

## APRIL 2024: Pre-K - 8 Breakfast Menu

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| Easter Weekend 1   | 2  | 3   | 4  | 5  |
| <b>Honey Corn Breakfast Bread (V)</b><br><br><b>Cheese Stick Choice (V)</b><br><br>Seasonal Fresh Fruit (VE) | French Toast Sticks (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)    | <b>Zucchini Carrot Breakfast Bread (V)</b><br><br>Seasonal Fresh Fruit (VE)                                   | Egg and Cheese on a Whole Grain Croissant (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)  | <b>Assorted Fresh NY Bagels (VE)</b><br>served with Cream Cheese (V) & Jelly (VE)<br><br>Seasonal Fresh Fruit (VE) |
| 8  | 9  | Eid al Fitr 10  | 11   | 12   |
| <b>Banana Muffin (V)</b><br><br><b>Cheese Stick Choice (V)</b><br><br>Seasonal Fresh Fruit (VE)              | Rise and Shine Waffles (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE) | French Toast Sticks (V)<br><br>Seasonal Fresh Fruit (VE)  | Egg and Cheese on a Buttermilk Biscuit (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)   | <b>Assorted Fresh NY Bagels (VE)</b><br>served with Cream Cheese (V) & Jelly (VE)<br><br>Seasonal Fresh Fruit (VE) |
| 15   | 16   | 17  | 18   | 19   |
| <b>Blueberry Muffin (V)</b><br><br><b>Cheese Stick Choice (V)</b><br><br>Seasonal Fresh Fruit (VE)           | Buttermilk Pancakes (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)    | <b>Apple Cinnamon Breakfast Bread (V)</b><br><br>Mozzarella Cheese Stick (V)<br><br>Seasonal Fresh Fruit (VE) | Rise and Shine Waffles (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)   | <b>Assorted Fresh NY Bagels (VE)</b><br>served with Cream Cheese (V) & Jelly (VE)<br><br>Seasonal Fresh Fruit (VE) |
| Spring Recess 22   | Spring Recess 23   | Spring Recess 24  | Spring Recess 25   | Spring Recess 26   |
| <b>Honey Corn Breakfast Bread (V)</b><br><br><b>Cheese Stick Choice (V)</b><br><br>Seasonal Fresh Fruit (VE) | French Toast Sticks (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)    | <b>Zucchini Carrot Breakfast Bread (V)</b><br><br>Seasonal Fresh Fruit (VE)                                   | Egg and Cheese on a Whole Grain Croissant (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)  | <b>Assorted Fresh NY Bagels (VE)</b><br>served with Cream Cheese (V) & Jelly (VE)<br><br>Seasonal Fresh Fruit (VE) |
| Spring Recess 29   | Spring Recess 30   |   |  |  |
| <b>Banana Muffin (V)</b><br><br><b>Cheese Stick Choice (V)</b><br><br>Seasonal Fresh Fruit (VE)              | Rise and Shine Waffles (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE) |   | <br><br>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN. | Fresh New York Bagel Assortment<br>Cinnamon Raisin (VE)<br>Plain (VE)  |

### OFFERED DAILY

**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)

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, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)

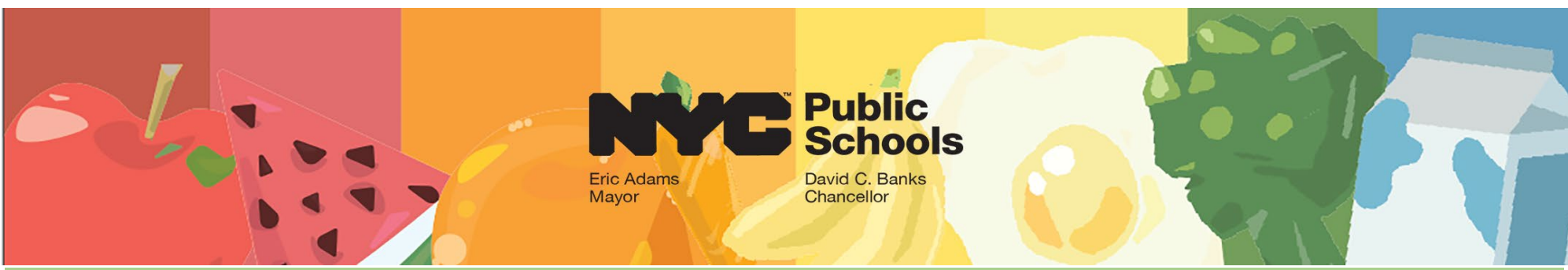
**Condiments**  
 Syrup (VE)

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



## APRIL 2024: High School Breakfast Menu

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| Easter Weekend 1   | 2  | 3   | 4  | 5  |
| <b>Honey Corn Breakfast Bread (V)</b><br><br><b>Cheese Stick Choice (V)</b><br><br>Seasonal Fresh Fruit (VE) | French Toast Sticks (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)    | <b>Zucchini Carrot Breakfast Bread (V)</b><br><br>Seasonal Fresh Fruit (VE)                                   | Egg and Cheese on a Whole Grain Croissant (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)  | <b>Assorted Fresh NY Bagels (VE)</b><br>served with Cream Cheese (V) & Jelly (VE)<br><br>Seasonal Fresh Fruit (VE) |
| 8  | 9  | Eid al Fitr 10  | 11   | 12   |
| <b>Banana Muffin (V)</b><br><br><b>Cheese Stick Choice (V)</b><br><br>Seasonal Fresh Fruit (VE)              | Rise and Shine Waffles (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE) | French Toast Sticks (V)<br><br>Seasonal Fresh Fruit (VE)  | Egg and Cheese on a Buttermilk Biscuit (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)   | <b>Assorted Fresh NY Bagels (VE)</b><br>served with Cream Cheese (V) & Jelly (VE)<br><br>Seasonal Fresh Fruit (VE) |
| 15   | 16   | 17  | 18   | 19   |
| <b>Blueberry Muffin (V)</b><br><br><b>Cheese Stick Choice (V)</b><br><br>Seasonal Fresh Fruit (VE)           | Buttermilk Pancakes (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)    | <b>Apple Cinnamon Breakfast Bread (V)</b><br><br>Mozzarella Cheese Stick (V)<br><br>Seasonal Fresh Fruit (VE) | Rise and Shine Waffles (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)   | <b>Assorted Fresh NY Bagels (VE)</b><br>served with Cream Cheese (V) & Jelly (VE)<br><br>Seasonal Fresh Fruit (VE) |
| Spring Recess 22   | Spring Recess 23   | Spring Recess 24  | Spring Recess 25   | Spring Recess 26   |
| <b>Honey Corn Breakfast Bread (V)</b><br><br><b>Cheese Stick Choice (V)</b><br><br>Seasonal Fresh Fruit (VE) | French Toast Sticks (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)    | <b>Zucchini Carrot Breakfast Bread (V)</b><br><br>Seasonal Fresh Fruit (VE)                                   | Egg and Cheese on a Whole Grain Croissant (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE)  | <b>Assorted Fresh NY Bagels (VE)</b><br>served with Cream Cheese (V) & Jelly (VE)<br><br>Seasonal Fresh Fruit (VE) |
| Spring Recess 29   | Spring Recess 30   |   |  |  |
| <b>Banana Muffin (V)</b><br><br><b>Cheese Stick Choice (V)</b><br><br>Seasonal Fresh Fruit (VE)              | Rise and Shine Waffles (V)<br><br>Hot Oatmeal (V)<br><br>Seasonal Fresh Fruit (VE) |   | <br><br>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN. | Fresh New York Bagel Assortment<br>Cinnamon Raisin (VE)<br>Plain (VE)  |

### OFFERED DAILY

|  |   |   |  |
|--|---|---|--|
| <p><b>Milk</b><br/>                     1% Low-fat (V)<br/>                     Fat Free (V)<br/>                     Fat Free Chocolate (V)<br/>                     Alternative options are available upon request</p> | <p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p> | <p>Options may vary by location</p> <p><b>Cold Cereal Choices</b><br/>                     Shredded Wheat<br/>                     Multi-Grain Oats (VE)<br/>                     Toasted Oats (VE)<br/>                     Oat Circles (VE)<br/>                     Cinnamon Flakes (VE)</p> | <p><b>Seasonal Fresh Fruit</b><br/>                     Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)</p> <p><b>Condiments</b><br/>                     Syrup (VE)</p> |
|--|---|---|--|

OFNS has an extensive Prohibitive Ingredients List available at:



### ATTENTION:

- 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



## APRIL 2024: Breakfast Express Menu

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

### OFFERED DAILY

**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)

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, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)

#### Condiments

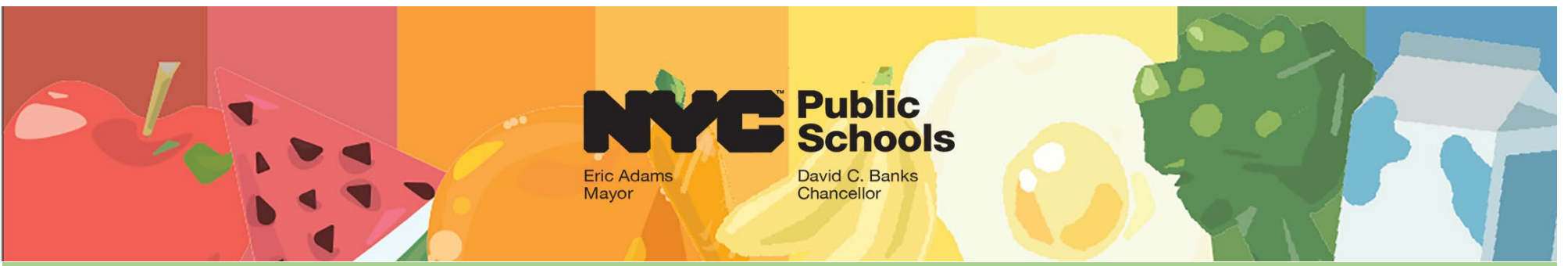
Syrup (VE)

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



## APRIL 2024: Puree Breakfast Menu

| Monday   |  | Tuesday   |  | Wednesday   |  | Thursday   |  | Friday   |  |
|--|--|---|--|---|--|--|--|--|--|
| Easter Weekend 1   |  | 2   |  | 3   |  | 4  |  | 5  |  |
| <b>Blueberry Muffin (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Peaches (VE) |  | <b>Egg Omelet on a Soft Roll (V)</b><br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Flavored Apple Sauce (VE) |  | <b>Croissant (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Pears (VE) |  | <b>Egg Omelet on a Soft Roll (V)</b><br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Bananas (VE)                                   |  | <b>Banana Muffin (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (VE)<br><i>Fruit Offering</i><br>Apple Sauce (VE) |  |
| 8  |  | 9   |  | Eid al Fitr 10  |  | 11   |  | 12   |  |
| <b>Blueberry Muffin (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Peaches (VE) |  | <b>Egg Omelet on a Soft Roll (V)</b><br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Flavored Apple Sauce (VE) |  | <b>Croissant (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Pears (VE) |  | <b>Egg Omelet on a Soft Roll (V)</b><br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Bananas (VE)                                   |  | <b>Banana Muffin (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (VE)<br><i>Fruit Offering</i><br>Apple Sauce (VE) |  |
| 15   |  | 16  |  | 17  |  | 18   |  | 19   |  |
| <b>Blueberry Muffin (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Peaches (VE) |  | <b>Egg Omelet on a Soft Roll (V)</b><br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Flavored Apple Sauce (VE) |  | <b>Croissant (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Pears (VE) |  | <b>Egg Omelet on a Soft Roll (V)</b><br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Bananas (VE)                                   |  | <b>Banana Muffin (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (VE)<br><i>Fruit Offering</i><br>Apple Sauce (VE) |  |
| Spring Recess 22   |  | Spring Recess 23  |  | Spring Recess 24  |  | Spring Recess 25   |  | Spring Recess 26   |  |
| <b>Blueberry Muffin (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Peaches (VE) |  | <b>Egg Omelet on a Soft Roll (V)</b><br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Flavored Apple Sauce (VE) |  | <b>Croissant (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Pears (VE) |  | <b>Egg Omelet on a Soft Roll (V)</b><br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Bananas (VE)                                   |  | <b>Banana Muffin (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (VE)<br><i>Fruit Offering</i><br>Apple Sauce (VE) |  |
| Spring Recess 29   |  | Spring Recess 30  |  |   |  |  |  |  |  |
| <b>Blueberry Muffin (V)</b><br>Yogurt Choice (V)<br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Peaches (VE) |  | <b>Egg Omelet on a Soft Roll (V)</b><br>Hot Oatmeal (V)<br><i>Fruit Offering</i><br>Flavored Apple Sauce (VE) |  |   |  | WE PROUDLY SUPPORT<br>LOCALLY SOURCED,<br>GROWN, HARVESTED OR<br>PRODUCED FOOD.<br>ALL NEW YORK ITEMS<br>ARE HIGHLIGHTED IN GREEN. |  |                           |  |

