednesday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<b>Thursday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<b>Friday</b> • Peanut Butter and/or Sunflower Seed 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;"><b>Milk</b></p> <p style="text-align: center;">1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) <small>Alternative options are available upon request</small></p>	<p style="text-align: center;"><b>ATTENTION:</b></p> <p style="text-align: center; font-size: small;">All Pre-K Students CANNOT be Offered Chocolate Milk, Cookies or Chicken with Bones</p> <p style="text-align: center; font-size: small;"><b>Pre-K Chicken Choices</b> Chicken Tenders Chicken Patty Chicken Bites</p>	<p style="text-align: center; font-size: small;">OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="text-align: center; font-size: small;"><b>Seasonal Fresh Fruit</b> Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, Strawberries, and Watermelon (VE)</p> <p style="text-align: center; font-size: small;">OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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\* Recipes created in collaboration with OFNS and the Chef Council

- **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