**Milk**

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

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

**Condiments**  
Syrup (VE)

**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)

**Assorted Yogurts**

**Alternate Fruit**  
Peaches, Pineapples  
Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List available at:



Available Daily Upon Request: Transitional, Thick Puree or Thin Puree

**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



## APRIL 2024: Infant - Toddler Breakfast Menu

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| Easter Weekend 1   | 2   | 3   | 4   | 5  |
| <p style="text-align: center;"><b>Yogurt Choice (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pineapples (VE)<br/>Milk (V)</p>    | <p style="text-align: center;"><b>French Toast Sticks (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Flavored Applesauce (VE)<br/>Milk (V)</p>    | <p style="text-align: center;"><b>Zucchini Carrot Breakfast Bread (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Sliced Peaches (VE)<br/>Milk (V)</p> | <p style="text-align: center;"><b>Egg and Cheese on a Whole Grain Croissant (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Applesauce (VE)<br/>Milk (V)</p> | <p style="text-align: center;"><b>Fresh NY Bagel Half (VE)</b><br/>served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="text-align: center;"><b>Hot Oatmeal (VE)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pears (VE)<br/>Milk (V)</p> |
| 8  | 9   | Eid al Fitr 10  | 11  | 12   |
| <p style="text-align: center;"><b>Banana Muffin (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pineapples (VE)<br/>Milk (V)</p>    | <p style="text-align: center;"><b>Rise and Shine Waffles (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Flavored Applesauce (VE)<br/>Milk (V)</p> | <p style="text-align: center;"><b>French Toast Sticks (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Sliced Peaches (VE)<br/>Milk (V)</p>             | <p style="text-align: center;"><b>Egg and Cheese on a Soft Roll (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Assorted Fruits and Applesauce (VE)<br/>Milk (V)</p>                 | <p style="text-align: center;"><b>Fresh NY Bagel Half (VE)</b><br/>served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="text-align: center;"><b>Hot Oatmeal (VE)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pears (VE)<br/>Milk (V)</p> |
| 15   | 16  | 17  | 18  | 19   |
| <p style="text-align: center;"><b>Blueberry Muffin (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pineapples (VE)<br/>Milk (V)</p> | <p style="text-align: center;"><b>Buttermilk Pancakes (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Flavored Applesauce (VE)<br/>Milk (V)</p>    | <p style="text-align: center;"><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Sliced Peaches (VE)<br/>Milk (V)</p>  | <p style="text-align: center;"><b>Rise and Shine Waffles (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Applesauce (VE)<br/>Milk (V)</p>                    | <p style="text-align: center;"><b>Fresh NY Bagel Half (VE)</b><br/>served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="text-align: center;"><b>Hot Oatmeal (VE)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pears (VE)<br/>Milk (V)</p> |
| Spring Recess 22   | Spring Recess 23  | Spring Recess 24  | Spring Recess 25  | Spring Recess 26   |
| <p style="text-align: center;"><b>Yogurt Choice (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pineapples (VE)<br/>Milk (V)</p>    | <p style="text-align: center;"><b>French Toast Sticks (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Flavored Applesauce (VE)<br/>Milk (V)</p>    | <p style="text-align: center;"><b>Zucchini Carrot Breakfast Bread (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Sliced Peaches (VE)<br/>Milk (V)</p> | <p style="text-align: center;"><b>Egg and Cheese on a Whole Grain Croissant (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Applesauce (VE)<br/>Milk (V)</p> | <p style="text-align: center;"><b>Fresh NY Bagel Half (VE)</b><br/>served with Cream Cheese (V) &amp; Jelly (VE)</p> <p style="text-align: center;"><b>Hot Oatmeal (VE)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pears (VE)<br/>Milk (V)</p> |
| Spring Recess 29   | Spring Recess 30  |   |   |  |
| <p style="text-align: center;"><b>Banana Muffin (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Diced Pineapples (VE)<br/>Milk (V)</p>    | <p style="text-align: center;"><b>Rise and Shine Waffles (V)</b></p> <p style="text-align: center;"><b>Hot Oatmeal (V)</b></p> <p style="text-align: center;">Seasonal Fresh Fruit or Flavored Applesauce (VE)<br/>Milk (V)</p> |   | <p style="text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>  |  |

**Milk**

**Whole Milk (V)**  
Alternative options are available upon request

(V) Indicates Vegetarian  
(VE) Indicates Vegan

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

**Other Fruits**  
Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

**OFFERED DAILY**

**Cold Cereal Choices**  
Multi-Grain Oats (VE)  
Toasted Oats (VE)  
Oat Circles (VE)  
Cinnamon Flakes (VE)

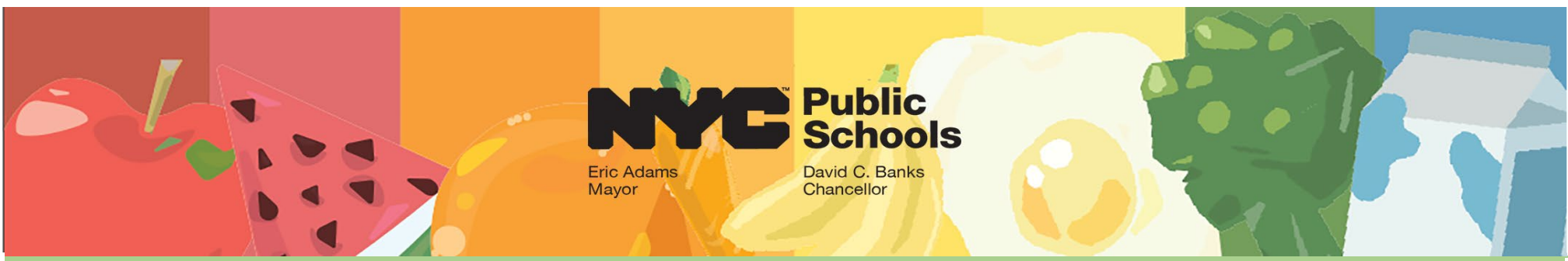
Options may vary by location

**Assorted Yogurts**

**Condiments**  
Syrup (VE)

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

PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 24 months. Formula is to be provided by the parent.



## APRIL 2024: Pre-K - 8 Vegetarian Breakfast Menu

| Monday   |  | Tuesday   |  | Wednesday  |  | Thursday   |  | Friday   |  |
|--|--|---|--|--|--|--|--|--|--|
| Easter Weekend 1   |  | 2   |  | 3  |  | 4  |  | 5  |  |
| <b>Honey Corn Breakfast Bread (V)</b><br><b>Cheese Stick Choice (V)</b><br>Seasonal Fresh Fruit (VE) |  | <b>French Toast Sticks (V)</b><br>Hot Oatmeal (V)<br>Seasonal Fresh Fruit (VE)    |  | <b>Zucchini Carrot Breakfast Bread (V)</b><br>Seasonal Fresh Fruit (VE)                                      |  | <b>Egg and Cheese on a Whole Grain Croissant (V)</b><br>Hot Oatmeal (V)<br>Seasonal Fresh Fruit (VE)   |  | <b>Assorted Fresh NY Bagels (VE)</b><br>served with Cream Cheese (V) & Jelly (VE)<br>Seasonal Fresh Fruit (VE) |  |
| 8  |  | 9   |  | Eid al Fitr 10   |  | 11   |  | 12   |  |
| <b>Banana Muffin (V)</b><br><b>Cheese Stick Choice (V)</b><br>Seasonal Fresh Fruit (VE)              |  | <b>Rise and Shine Waffles (V)</b><br>Hot Oatmeal (V)<br>Seasonal Fresh Fruit (VE) |  | <b>French Toast Sticks (V)</b><br>Seasonal Fresh Fruit (VE)  |  | <b>Egg and Cheese on a Buttermilk Biscuit (V)</b><br>Hot Oatmeal (V)<br>Seasonal Fresh Fruit (VE)  |  | <b>Assorted Fresh NY Bagels (VE)</b><br>served with Cream Cheese (V) & Jelly (VE)<br>Seasonal Fresh Fruit (VE) |  |
| 15   |  | 16  |  | 17   |  | 18   |  | 19   |  |
| <b>Blueberry Muffin (V)</b><br><b>Cheese Stick Choice (V)</b><br>Seasonal Fresh Fruit (VE)           |  | <b>Buttermilk Pancakes (V)</b><br>Hot Oatmeal (V)<br>Seasonal Fresh Fruit (VE)    |  | <b>Apple Cinnamon Breakfast Bread (V)</b><br><b>Mozzarella Cheese Stick (V)</b><br>Seasonal Fresh Fruit (VE) |  | <b>Rise and Shine Waffles (V)</b><br>Hot Oatmeal (V)<br>Seasonal Fresh Fruit (VE)  |  | <b>Assorted Fresh NY Bagels (VE)</b><br>served with Cream Cheese (V) & Jelly (VE)<br>Seasonal Fresh Fruit (VE) |  |
| Spring Recess 22   |  | Spring Recess 23  |  | Spring Recess 24   |  | Spring Recess 25   |  | Spring Recess 26   |  |
| <b>Honey Corn Breakfast Bread (V)</b><br><b>Cheese Stick Choice (V)</b><br>Seasonal Fresh Fruit (VE) |  | <b>French Toast Sticks (V)</b><br>Hot Oatmeal (V)<br>Seasonal Fresh Fruit (VE)    |  | <b>Zucchini Carrot Breakfast Bread (V)</b><br>Seasonal Fresh Fruit (VE)                                      |  | <b>Egg and Cheese on a Whole Grain Croissant (V)</b><br>Hot Oatmeal (V)<br>Seasonal Fresh Fruit (VE)   |  | <b>Assorted Fresh NY Bagels (VE)</b><br>served with Cream Cheese (V) & Jelly (VE)<br>Seasonal Fresh Fruit (VE) |  |
| Spring Recess 29   |  | Spring Recess 30  |  |  |  |  |  |  |  |
| <b>Banana Muffin (V)</b><br><b>Cheese Stick Choice (V)</b><br>Seasonal Fresh Fruit (VE)              |  | <b>Rise and Shine Waffles (V)</b><br>Hot Oatmeal (V)<br>Seasonal Fresh Fruit (VE) |  |  |  | <br>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN. |  | <b>Fresh New York Bagel Assortment</b><br>Cinnamon Raisin (VE)<br>Plain (VE)                                   |  |


**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**  
Multi-Grain Oats (VE)  
Toasted Oats (VE)  
Oat Circles (VE)  
Cinnamon Flakes (VE)

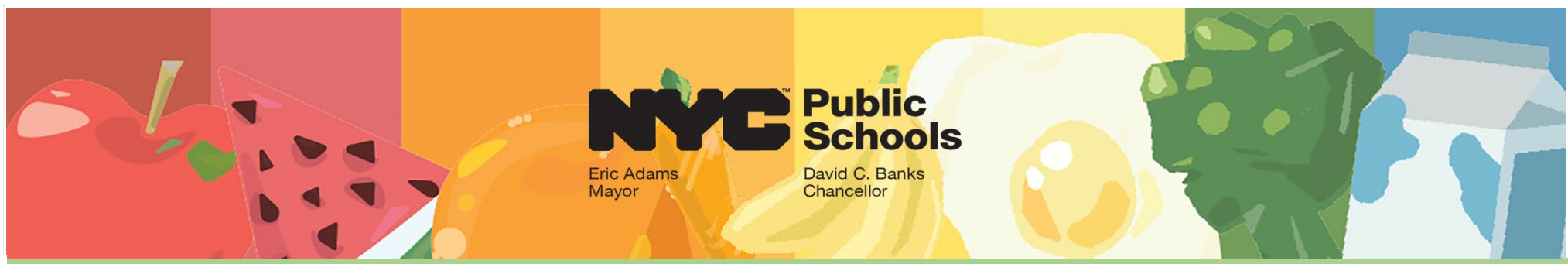
**Seasonal Fresh Fruit**  
Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)  
  
**Condiments**  
Syrup (VE)

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



## APRIL 2024: Pre-K - 8 Lunch Menu

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| Easter Weekend 1  | 2  | 3  | 4   | 5  |
| <p style="text-align: center;"><b>Pizza by the Slice (V)</b></p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p> | <p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Veggie Nuggets (VE)<br/>Dipping Sauce</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (V)</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p> | <p style="text-align: center; color: red;"><b>Plastic Free Lunch Day</b></p> <p style="text-align: center;">Garlic and Tomato Panini (V)</p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center;">Marinara Sauce (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Plastic Free Lunch Bar</p> | <p style="text-align: center;">Turkey Burger</p> <p style="text-align: center;">Turkey Cheeseburger<br/><span style="color: green;">Whole Wheat Bun</span></p> <p style="text-align: center;">Fish and Cheese Sandwich<br/><span style="color: green;">Whole Wheat Bun</span></p> <p style="text-align: center; color: green;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Classic Toppings</p> | <p style="text-align: center;">Kidney Bean Rajma (VE)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Kachumber Salad (VE)*</p> <p style="text-align: center;">Flatbread (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Mediterranean Bar</p> |
| 8   | 9  | Eid al Fitr 10   | 11  | 12   |
| <p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Garlicky Green Bean (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>           | <p style="text-align: center;">Veggie Nugget (VE)<br/>Dipping Sauce</p> <p style="text-align: center;">Caribbean Style Beef Patty</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Rainbow Bar</p>  | <p style="text-align: center;">Mozzarella Sticks (V)<br/>with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini (VE)</p> <p style="text-align: center;">Garlic Knot (V)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Pizza Bar</p>   | <p style="text-align: center;">Chicken Tender Melt<br/><span style="color: green;">Ciabatta Bread</span></p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Rainbow Bar</p>   | <p style="text-align: center;">Cajun Pinto Beans (VE)<br/>with Brown Rice (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;">Spiced Sweet Potatoes (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Fiesta Bar</p>                                      |
| 15  | 16   | 17   | 18  | 19   |
| <p style="text-align: center;">Sicilian Slice Pizza (V)</p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>         | <p style="text-align: center;">Soft Turkey Taco</p> <p style="text-align: center;">Crispy Chicken Bites</p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Fiesta Bar</p>                              | <p style="text-align: center; color: red;"><b>Plastic Free Lunch Day</b></p> <p style="text-align: center;">Garlic and Tomato Panini (V)</p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center;">Marinara Sauce (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Plastic Free Lunch Bar</p> | <p style="text-align: center;">Caribbean Spiced Jerk Chicken Thighs*</p> <p style="text-align: center;">Jollof Cauliflower (V)*</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center; color: green;">Dinner Roll (V)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Rainbow Bar</p>  | <p style="text-align: center;">White Bean and Pasta Primavera (VE)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p>                                    |
| Spring Recess 22  | Spring Recess 23   | Spring Recess 24   | Spring Recess 25  | Spring Recess 26   |
| <p style="text-align: center;">Pizza by the Slice (V)</p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>        | <p style="text-align: center;">Chicken Dumplings</p> <p style="text-align: center;">Veggie Nuggets (VE)<br/>Dipping Sauce</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (V)</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p> | <p style="text-align: center;">Manicotti (V)<br/>in Marinara</p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center; color: green;">Bread Stick (V)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p>  | <p style="text-align: center;">Turkey Burger</p> <p style="text-align: center;">Turkey Cheeseburger<br/><span style="color: green;">Whole Wheat Bun</span></p> <p style="text-align: center;">Fish and Cheese Sandwich<br/><span style="color: green;">Whole Wheat Bun</span></p> <p style="text-align: center; color: green;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Classic Toppings</p> | <p style="text-align: center;">Kidney Bean Rajma (VE)</p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Kachumber Salad (VE)*</p> <p style="text-align: center;">Flatbread (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Mediterranean Bar</p> |
| Spring Recess 29  | Spring Recess 30   |  |   |  |
| <p style="text-align: center;">French Bread Pizza (V)</p> <p style="text-align: center;">Garlicky Green Bean (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>           | <p style="text-align: center;">Veggie Nugget (VE)<br/>Dipping Sauce</p> <p style="text-align: center;">Caribbean Style Beef Patty</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Rainbow Bar</p>  |  |  <p style="font-size: small; color: green; margin-top: 5px;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>   |  |
| <p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>                                  | <p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>  | <p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>  | <p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>  | <p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>   |

**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 Cookies

OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available

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

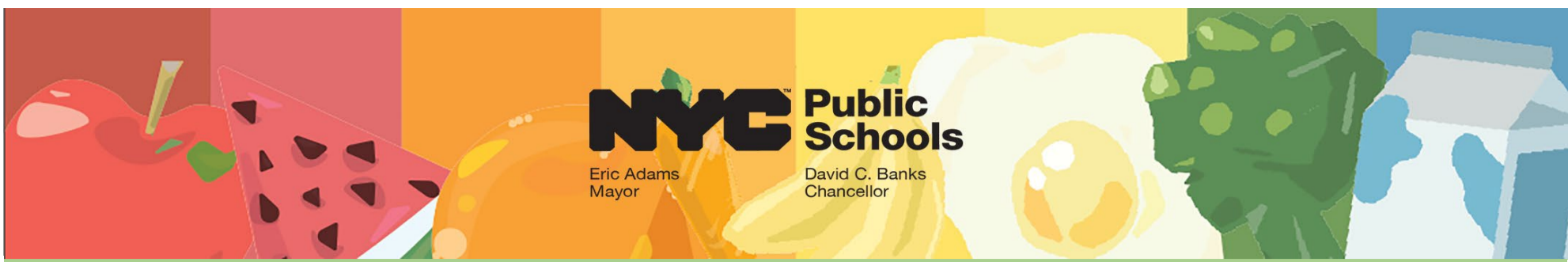
OFNS has an extensive Prohibitive Ingredients List available at:



\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **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



## APRIL 2024: Pre-K - 8 Express Cold Lunch Menu

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| Easter Weekend 1   | 2   | 3   | 4  | 5  |
| <b>Assorted Cold Vegetarian Option (V)</b><br>Crunchy Carrot Sticks (VE)   | <b>Chicken Caesar Wrap</b><br>Marinated Bean Salad (VE)<br>Lemon Arugula Salad (V)  | <b>Balsamic Chicken Grab and Go Salad</b><br>Basil Corn Salad (VE)<br>Served with Salsa (VE)  | <b>Superhero Spinach Wrap (V)</b><br>Broccoli Salad (V)  | <b>Italian Veggie Grab &amp; Go Salad (VE)</b><br>Italian Marinated Cucumber Salad (VE)  |
| 8  | 9   | Eid al Fitr 10  | 11   | 12   |
| <b>Assorted Cold Vegetarian Option (V)</b><br>Crunchy Carrot Sticks (VE)<br>Served with Salsa (VE)   | <b>BBQ Crispy Chicken Grab and Go Salad</b><br>Cilantro Black Bean Salad (VE)   | <b>Chicken Tender Wrap Dipping Sauce</b><br>Classic Potato Salad (V)  | <b>Mediterranean Chicken Pasta Salad</b><br>Green Garden Salad (VE)  | <b>Chickpea and Pimento Wrap (VE)</b><br>Fresh Cilantro Healthy Coleslaw (V)   |
| 15   | 16  | 17  | 18   | 19   |
| <b>Assorted Cold Vegetarian Option (V)</b><br>Balsamic Chickpea Salad (V)  | <b>Crispy Chicken Grab and Go Salad</b><br>Asian Red Cabbage Slaw (V)   | <b>Chimichurri Chicken Wrap</b><br>Confetti Corn Salad (VE)   | <b>Chicken Salad Hoagie</b><br>Kid Friendly Kale Salad (V)<br>Pinto Bean Salad (VE)  | <b>Black Bean Wrap (VE)</b><br>Fresh Tomato Salad (V)<br>Served with Salsa (VE)<br>Cheese Sandwich (V)                                       |
| Spring Recess 22   | Spring Recess 23  | Spring Recess 24  | Spring Recess 25   | Spring Recess 26   |
| <b>Assorted Cold Vegetarian Option (V)</b><br>Crunchy Carrot Sticks (VE)   | <b>Chicken Caesar Wrap</b><br>Marinated Bean Salad (VE)<br>Lemon Arugula Salad (V)  | <b>Balsamic Chicken Grab and Go Salad</b><br>Basil Corn Salad (VE)<br>Served with Salsa (VE)  | <b>Superhero Spinach Wrap (V)</b><br>Broccoli Salad (V)  | <b>Italian Veggie Grab &amp; Go Salad (VE)</b><br>Italian Marinated Cucumber Salad (VE)  |
| Spring Recess 29   | Spring Recess 30  |   |  |  |
| <b>Assorted Cold Vegetarian Option (V)</b><br>Crunchy Carrot Sticks (VE)<br>Served with Salsa (VE)   | <b>BBQ Crispy Chicken Grab and Go Salad</b><br>Cilantro Black Bean Salad (VE)   |   | <br>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN. |  |
| <b>Monday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) | <b>Tuesday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) | <b>Wednesday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) | <b>Thursday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)   | <b>Friday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) |

**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 Cookies

OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available

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

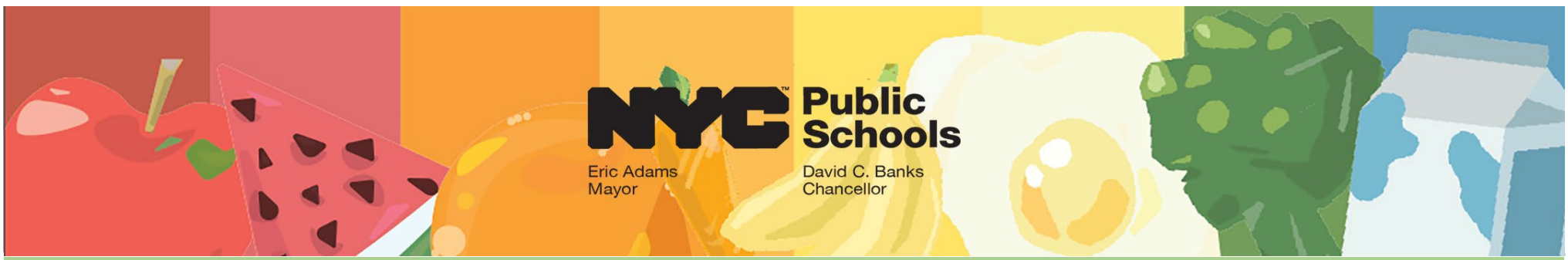
OFNS has an extensive Prohibitive Ingredients List available at:



\* Recipes created in collaboration with OFNS and Wellness In The Schools

- **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





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

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| Easter Weekend 1   | 2   | 3   | 4  | 5  |
| Sicilian Slice Pizza (V)<br>Kid Friendly Kale Salad (V)<br>Hot Bean Salad (VE)   | Crispy Chicken Sandwich<br>Whole Wheat Bun<br>Fiesta Black Beans (VE)<br>Served with Salsa (VE)   | Garlic and Tomato Panini (V)<br>Baby Carrots (VE)   | Fish and Cheese Sandwich<br>Whole Wheat Bun<br>Seasoned Wedge Fries (VE)   | Kidney Bean Rajma (VE)<br>Three Cheese Grilled Cheese (V)<br>Kachumber Salad (VE)*<br>Flatbread (VE)   |
| 8  | 9   | Eid al Fitr 10  | 11   | 12   |
| Sicilian Slice Pizza (V)<br>Italian Chickpeas (VE)<br>Crunchy Carrot Sticks (VE)   | Caribbean Style Beef Patty<br>Seasoned Wedge Fries (VE)   | Mozzarella Sticks (V)<br>with marinara sauce (VE)<br>Roasted Zucchini (VE)  | Chicken Tender Melt<br>on Ciabatta Bread<br>Superhero Spinach (VE)   | Cajun Pinto Bean (VE)<br>with Brown Rice (VE)<br>Three Cheese Grilled Cheese (V)<br>Spiced Sweet Potatoes (VE)                               |
| 15   | 16  | 17  | 18   | 19   |
| Sicilian Slice Pizza (V)<br>Seasoned Chickpeas (VE)<br>Italian Green Bean (VE)   | Crispy Chicken Bites<br>Street Style Corn (V)<br>Served with Salsa (VE)   | Garlic and Tomato Panini (V)<br>Baby Carrots (VE)   | Caribbean Spiced Jerk Chicken Thighs*<br>Jollof Cauliflower (V)*<br>Sweet Potato Wedge Fries (VE)<br>Dinner Roll (V)   | White Bean and Pasta Primavera (VE)<br>Three Cheese Grilled Cheese (V)<br>Crispy Broccoli (V)  |
| Spring Recess 22   | Spring Recess 23  | Spring Recess 24  | Spring Recess 25   | Spring Recess 26   |
| Sicilian Slice Pizza (V)<br>Kid Friendly Kale Salad (V)<br>Hot Bean Salad (VE)   | Crispy Chicken Sandwich<br>Whole Wheat Bun<br>Fiesta Black Beans (VE)<br>Served with Salsa (VE)   | Manicotti (V)<br>in Marinara<br>Baby Carrots (VE)   | Fish and Cheese Sandwich<br>Whole Wheat Bun<br>Seasoned Wedge Fries (VE)   | Kidney Bean Rajma (VE)<br>Three Cheese Grilled Cheese (V)<br>Kachumber Salad (VE)*<br>Flatbread (VE)   |
| Spring Recess 29   | Spring Recess 30  |   |  |  |
| Sicilian Slice Pizza (V)<br>Italian Chickpeas (VE)<br>Crunchy Carrot Sticks (VE)   | Caribbean Style Beef Patty<br>Seasoned Wedge Fries (VE)   |   |  <p>WE PROUDLY SUPPORT<br/>LOCALLY SOURCED, GROWN,<br/>HARVESTED OR<br/>PRODUCED FOOD.<br/>ALL NEW YORK ITEMS<br/>ARE HIGHLIGHTED IN GREEN.</p> |  |
| <b>Monday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) | <b>Tuesday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) | <b>Wednesday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) | <b>Thursday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)   | <b>Friday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) |

|  |   |   |   |   |
|--|---|---|---|---|
| <p><b>Milk</b><br/>1% Low-fat (V)<br/>Fat Free (V)<br/>Fat Free Chocolate (V)<br/>Alternative options are available upon request</p> | <p><b>ATTENTION:</b><br/>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p> | <p>OFNS Menu Support<br/>Seasonal Fresh Fruit and Vegetables when available</p> | <p>Seasonal Fresh Fruit<br/>Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)</p> | <p>OFNS has an extensive Prohibitive Ingredients List available at:</p>  |
|--|---|---|---|---|


\* Recipes created in collaboration with OFNS and Wellness In The Schools

- **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

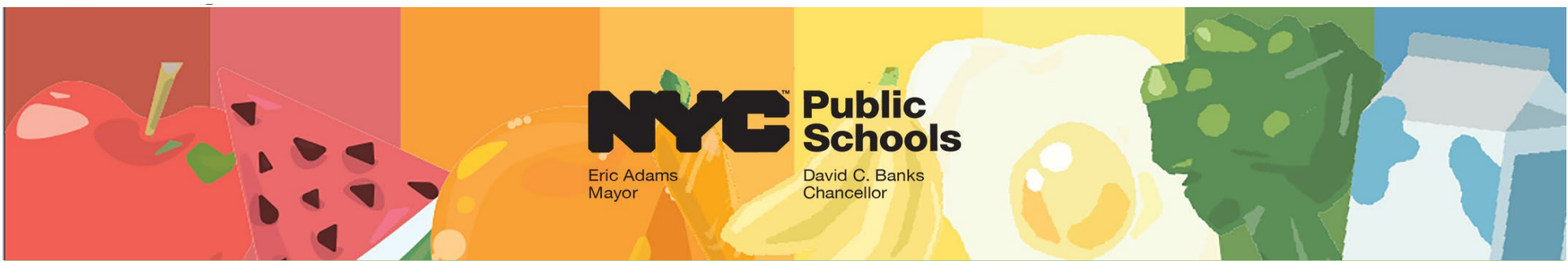


## APRIL 2024: Puree Lunch Menu

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| Easter Weekend 1   | 2   | 3  | 4  | 5   |
| <b>Braised Tuna with Tomato Sauce</b><br>Broccoli With Garlic & Oil (VE)<br>Soft Roll (VE)<br><i>Fruit Offering</i><br>Flavored Apple Sauce (VE) | <b>Crispy Chicken Sandwich</b><br>Sweet Plantains (VE)<br><i>Fruit Offering</i><br>Pears (VE) | <b>100% Beef Hamburgers &amp; Cheeseburgers</b><br>Carrots (VE)<br><i>Fruit Offering</i><br>Peaches (VE)               | <b>Ranch Chicken Tenders</b><br>Soft Cooked Penne (VE)<br>Roasted Cauliflower (VE)<br><i>Fruit Offering</i><br>Apple Sauce (VE)    | <b>Manicotti (V)</b><br>Marinated White Beans (VE)<br><i>Fruit Offering</i><br>Bananas (VE)   |
| 8  | 9   | Eid al Fitr 10   | 11   | 12  |
| <b>Fish &amp; Cheese Sandwich</b><br>Broccoli With Garlic & Oil (VE)<br><i>Fruit Offering</i><br>Flavored Apple Sauce (VE)                       | <b>Crispy Chicken Sandwich</b><br>Sweet Plantains (VE)<br><i>Fruit Offering</i><br>Pears (VE) | <b>100% Beef Hamburgers &amp; Cheeseburgers</b><br>Spiced Sweet Potatoes (VE)<br><i>Fruit Offering</i><br>Peaches (VE) | <b>Italian Chicken Tenders</b><br>Soft Cooked Penne (VE)<br>Roasted Cauliflower (VE)<br><i>Fruit Offering</i><br>Apple Sauce (VE)  | <b>Manicotti (V)</b><br>Marinated White Beans (VE)<br><i>Fruit Offering</i><br>Bananas (VE)   |
| 15   | 16  | 17   | 18   | 19  |
| <b>Braised Tuna with Tomato Sauce</b><br>Broccoli With Garlic & Oil (VE)<br>Soft Roll (VE)<br><i>Fruit Offering</i><br>Flavored Apple Sauce (VE) | <b>Crispy Chicken Sandwich</b><br>Sweet Plantains (VE)<br><i>Fruit Offering</i><br>Pears (VE) | <b>100% Beef Hamburgers &amp; Cheeseburgers</b><br>Carrots (VE)<br><i>Fruit Offering</i><br>Peaches (VE)               | <b>Ranch Chicken Tenders</b><br>Soft Cooked Penne (VE)<br>Roasted Cauliflower (VE)<br><i>Fruit Offering</i><br>Apple Sauce (VE)    | <b>Manicotti (V)</b><br>Marinated White Beans (VE)<br><i>Fruit Offering</i><br>Bananas (VE)   |
| Spring Recess 22   | Spring Recess 23  | Spring Recess 24   | Spring Recess 25   | Spring Recess 26  |
| <b>Fish &amp; Cheese Sandwich</b><br>Broccoli With Garlic & Oil (VE)<br><i>Fruit Offering</i><br>Flavored Apple Sauce (VE)                       | <b>Crispy Chicken Sandwich</b><br>Sweet Plantains (VE)<br><i>Fruit Offering</i><br>Pears (VE) | <b>100% Beef Hamburgers &amp; Cheeseburgers</b><br>Spiced Sweet Potatoes (VE)<br><i>Fruit Offering</i><br>Peaches (VE) | <b>Italian Chicken Tenders</b><br>Soft Cooked Penne (VE)<br>Roasted Cauliflower (VE)<br><i>Fruit Offering</i><br>Apple Sauce (VE)  | <b>Manicotti (V)</b><br>Marinated White Beans (VE)<br><i>Fruit Offering</i><br>Bananas (VE)   |
| Spring Recess 29   | Spring Recess 30  |  |  |   |
| <b>Braised Tuna with Tomato Sauce</b><br>Broccoli With Garlic & Oil (VE)<br>Soft Roll (VE)<br><i>Fruit Offering</i><br>Flavored Apple Sauce (VE) | <b>Crispy Chicken Sandwich</b><br>Sweet Plantains (VE)<br><i>Fruit Offering</i><br>Pears (VE) |                                    | WE PROUDLY SUPPORT<br>LOCALLY SOURCED,<br>GROWN, HARVESTED OR<br>PRODUCED FOOD.<br>ALL NEW YORK ITEMS<br>ARE HIGHLIGHTED IN GREEN. | <b>Daily Lunch Specials</b><br><ul style="list-style-type: none"> <li>• Hummus and Soft Roll (VE)</li> <li>• 8 oz. Yogurt (V)</li> <li>• Tuna</li> </ul> Options may vary by location |

|   |   |                           |  |   |
|---|---|---------------------------|--|---|
| <b>Milk</b><br>1% Low-fat (V)<br>Fat Free (V)<br>Fat Free Chocolate (V)<br>Alternative options are available upon request | OFNS Menu Support<br>Seasonal Fresh Fruit and Vegetables when available<br>(V) Indicates Vegetarian<br>(VE) Indicates Vegan | <b>Assorted Dressings</b> | <b>Seasonal Fresh Fruit</b><br>Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE) | OFNS has an extensive Prohibitive Ingredients List available at:<br> |
|---|---|---------------------------|--|---|

Available Daily Upon Request: Other Transitional, Thick Puree or Thin Puree



## APRIL 2024: Infant - Toddler Lunch Menu

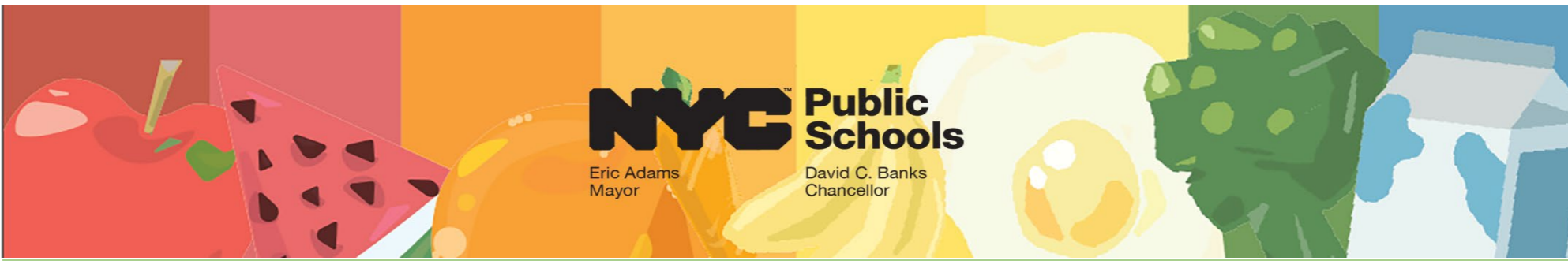
| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| Easter Weekend 1   | 2  | 3  | 4  | 5   |
| <b>Pizza by the Slice (V)</b><br>Seasoned Chickpeas (VE)<br><br>Seasonal Fresh Fruit or Applesauce (VE)<br>Milk (V)      | <b>Fiesta Quesadilla (V)</b><br>Steamed Cauliflower (VE)<br><br>Seasonal Fresh Fruit or Diced Pears (VE)<br>Milk (V)           | <b>Cheesy Garlic Pizza (V)</b><br>Steamed Carrot Coins (VE)<br><br>Seasonal Fresh Fruit or Diced Pineapples (VE)<br>Milk (V)                           | <b>Turkey Burger</b><br>Whole Wheat Bun<br><br>Herb Roasted Potatoes (VE)<br><br>Seasonal Fresh Fruit or Sliced Peaches (VE)<br>Milk (V)   | <b>Veggie Burger (V)</b><br><br>Italian Marinated Cucumber Salad (VE)<br><br>Seasonal Fresh Fruit or Flavored Applesauce (VE)<br>Milk (V)   |
| 8  | 9  | Eid al Fitr 10   | 11   | 12  |
| <b>French Bread Pizza (V)</b><br><br>Garlicky Green Bean (VE)<br><br>Seasonal Fresh Fruit or Applesauce (VE)<br>Milk (V) | <b>Caribbean Style Beef Patty</b><br><br>Seasoned Wedge Fries (VE)<br><br>Seasonal Fresh Fruit or Diced Pears (VE)<br>Milk (V) | <b>Mozzarella Sticks (V)</b><br>with marinara sauce (VE)<br><br>Roasted Zucchini (VE)<br><br>Seasonal Fresh Fruit or Diced Pineapples (VE)<br>Milk (V) | <b>Chicken Tenders</b><br><br>Superhero Spinach (VE)<br><br>Seasonal Fresh Fruit or Sliced Peaches (VE)<br>Milk (V)  | <b>Veggie Nuggets (VE)</b><br>with Dipping Sauce<br><br>Spiced Sweet Potatoes (VE)<br><br>Seasonal Fresh Fruit or Flavored Applesauce (VE)<br>Milk (V)  |
| 15   | 16   | 17   | 18   | 19  |
| <b>Sicilian Slice Pizza (V)</b><br><br>Italian Green Beans (VE)<br><br>Seasonal Fresh Fruit Applesauce (VE)<br>Milk (V)  | <b>Soft Turkey Taco</b><br><br>Diced Plantains (VE)<br><br>Seasonal Fresh Fruit or Diced Pears (VE)<br>Milk (V)                | <b>Manicotti (V)</b><br>with marinara sauce (VE)<br><br>Creamed Spinach (V)<br><br>Seasonal Fresh Fruit or Diced Pineapples (VE)<br>Milk (V)           | <b>Chicken Bites</b><br>with Dipping Sauce<br><br>Sweet Potato Wedge Fries (VE)<br><br>Seasonal Fresh Fruit or Sliced Peaches (VE)<br>Milk (V)   | <b>Homemade Grilled Cheese (VE)</b><br><br>Steamed Broccoli (VE)<br><br>Seasonal Fresh Fruit or Flavored Applesauce (VE)<br>Milk (V)  |
| Spring Recess 22   | Spring Recess 23   | Spring Recess 24   | Spring Recess 25   | Spring Recess 26  |
| <b>Pizza by the Slice (V)</b><br>Seasoned Chickpeas (VE)<br><br>Seasonal Fresh Fruit or Applesauce (VE)<br>Milk (V)      | <b>Fiesta Quesadilla (V)</b><br>Steamed Cauliflower (VE)<br><br>Seasonal Fresh Fruit or Diced Pears (VE)<br>Milk (V)           | <b>Cheesy Garlic Pizza (V)</b><br>Steamed Carrot Coins (VE)<br><br>Seasonal Fresh Fruit or Diced Pineapples (VE)<br>Milk (V)                           | <b>Turkey Burger</b><br>Whole Wheat Bun<br><br>Herb Roasted Potatoes (VE)<br><br>Seasonal Fresh Fruit or Sliced Peaches (VE)<br>Milk (V)   | <b>Veggie Burger (V)</b><br><br>Italian Marinated Cucumber Salad (VE)<br><br>Seasonal Fresh Fruit or Flavored Applesauce (VE)<br>Milk (V)   |
| Spring Recess 29   | Spring Recess 30   |  |  |   |
| <b>French Bread Pizza (V)</b><br><br>Garlicky Green Bean (VE)<br><br>Seasonal Fresh Fruit or Applesauce (VE)<br>Milk (V) | <b>Caribbean Style Beef Patty</b><br><br>Seasoned Wedge Fries (VE)<br><br>Seasonal Fresh Fruit or Diced Pears (VE)<br>Milk (V) |  | <p style="text-align: center; font-weight: bold; margin: 0;">WE PROUDLY SUPPORT<br/>LOCALLY SOURCED,<br/>GROWN, HARVESTED OR<br/>PRODUCED FOOD.<br/>ALL NEW YORK ITEMS<br/>ARE HIGHLIGHTED IN GREEN.</p> | <p style="text-align: center; font-weight: bold; margin: 0;">Daily Lunch Specials</p> <ul style="list-style-type: none"> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Hummus and Crackers (VE)</li> <li>• 4 oz. Yogurt (V)</li> <li>• Tuna Sandwich</li> </ul> <p style="font-size: small; margin: 0;">Options may vary by location</p> |

|   |  |  |   |   |
|---|--|--|---|---|
| <p style="text-align: center; font-weight: bold; margin: 0;"><u>Milk*</u><br/><b>Whole Milk (V)</b></p> <p style="font-size: x-small; margin: 0;">*Alternative options are available upon request</p> | <p style="text-align: center; font-weight: bold; margin: 0;">ATTENTION:</p> <p style="font-size: x-small; margin: 0;">All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p> | <p style="font-size: x-small; margin: 0;">OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p> | <p style="font-weight: bold; margin: 0;">Seasonal Fresh Fruit</p> <p style="font-size: x-small; margin: 0;">Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)</p> <p style="font-weight: bold; font-size: x-small; margin: 0;">Other Fruits</p> <p style="font-size: x-small; margin: 0;">Apple Sauce, Sliced Peaches, Diced Pears, Pineapples (VE)</p> | <p style="font-size: x-small; margin: 0;">OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;"> </div> |
|---|--|--|---|---|

PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 24 months. Formula is to be provided by the parent.  
Consistencies upon request: puree, mashed and finely chopped.

\* Recipes created in collaboration with OFNS and Wellness In The Schools

- **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



## APRIL 2024: Pre-K - 8 Vegetarian Lunch Menu

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| Easter Weekend 1   | 2   | 3   | 4  | 5   |
| <p><b>Pizza by the Slice (V)</b><br/>Kid Friendly Kale Salad (V)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p> | <p><b>Veggie Burger (VE)</b><br/><b>Veggie Cheeseburger (V)</b><br/><span style="color: green;">Whole Wheat Bun</span></p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Classic Toppings</p> | <p style="color: red; font-weight: bold;"><u>Plastic Free Lunch Day</u></p> <p><b>Garlic and Tomato Panini (V)</b><br/>Baby Carrots (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Plastic Free Lunch Bar</p>  | <p><b>Zucchini Parmigiana (V)</b><br/>Spaghetti Marinara (VE)<br/>Basil Corn Salad (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p> | <p><b>Zesty Chickpea Stew (VE)</b><br/>Three Cheese Grilled Cheese (V)<br/>Kachumber Salad (VE)*<br/>Flatbread (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Mediterranean Bar</p>            |
| 8  | 9   | Eid al Fitr 10  | 11   | 12  |
| <p><b>French Bread Pizza (V)</b><br/>Garlicky Green Bean (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>    | <p><b>Teriyaki Veggie Nuggets (VE)</b><br/>Ginger Carrots (V)<br/>Brown Rice (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p>  | <p><b>White Bean and Pasta Primavera (VE)</b><br/>Crispy Broccoli (V)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Rainbow Bar</p>  | <p><b>Red White and Green Panini (V)</b><br/>Seasoned Wedge Fries (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Classic Toppings</p>                       | <p><b>Cajun Pinto Bean (VE)</b><br/>with Brown Rice (VE)<br/>Three Cheese Grilled Cheese (V)<br/>Spiced Sweet Potatoes (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Fiesta Bar</p>           |
| 15   | 16  | 17  | 18   | 19  |
| <p><b>Sicilian Slice Pizza (V)</b><br/>Italian Green Beans (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>  | <p><b>Big City Bean Taco (VE)</b><br/>Street Style Corn (V)<br/>Served with Salsa (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Fiesta Bar</p>  | <p style="color: red; font-weight: bold;"><u>Plastic Free Lunch Day</u></p> <p><b>Garlic and Tomato Panini (V)</b><br/>Baby Carrots (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Plastic Free Lunch Bar</p>  | <p><b>Mozzarella Sticks (V)</b><br/>with Marinara Sauce (VE)<br/>Superhero Spinach (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Pizza Bar</p>             | <p><b>Guisado Kidney Beans (VE)*</b><br/>Three Cheese Grilled Cheese (V)<br/>Brown Rice (VE)<br/>Roasted Carrot Coins (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p> |
| Spring Recess 22   | Spring Recess 23  | Spring Recess 24  | Spring Recess 25   | Spring Recess 26  |
| <p><b>Pizza by the Slice (V)</b><br/>Kid Friendly Kale Salad (V)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p> | <p><b>Veggie Burger (VE)</b><br/><b>Veggie Cheeseburger (V)</b><br/><span style="color: green;">Whole Wheat Bun</span></p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Classic Toppings</p> | <p><b>Manicotti (V)</b><br/>in Marinara<br/>Baby Carrots (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p>  | <p><b>Zucchini Parmigiana (V)</b><br/>Spaghetti Marinara (VE)<br/>Basil Corn Salad (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p> | <p><b>Zesty Chickpea Stew (VE)</b><br/>Three Cheese Grilled Cheese (V)<br/>Kachumber Salad (VE)*<br/>Flatbread (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Mediterranean Bar</p>            |
| Spring Recess 29   | Spring Recess 30  |   |  |   |
| <p><b>French Bread Pizza (V)</b><br/>Garlicky Green Bean (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>    | <p><b>Teriyaki Veggie Nuggets (VE)</b><br/>Ginger Carrots (V)<br/>Brown Rice (VE)</p> <p style="color: purple; text-align: center;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p>  |  <p style="color: green; font-weight: bold; text-align: center;">WE PROUDLY SUPPORT<br/>LOCALLY SOURCED,<br/>GROWN, HARVESTED OR<br/>PRODUCED FOOD.<br/>ALL NEW YORK ITEMS<br/>ARE HIGHLIGHTED IN GREEN.</p> |  |   |
| <p><b>Monday</b><br/>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)<br/>• Hummus and Crackers (V)<br/>• Hot or Cold Cheese Sandwich (V)</p>                               | <p><b>Tuesday</b><br/>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)<br/>• Hummus and Crackers (V)<br/>• Hot or Cold Cheese Sandwich (V)</p>   | <p><b>Wednesday</b><br/>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)<br/>• Hummus and Crackers (V)<br/>• Hot or Cold Cheese Sandwich (V)</p>   | <p><b>Thursday</b><br/>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)<br/>• Hummus and Crackers (V)<br/>• Hot or Cold Cheese Sandwich (V)</p>                             | <p><b>Friday</b><br/>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)<br/>• Hummus and Crackers (V)<br/>• Hot or Cold Cheese Sandwich (V)</p>  |

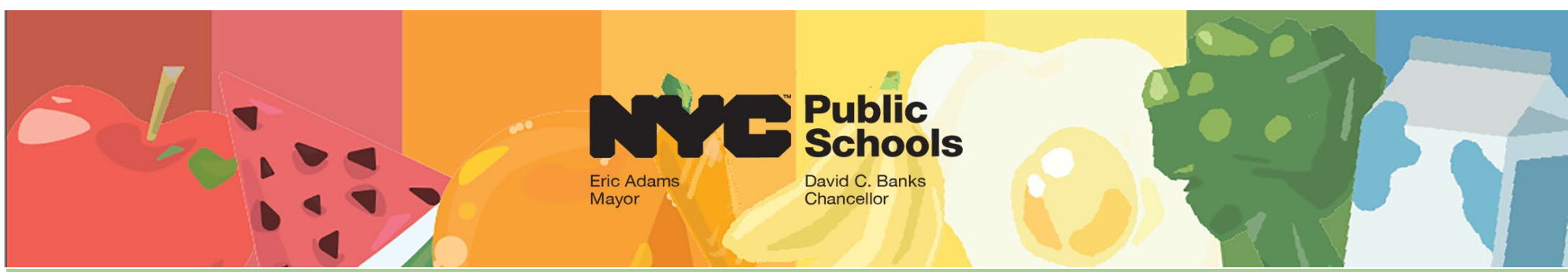
|  |   |   |   |
|--|---|---|---|
| <p style="text-align: center;"><b>Milk</b><br/>1% Low-fat (V)<br/>Fat Free Chocolate (V)<br/><small>Alternative options are available upon request</small></p> | <p style="text-align: center;"><b>ATTENTION:</b><br/>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p> | <p style="text-align: center;">OFNS Menu Support<br/>Seasonal Fresh Fruit and Vegetables when available</p> | <p style="text-align: center;">Seasonal Fresh Fruit<br/>Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)</p> |
|--|---|---|---|

OFNS has an extensive Prohibitive Ingredients List available at:



\* Recipes created in collaboration with OFNS and Wellness In The Schools

- **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



## APRIL 2024: J.H.S. & Middle School Lunch Menu

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| Easter Weekend 1  | 2  | 3   | 4  | 5   |
| <p style="text-align: center;"><b>Pizza by the Slice (V)</b></p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p> | <p style="text-align: center;"><b>Chicken Dumplings</b></p> <p style="text-align: center;"><b>Veggie Nuggets (VE)</b><br/>Dipping Sauce</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (V)</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p> | <p style="text-align: center; color: red;"><b>Plastic Free Lunch Day</b></p> <p style="text-align: center;"><b>Garlic and Tomato Panini (V)</b></p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center;">Marinara Sauce (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Plastic Free Lunch Bar</p> | <p style="text-align: center;"><b>Turkey Burger</b></p> <p style="text-align: center;"><b>Turkey Cheeseburger</b><br/>Whole Wheat Bun</p> <p style="text-align: center;"><b>Fish and Cheese Sandwich</b><br/>Whole Wheat Bun</p> <p style="text-align: center; color: green;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Classic Toppings</p> | <p style="text-align: center;"><b>Kidney Bean Rajma (VE)</b></p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Kachumber Salad (VE)*</p> <p style="text-align: center;">Flatbread (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Mediterranean Bar</p> |
| 8   | 9  | Eid al Fitr 10  | 11   | 12  |
| <p style="text-align: center;"><b>French Bread Pizza (V)</b></p> <p style="text-align: center;">Garlicky Green Bean (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>    | <p style="text-align: center;"><b>Veggie Nugget (VE)</b><br/>Dipping Sauce</p> <p style="text-align: center;"><b>Caribbean Style Beef Patty</b></p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Rainbow Bar</p>  | <p style="text-align: center;"><b>Mozzarella Sticks (V)</b><br/>with marinara sauce (VE)</p> <p style="text-align: center;">Roasted Zucchini (VE)</p> <p style="text-align: center; color: green;">Garlic Knot (V)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Pizza Bar</p>   | <p style="text-align: center;"><b>Chicken Tender Melt</b><br/>Ciabatta Bread</p> <p style="text-align: center;">Superhero Spinach (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Rainbow Bar</p>  | <p style="text-align: center;"><b>Cajun Pinto Beans (VE)</b><br/>with Brown Rice (VE)</p> <p style="text-align: center;">Southwest Burrito (V)</p> <p style="text-align: center;">Spiced Sweet Potatoes (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Fiesta Bar</p>                                      |
| 15  | 16   | 17  | 18   | 19  |
| <p style="text-align: center;"><b>Sicilian Slice Pizza (V)</b></p> <p style="text-align: center;">Italian Green Beans (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>  | <p style="text-align: center;"><b>Soft Turkey Taco</b></p> <p style="text-align: center;"><b>Crispy Chicken Bites</b></p> <p style="text-align: center;">Street Style Corn (V)</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Fiesta Bar</p>                              | <p style="text-align: center; color: red;"><b>Plastic Free Lunch Day</b></p> <p style="text-align: center;"><b>Garlic and Tomato Panini (V)</b></p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center;">Marinara Sauce (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Plastic Free Lunch Bar</p> | <p style="text-align: center;"><b>Caribbean Spiced Jerk Chicken Thighs*</b></p> <p style="text-align: center;">Jollof Cauliflower (V)*</p> <p style="text-align: center;">Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center; color: green;">Dinner Roll (V)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Rainbow Bar</p>                                      | <p style="text-align: center;"><b>White Bean and Pasta Primavera (VE)</b></p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p>                                    |
| Spring Recess 22  | Spring Recess 23   | Spring Recess 24  | Spring Recess 25   | Spring Recess 26  |
| <p style="text-align: center;"><b>Pizza by the Slice (V)</b></p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p> | <p style="text-align: center;"><b>Chicken Dumplings</b></p> <p style="text-align: center;"><b>Veggie Nuggets (VE)</b><br/>Dipping Sauce</p> <p style="text-align: center;">Garlic Teriyaki Green Beans (V)</p> <p style="text-align: center;">Brown Rice (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p> | <p style="text-align: center;"><b>Manicotti (V)</b><br/>in Marinara</p> <p style="text-align: center;">Baby Carrots (VE)</p> <p style="text-align: center; color: green;">Bread Stick (V)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p>  | <p style="text-align: center;"><b>Turkey Burger</b></p> <p style="text-align: center;"><b>Turkey Cheeseburger</b><br/>Whole Wheat Bun</p> <p style="text-align: center;"><b>Fish and Cheese Sandwich</b><br/>Whole Wheat Bun</p> <p style="text-align: center; color: green;">Herb Roasted Potatoes (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Classic Toppings</p> | <p style="text-align: center;"><b>Kidney Bean Rajma (VE)</b></p> <p style="text-align: center;">Three Cheese Grilled Cheese (V)</p> <p style="text-align: center;">Kachumber Salad (VE)*</p> <p style="text-align: center;">Flatbread (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Mediterranean Bar</p> |
| Spring Recess 29  | Spring Recess 30   |   |  |   |
| <p style="text-align: center;"><b>French Bread Pizza (V)</b></p> <p style="text-align: center;">Garlicky Green Bean (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>    | <p style="text-align: center;"><b>Veggie Nugget (VE)</b><br/>Dipping Sauce</p> <p style="text-align: center;"><b>Caribbean Style Beef Patty</b></p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;"><b>Salad Bar</b><br/>Rainbow Bar</p>  |   | <p style="text-align: center; color: green; font-size: small;">WE PROUDLY SUPPORT<br/>LOCALLY SOURCED,<br/>GROWN, HARVESTED OR<br/>PRODUCED FOOD.<br/>ALL NEW YORK ITEMS<br/>ARE HIGHLIGHTED IN GREEN.</p>   |   |
| <b>Monday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)  | <b>Tuesday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)  | <b>Wednesday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)   | <b>Thursday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)   | <b>Friday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)  |

**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 Cookies

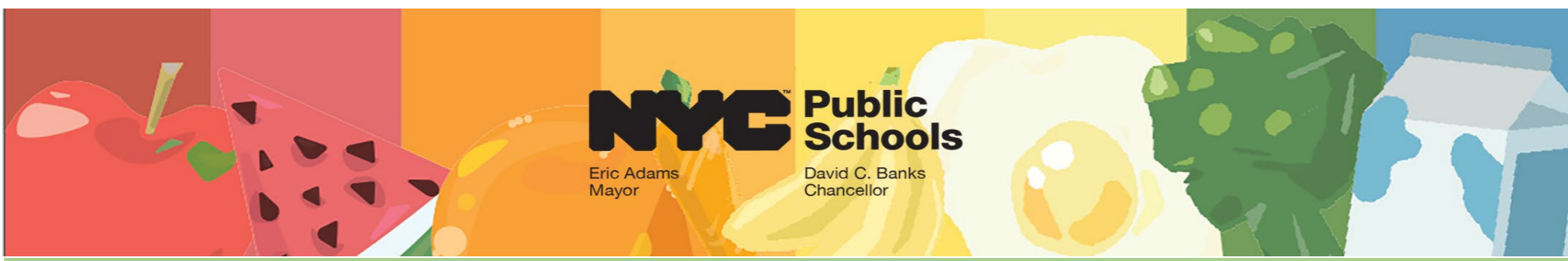
OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

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

OFNS has an extensive Prohibitive Ingredients List available at:

\* Recipes created in collaboration with OFNS and Wellness In The Schools

- **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



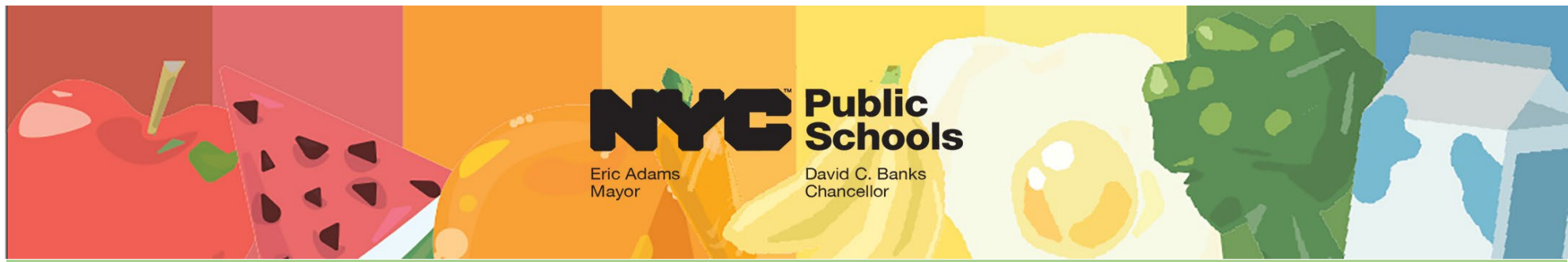
## APRIL 2024: High School Lunch Menu

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| Easter Weekend 1   | 2   | 3  | 4  | 5  |
| <p><b>Pizza by the Slice (V)</b></p> <p>Kid Friendly Kale Salad (V)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>  | <p>Chicken Dumplings</p> <p><b>Veggie Nuggets (VE)</b><br/>Dipping Sauce</p> <p>Garlic Teriyaki Green Beans (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p> | <p style="color: red; text-decoration: underline;">Plastic Free Lunch Day</p> <p><b>Garlic and Tomato Panini (V)</b></p> <p>Baby Carrots (VE)</p> <p>Marinara Sauce (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Plastic Free Lunch Bar</p> | <p><b>Turkey Burger</b></p> <p><b>Turkey Cheeseburger</b><br/>Whole Wheat Bun</p> <p><b>Fish and Cheese Sandwich</b><br/>Whole Wheat Bun</p> <p>Herb Roasted Potatoes (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Classic Toppings</p>             | <p><b>Kidney Bean Rajma (VE)</b></p> <p><b>Three Cheese Grilled Cheese (V)</b></p> <p>Kachumber Salad (VE)*</p> <p>Flatbread (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Mediterranean Bar</p>         |
| 8  | 9   | Eid al Fitr 10   | 11   | 12   |
| <p><b>French Bread Pizza (V)</b></p> <p>Garlicky Green Bean (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>   | <p><b>Veggie Nugget (VE)</b><br/>Dipping Sauce</p> <p><b>Caribbean Style Beef Patty</b></p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Rainbow Bar</p>                         | <p><b>Mozzarella Sticks (V)</b><br/>with marinara sauce (VE)</p> <p>Roasted Zucchini (VE)</p> <p>Garlic Knot (V)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Pizza Bar</p>  | <p><b>Chicken Tender Melt</b><br/>Ciabatta Bread</p> <p>Superhero Spinach (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Rainbow Bar</p>  | <p><b>Cajun Pinto Beans (VE)</b><br/>with Brown Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Spiced Sweet Potatoes (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Fiesta Bar</p>                         |
| 15   | 16  | 17   | 18   | 19   |
| <p><b>Sicilian Slice Pizza (V)</b></p> <p>Italian Green Beans (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>   | <p><b>Soft Turkey Taco</b></p> <p><b>Crispy Chicken Bites</b></p> <p>Street Style Corn (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Fiesta Bar</p>                       | <p style="color: red; text-decoration: underline;">Plastic Free Lunch Day</p> <p><b>Garlic and Tomato Panini (V)</b></p> <p>Baby Carrots (VE)</p> <p>Marinara Sauce (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Plastic Free Lunch Bar</p> | <p><b>Caribbean Spiced Jerk Chicken Thighs*</b></p> <p>Jollof Cauliflower (V)*</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Dinner Roll (V)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Rainbow Bar</p>  | <p><b>White Bean and Pasta Primavera (VE)</b></p> <p><b>Three Cheese Grilled Cheese (V)</b></p> <p>Crispy Broccoli (V)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p>                |
| Spring Recess 22   | Spring Recess 23  | Spring Recess 24   | Spring Recess 25   | Spring Recess 26   |
| <p><b>Pizza by the Slice (V)</b></p> <p>Kid Friendly Kale Salad (V)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>  | <p>Chicken Dumplings</p> <p><b>Veggie Nuggets (VE)</b><br/>Dipping Sauce</p> <p>Garlic Teriyaki Green Beans (V)</p> <p>Brown Rice (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p> | <p><b>Manicotti (V)</b><br/>in Marinara</p> <p>Baby Carrots (VE)</p> <p>Bread Stick (V)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Leafy Green Salad Bar</p>   | <p><b>Turkey Burger</b></p> <p><b>Turkey Cheeseburger</b><br/>Whole Wheat Bun</p> <p><b>Fish and Cheese Sandwich</b><br/>Whole Wheat Bun</p> <p>Herb Roasted Potatoes (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Classic Toppings</p>             | <p><b>Kidney Bean Rajma (VE)</b></p> <p><b>Three Cheese Grilled Cheese (V)</b></p> <p>Kachumber Salad (VE)*</p> <p>Flatbread (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Mediterranean Bar</p>         |
| Spring Recess 29   | Spring Recess 30  |  |  |  |
| <p><b>French Bread Pizza (V)</b></p> <p>Garlicky Green Bean (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Pizza Bar<br/>(With Balsamic Chickpea Salad)</p>   | <p><b>Caribbean Style Beef Patty</b></p> <p>Seasoned Wedge Fries (VE)</p> <p style="color: purple;"><b>Salad Bar</b><br/>Rainbow Bar</p>  |  |  <p style="text-align: center; font-size: small;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p> |  |
| <p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul> | <p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul> | <p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>                                  | <p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>   | <p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul> |

|  |  |  |  |
|--|--|--|--|
| <p><b>Milk</b></p> <p>1% Low-fat (V)<br/>Fat Free (V)<br/>Fat Free Chocolate (V)</p> <p style="font-size: x-small;">Alternative options are available upon request</p> | <p><b>ATTENTION:</b></p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p> | <p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p> | <p>OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;">  </div> |
|--|--|--|--|

\* Recipes created in collaboration with OFNS and Wellness In The Schools

- **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



## APRIL 2024: High School Express Cold Lunch Menu

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| Easter Weekend 1   | 2   | 3   | 4  | 5  |
| <b>Assorted Cold Vegetarian Option (V)</b><br>Crunchy Carrot Sticks (VE)   | <b>Chicken Caesar Wrap</b><br>Marinated Bean Salad (VE)   | <b>Balsamic Chicken Grab and Go Salad</b><br>Basil Corn Salad (VE)<br>Served with Salsa (VE)  | <b>Superhero Spinach Wrap (V)</b><br>Broccoli Salad (V)  | <b>Italian Veggie Grab &amp; Go Salad (VE)</b><br>Italian Marinated Cucumber Salad (VE)  |
| 8  | 9   | Eid al Fitr 10  | 11   | 12   |
| <b>Assorted Cold Vegetarian Option (V)</b><br>Crunchy Carrot Sticks (VE)<br>Served with Salsa (VE)   | <b>BBQ Crispy Chicken Grab and Go Salad</b><br>Cilantro Black Bean Salad (VE)   | <b>Chicken Tender Wrap Dipping Sauce</b><br>Classic Potato Salad (V)  | <b>Mediterranean Chicken Pasta Salad</b><br>Green Garden Salad (VE)  | <b>Chickpea and Pimento Wrap (VE)</b><br>Fresh Cilantro Healthy Coleslaw (V)   |
| 15   | 16  | 17  | 18   | 19   |
| <b>Assorted Cold Vegetarian Option (V)</b><br>Balsamic Chickpea Salad (V)  | <b>Crispy Chicken Grab and Go Salad</b><br>Asian Red Cabbage Slaw (V)   | <b>Chimichurri Chicken Wrap</b><br>Confetti Corn Salad (VE)   | <b>Chicken Salad Hoagie</b><br>Kid Friendly Kale Salad (V)   | <b>Black Bean Wrap (VE)</b><br>Fresh Tomato Salad (V)<br>Served with Salsa (VE)<br>Cheese Sandwich (V)                                       |
| Spring Recess 22   | Spring Recess 23  | Spring Recess 24  | Spring Recess 25   | Spring Recess 26   |
| <b>Assorted Cold Vegetarian Option (V)</b><br>Crunchy Carrot Sticks (VE)   | <b>Chicken Caesar Wrap</b><br>Marinated Bean Salad (VE)   | <b>Balsamic Chicken Grab and Go Salad</b><br>Basil Corn Salad (VE)<br>Served with Salsa (VE)  | <b>Superhero Spinach Wrap (V)</b><br>Broccoli Salad (V)  | <b>Italian Veggie Grab &amp; Go Salad (VE)</b><br>Italian Marinated Cucumber Salad (VE)  |
| Spring Recess 29   | Spring Recess 30  |   |  |  |
| <b>Assorted Cold Vegetarian Option (V)</b><br>Crunchy Carrot Sticks (VE)<br>Served with Salsa (VE)   | <b>BBQ Crispy Chicken Grab and Go Salad</b><br>Cilantro Black Bean Salad (VE)   |   | <br>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN. |  |
| <b>Monday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) | <b>Tuesday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) | <b>Wednesday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) | <b>Thursday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)   | <b>Friday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) |

**Milk**

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

**OFFERED DAILY**

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

**Assorted Dressings**

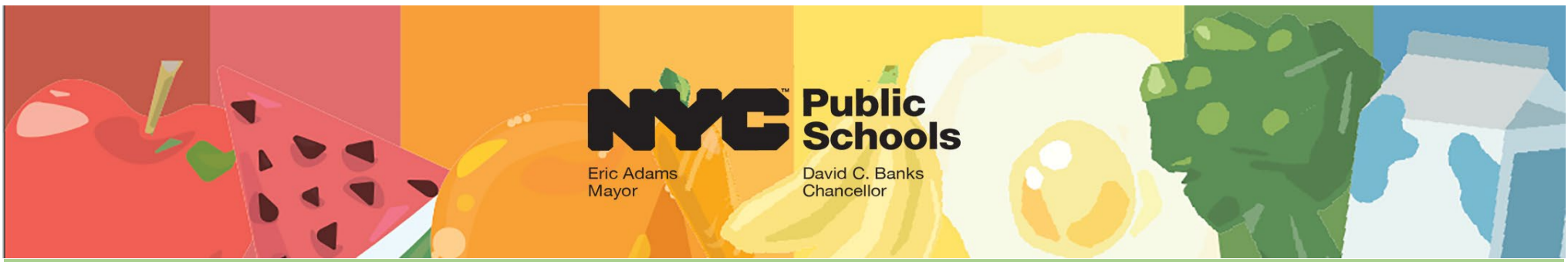
**Seasonal Fresh Fruit**  
Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



\* Recipes created in collaboration with OFNS and Wellness In The Schools

- **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



## APRIL 2024: High School Express Hot Lunch Menu

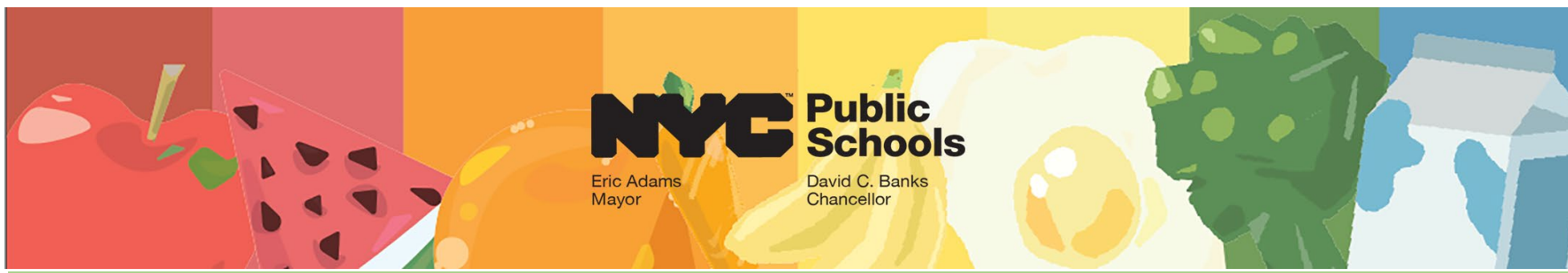
| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| Easter Weekend 1   | 2   | 3   | 4  | 5  |
| Sicilian Slice Pizza (V)<br>Kid Friendly Kale Salad (V)  | Crispy Chicken Sandwich<br>Whole Wheat Bun<br>Fiesta Black Beans (VE)<br>Served with Salsa (VE)   | Garlic and Tomato Panini (V)<br>Baby Carrots (VE)   | Fish and Cheese Sandwich<br>Whole Wheat Bun<br>Seasoned Wedge Fries (VE)   | Kidney Bean Rajma (VE)<br>Three Cheese Grilled Cheese (V)<br>Kachumber Salad (VE)*<br>Flatbread (VE)   |
| 8  | 9   | Eid al Fitr 10  | 11   | 12   |
| Sicilian Slice Pizza (V)<br>Italian Chickpeas (VE)   | Caribbean Style Beef Patty<br>Seasoned Wedge Fries (VE)   | Mozzarella Sticks (V)<br>with marinara sauce (VE)<br>Roasted Zucchini (VE)  | Chicken Tender Melt<br>on Ciabatta Bread<br>Superhero Spinach (VE)   | Cajun Pinto Bean (VE)<br>with Brown Rice (VE)<br>Three Cheese Grilled Cheese (V)<br>Spiced Sweet Potatoes (VE)                               |
| 15   | 16  | 17  | 18   | 19   |
| Sicilian Slice Pizza (V)<br>Seasoned Chickpeas (VE)<br>Italian Green Bean (VE)   | Crispy Chicken Bites<br>Street Style Corn (V)<br>Served with Salsa (VE)   | Garlic and Tomato Panini (V)<br>Baby Carrots (VE)   | Caribbean Spiced Jerk Chicken Thighs*<br>Jollof Cauliflower (V)*<br>Sweet Potato Wedge Fries (VE)<br>Dinner Roll (V)   | White Bean and Pasta Primavera (VE)<br>Three Cheese Grilled Cheese (V)<br>Crispy Broccoli (V)  |
| Spring Recess 22   | Spring Recess 23  | Spring Recess 24  | Spring Recess 25   | Spring Recess 26   |
| Sicilian Slice Pizza (V)<br>Kid Friendly Kale Salad (V)  | Crispy Chicken Sandwich<br>Whole Wheat Bun<br>Fiesta Black Beans (VE)<br>Served with Salsa (VE)   | Manicotti (V)<br>in Marinara<br>Baby Carrots (VE)   | Fish and Cheese Sandwich<br>Whole Wheat Bun<br>Seasoned Wedge Fries (VE)   | Kidney Bean Rajma (VE)<br>Three Cheese Grilled Cheese (V)<br>Kachumber Salad (VE)*<br>Flatbread (VE)   |
| Spring Recess 29   | Spring Recess 30  |   |  |  |
| Sicilian Slice Pizza (V)<br>Italian Chickpeas (VE)   | Caribbean Style Beef Patty<br>Seasoned Wedge Fries (VE)   |   |  <p>WE PROUDLY SUPPORT<br/>LOCALLY SOURCED, GROWN,<br/>HARVESTED OR<br/>PRODUCED FOOD.<br/>ALL NEW YORK ITEMS<br/>ARE HIGHLIGHTED IN GREEN.</p> |  |
| <b>Monday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) | <b>Tuesday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) | <b>Wednesday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) | <b>Thursday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)   | <b>Friday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) |

|  |   |   |   |   |
|--|---|---|---|---|
| <p><b>Milk</b><br/>1% Low-fat (V)<br/>Fat Free (V)<br/>Fat Free Chocolate (V)<br/>Alternative options are available upon request</p> | <p><b>ATTENTION:</b><br/>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p> | <p>OFNS Menu Support<br/>Seasonal Fresh Fruit and Vegetables when available</p> | <p>Seasonal Fresh Fruit<br/>Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)</p> | <p>OFNS has an extensive Prohibitive Ingredients List available at:</p>  |
|--|---|---|---|---|

\* Recipes created in collaboration with OFNS and Wellness In The Schools

- **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





## APRIL 2024: Food Court Menu

| Monday   |  | Tuesday   |  | Wednesday  |  | Thursday  |  | Friday   |  |
|--|--|---|--|--|--|---|--|--|--|
| Easter Weekend 1   |  | 2   |  | 3  |  | 4   |  | 5  |  |
| Pizza by the Slice (V)<br><br>Kid Friendly Kale Salad (V)<br><br><span style="color: purple;">Salad Bar</span><br>Pizza Bar<br>(With Balsamic Chickpea Salad)  |  | Chicken Dumplings<br><br>Veggie Nuggets (VE)<br>Dipping Sauce<br><br>Garlic Teriyaki Green Beans (V)<br><br>Brown Rice (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Leafy Green Salad Bar                           |  | Garlic and Tomato Panini (V)<br><br>Baby Carrots (VE)<br><br>Marinara Sauce (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Plastic Free Lunch Bar  |  | Turkey Burger<br><br>Turkey Cheeseburger<br>Whole Wheat Bun<br><br>Fish and Cheese Sandwich<br>Whole Wheat Bun<br><br>Herb Roasted Potatoes (VE)<br><span style="color: purple;">Salad Bar</span><br>Classic Toppings |  | Kidney Bean Rajma (VE)<br><br>Three Cheese Grilled Cheese (V)<br><br>Kachumber Salad (VE)*<br><br>Flatbread (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Mediterranean Bar |  |
| 8  |  | 9   |  | Eid al Fitr 10   |  | 11  |  | 12   |  |
| French Bread Pizza (V)<br><br>Garlicky Green Bean (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Pizza Bar<br>(With Balsamic Chickpea Salad)   |  | Veggie Nugget (VE)<br>Dipping Sauce<br><br>Caribbean Style Beef Patty<br><br>Seasoned Wedge Fries (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Rainbow Bar  |  | Mozzarella Sticks (V)<br>with marinara sauce (VE)<br><br>Roasted Zucchini (VE)<br><br>Garlic Knot (V)<br><br><span style="color: purple;">Salad Bar</span><br>Pizza Bar  |  | Chicken Tender Melt<br>Ciabatta Bread<br><br>Superhero Spinach (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Rainbow Bar   |  | Cajun Pinto Beans (VE)<br>with Brown Rice (VE)<br><br>Southwest Burrito (V)<br><br>Spiced Sweet Potatoes (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Fiesta Bar           |  |
| 15   |  | 16  |  | 17   |  | 18  |  | 19   |  |
| Sicilian Slice Pizza (V)<br><br>Italian Green Beans (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Pizza Bar<br>(With Balsamic Chickpea Salad)   |  | Soft Turkey Taco<br><br>Crispy Chicken Bites<br><br>Street Style Corn (V)<br><br>Seasoned Wedge Fries (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Fiesta Bar   |  | Garlic and Tomato Panini (V)<br><br>Baby Carrots (VE)<br><br>Marinara Sauce (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Plastic Free Lunch Bar  |  | Caribbean Spiced Jerk Chicken Thighs*<br><br>Jollof Cauliflower (V)*<br><br>Sweet Potato Wedge Fries (VE)<br><br>Dinner Roll (V)<br><br><span style="color: purple;">Salad Bar</span><br>Rainbow Bar                  |  | White Bean and Pasta Primavera (VE)<br><br>Three Cheese Grilled Cheese (V)<br><br>Crispy Broccoli (V)<br><br><span style="color: purple;">Salad Bar</span><br>Leafy Green Salad Bar        |  |
| Spring Recess 22   |  | Spring Recess 23  |  | Spring Recess 24   |  | Spring Recess 25  |  | Spring Recess 26   |  |
| Pizza by the Slice (V)<br><br>Kid Friendly Kale Salad (V)<br><br><span style="color: purple;">Salad Bar</span><br>Pizza Bar<br>(With Balsamic Chickpea Salad)  |  | Fiesta Quesadilla (V)<br><br>Fiesta Black Beans (VE)<br><br>Served with Salsa (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Leafy Green Salad Bar  |  | Manicotti (V)<br>in Marinara<br><br>Baby Carrots (VE)<br><br>Bread Stick (V)<br><br><span style="color: purple;">Salad Bar</span><br>Leafy Green Salad Bar   |  | Turkey Burger<br><br>Turkey Cheeseburger<br>Whole Wheat Bun<br><br>Fish and Cheese Sandwich<br>Whole Wheat Bun<br><br>Herb Roasted Potatoes (VE)<br><span style="color: purple;">Salad Bar</span><br>Classic Toppings |  | Kidney Bean Rajma (VE)<br><br>Three Cheese Grilled Cheese (V)<br><br>Kachumber Salad (VE)*<br><br>Flatbread (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Mediterranean Bar |  |
| Spring Recess 29   |  | Spring Recess 30  |  |  |  |   |  |  |  |
| French Bread Pizza (V)<br><br>Garlicky Green Bean (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Pizza Bar<br>(With Balsamic Chickpea Salad)   |  | Veggie Nugget (VE)<br>Dipping Sauce<br><br>Caribbean Style Beef Patty<br><br>Seasoned Wedge Fries (VE)<br><br><span style="color: purple;">Salad Bar</span><br>Rainbow Bar  |  |  |  | WE PROUDLY SUPPORT<br>LOCALLY SOURCED,<br>GROWN, HARVESTED OR<br>PRODUCED FOOD.<br>ALL NEW YORK ITEMS<br>ARE HIGHLIGHTED IN GREEN.  |  |  |  |
| <b>Monday</b><br>• Mozzarella Sticks (V)<br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)<br>• Seasoned Wedge Fries (VE) |  | <b>Tuesday</b><br>• Pizza (V)<br>• Chicken Tenders<br>• Chicken Dumplings<br>• Mozzarella Sticks (V)<br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V) |  | <b>Wednesday</b><br>• Pizza (V)<br>• Chicken Tenders<br>• Chicken Dumplings<br>• Mozzarella Sticks (V)<br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)<br>• Seasoned Wedge Fries (VE) |  | <b>Thursday</b><br>• Pizza (V)<br>• Chicken Dumplings<br>• Mozzarella Sticks (V)<br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)       |  | <b>Friday</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hummus and Crackers (V)<br>• Hot or Cold Cheese Sandwich (V)<br>• Seasoned Wedge Fries (VE)                |  |

|  |   |   |   |  |
|--|---|---|---|--|
| <b>Milk</b><br>1% Low-fat (V)<br>Fat Free (V)<br>Fat Free Chocolate (V)<br><small>Alternative options are available upon request</small> | <b>ATTENTION:</b><br>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies | OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available | Seasonal Fresh Fruit<br>Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Pears, Bananas, and Strawberries (VE) | OFNS has an extensive Prohibitive Ingredients List available at:<br> |
|--|---|---|---|--|

\* Recipes created in collaboration with OFNS and Wellness In The Schools

- **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



## APRIL 2024: After School Snack Menu

| Monday  | Tuesday                               | Wednesday                                  | Thursday   | Friday  |
|---|---------------------------------------|--|--|---|
| Easter Weekend 1                              | 2                                     | 3  | 4  | 5   |
| Heart Shaped Pretzels (VE)<br>Hummus Cup (VE) | Cinnamon Flakes (VE)<br>Milk (V)      | Animal Crackers (V)<br>Milk (V)            | Colby Cheese Stick (V)<br>Fresh Fruit (VE)   | Honey Roasted Sunflower Seeds (V)<br>Fresh Fruit (VE) |
| 8   | 9                                     | Eid al Fitr 10                             | 11   | 12  |
| Honey Graham Crackers (V)<br>Milk (V)         | Assorted Granola (V)<br>Milk (V)      | Crispy Tortilla (VE)<br>Salsa (VE)         | Cheddar Cheese Stick (V)<br>Fresh Fruit (VE)   | Heart Shaped Pretzels (VE)<br>Hummus Cup (VE)         |
| 15  | 16                                    | 17   | 18   | 19  |
| Animal Crackers (V)<br>Milk (V)               | Honey Graham Biscuits (V)<br>Milk (V) | Yogurt Choice (V)<br>Blueberry Granola (V) | Mozzarella Cheese Stick (V)<br>Fresh Fruit (VE)  | Multi-Grain Oats (VE)<br>Milk (V)                     |
| Spring Recess 22                              | Spring Recess 23                      | Spring Recess 24                           | Spring Recess 25   | Spring Recess 26                                      |
| Heart Shaped Pretzels (VE)<br>Hummus Cup (VE) | Cinnamon Flakes (VE)<br>Milk (V)      | Animal Crackers (V)<br>Milk (V)            | Colby Cheese Stick (V)<br>Fresh Fruit (VE)   | Honey Roasted Sunflower Seeds (V)<br>Fresh Fruit (VE) |
| Spring Recess 29                              | Spring Recess 30                      |  |  |   |
| Honey Graham Crackers (V)<br>Milk (V)         | Assorted Granola (V)<br>Milk (V)      |  | <p style="text-align: center; font-size: small;">WE PROUDLY SUPPORT<br/>LOCALLY SOURCED,<br/>GROWN, HARVESTED OR<br/>PRODUCED FOOD.<br/>ALL NEW YORK ITEMS<br/>ARE HIGHLIGHTED IN GREEN.</p> |   |

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

OFNS Menu Support  
Seasonal Fresh Fruit and Vegetables  
when available

**All Fruit**  
Offerings are 1 cup


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

OFNS has an extensive Prohibitive Ingredients List available at:

- **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



## APRIL 2024: After School Infant - Toddler Snack Menu

| Monday                           | Tuesday                       | Wednesday                                    | Thursday  | Friday                                       |
|----------------------------------|-------------------------------|--|---|--|
| Easter Weekend 1                 | 2                             | 3  | 4   | 5  |
| Cinnamon Flakes (VE)<br>Milk (V) | Apple Slices (VE)<br>Milk (V) | Whole Wheat Crackers (VE)<br>Hummus Cup (VE) | Yogurt Choice (V)<br>Diced Peaches (VE)   | Multi-Grain Oats (VE)<br>Milk (V)            |
| 8                                | 9                             | Eid al Fitr 10                               | 11  | 12   |
| Animal Crackers (V)<br>Milk (V)  | Fresh Banana (VE)<br>Milk (V) | Yogurt Choice (V)<br>Diced Peaches (VE)      | Cinnamon Flakes (VE)<br>Milk (V)  | Whole Wheat Crackers (VE)<br>Hummus Cup (VE) |
| 15                               | 16                            | 17   | 18  | 19   |
| Cinnamon Flakes (VE)<br>Milk (V) | Apple Slices (VE)<br>Milk (V) | Whole Wheat Crackers (VE)<br>Hummus Cup (VE) | Yogurt Choice (V)<br>Diced Peaches (VE)   | Multi-Grain Oats (VE)<br>Milk (V)            |
| Spring Recess 22                 | Spring Recess 23              | Spring Recess 24                             | Spring Recess 25  | Spring Recess 26                             |
| Animal Crackers (V)<br>Milk (V)  | Fresh Banana (VE)<br>Milk (V) | Yogurt Choice (V)<br>Diced Peaches (VE)      | Cinnamon Flakes (VE)<br>Milk (V)  | Whole Wheat Crackers (VE)<br>Hummus Cup (VE) |
| Spring Recess 29                 | Spring Recess 30              |  |   |  |
| Cinnamon Flakes (VE)<br>Milk (V) | Apple Slices (VE)<br>Milk (V) |  | <br>WE PROUDLY SUPPORT<br>LOCALLY SOURCED,<br>GROWN, HARVESTED OR<br>PRODUCED FOOD.<br>ALL NEW YORK ITEMS<br>ARE HIGHLIGHTED IN GREEN. |  |

**Milk**  
Whole Milk (V)  
Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

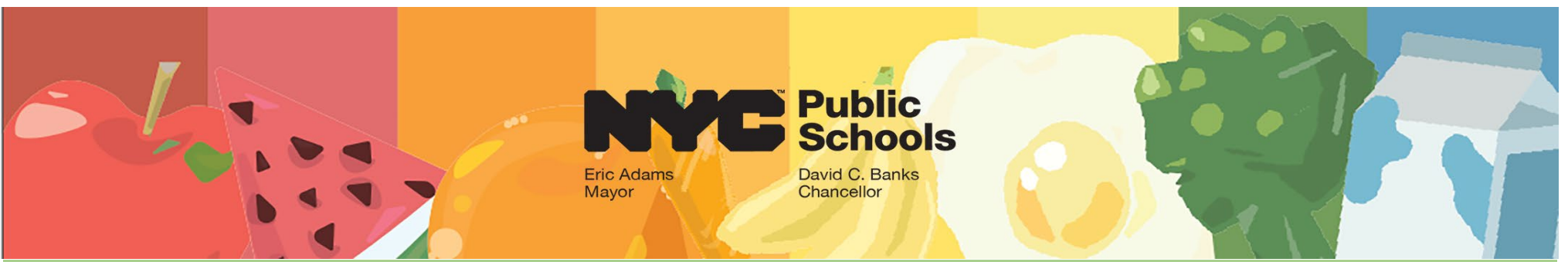
Seasonal Fresh Fruit  
Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available for youngsters 12 to 24 months. Formula is to be provided by the parent.

- **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



## APRIL 2024: After School Cold Supper Menu

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| Easter Weekend 1  | 2   | 3   | 4  | 5   |
| <b>Superhero Spinach Wrap (V)</b><br>Broccoli Salad (V)               | <b>Crispy Chicken Grab and Go Salad</b><br>Asian Red Cabbage Slaw (V) | <b>Chicken Salad Hoagie</b><br>Kid Friendly Kale Salad (V)                    | <b>Chimichurri Chicken Wrap</b><br>Confetti Corn Salad (VE)  | <b>Black Bean Wrap (VE)</b><br>Fresh Tomato Salad (V)   |
| 8   | 9   | Eid al Fitr 10  | 11   | 12  |
| <b>Red, White and Green Panini (V)</b><br>Balsamic Chickpea Salad (V) | <b>Balsamic Chicken Grab and Go Salad</b><br>Served with Salsa (VE)   | <b>Curried Chicken Wrap Dipping Sauce</b><br>Fresh Tomato Salad (V)           | <b>Sesame Noodle Bowl</b><br>Broccoli Salad (V)  | <b>Italian Veggie Grab &amp; Go Salad (VE)</b><br>Italian Marinated Cucumber Salad (VE)   |
| 15  | 16  | 17  | 18   | 19  |
| <b>Grab and Go Cheese Plate (V)</b><br>Italian Green Beans (VE)       | <b>Chicken Tender Wrap Dipping Sauce</b><br>Classic Potato Salad (V)  | <b>BBQ Crispy Chicken Grab and Go Salad</b><br>Cilantro Black Bean Salad (VE) | <b>Mediterranean Chicken Pasta Salad</b><br>Green Garden Salad (V)   | <b>Chickpea and Pimento Wrap (VE)</b><br>Fresh Cilantro Healthy Coleslaw (V)  |
| Spring Recess 22  | Spring Recess 23  | Spring Recess 24  | Spring Recess 25   | Spring Recess 26  |
| <b>Superhero Spinach Wrap (V)</b><br>Broccoli Salad (V)               | <b>Crispy Chicken Grab and Go Salad</b><br>Asian Red Cabbage Slaw (V) | <b>Chicken Salad Hoagie</b><br>Kid Friendly Kale Salad (V)                    | <b>Chimichurri Chicken Wrap</b><br>Confetti Corn Salad (VE)  | <b>Black Bean Wrap (VE)</b><br>Fresh Tomato Salad (V)   |
| Spring Recess 29  | Spring Recess 30  |   |  |   |
| <b>Red, White and Green Panini (V)</b><br>Balsamic Chickpea Salad (V) | <b>Balsamic Chicken Grab and Go Salad</b><br>Served with Salsa (VE)   |   | <br>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN. | <b>Daily Supper Specials</b><br>• Peanut Butter and/or Sunflower Seed Butter & Jelly (VE)<br>• Hot or Cold Cheese Sandwich (V)<br>• Hummus and Crackers Grab & Go (V)<br>Options may vary by location |

### OFFERED DAILY

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

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

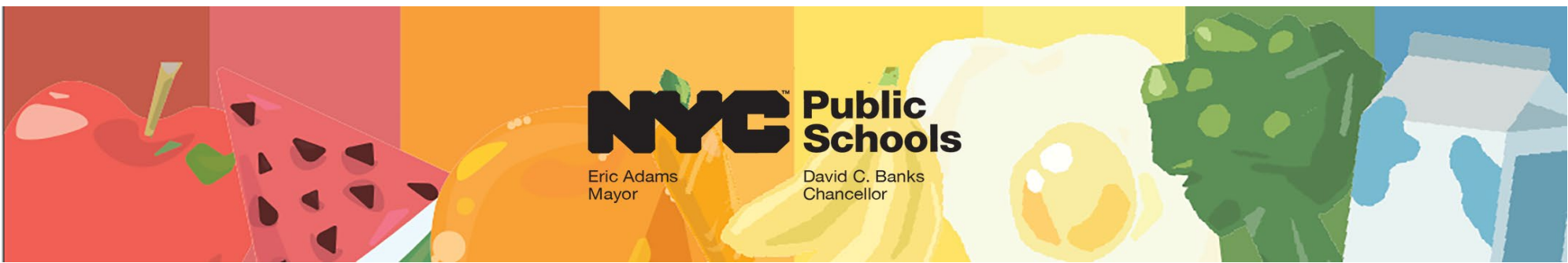
Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



- **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



## APRIL 2024: After School Hot Supper Menu

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| Easter Weekend 1   | 2   | 3  | 4  | 5  |
| <b>Homemade Grilled Cheese Sandwich (V)</b><br><br>Crispy Broccoli (V)         | <b>Fish and Cheese Sandwich</b><br>Whole Wheat Bun<br><br>Baked Sweet Potato Wedge Fries (VE) | <b>Chicken Tenders</b><br><br>Slow Roasted Baby Carrots (V)<br><br>Dinner Roll (V) | <b>Pizza (V)</b><br><br>Corn, Peas and Carrots (VE)  | <b>Veggie Nuggets (VE)</b> with Dipping Sauce (V)<br><br>Seasoned Wedge Fries (VE)<br><br>Dinner Roll (VE)   |
| 8  | 9   | Eid al Fitr 10   | 11   | 12   |
| <b>Mozzarella Sticks (V)</b><br>Marinara Sauce (VE)<br><br>Crispy Broccoli (V) | <b>Turkey Burger</b><br>Whole Wheat Bun<br><br>Crisp Sweet Potato Waffle Fries (VE)           | <b>Garlic and Tomato Panini (V)</b><br><br>Roasted Zucchini (VE)                   | <b>Pizza (V)</b><br><br>Superhero Spinach (VE)   | <b>Veggie Burger (VE)</b><br>Whole Wheat Bun<br><br>Seasoned Wedge Fries (VE)  |
| 15   | 16  | 17   | 18   | 19   |
| <b>Manicotti</b><br>in Marinara Sauce (V)<br><br>Italian Green Beans (VE)      | <b>Hamburgers &amp; Cheeseburgers</b><br>Whole Wheat Bun<br><br>Cilantro Healthy Coleslaw (V) | <b>Crispy Chicken Bites</b><br>with Dipping Sauce<br><br>Seasoned Wedge Fries (VE) | <b>Soft Turkey Taco</b><br><br>Street Style Corn (V)   | <b>Pizza (V)</b><br><br>Parmigiana Spinach (V)   |
| Spring Recess 22   | Spring Recess 23  | Spring Recess 24   | Spring Recess 25   | Spring Recess 26   |
| <b>Homemade Grilled Cheese Sandwich (V)</b><br><br>Crispy Broccoli (V)         | <b>Fish and Cheese Sandwich</b><br>Whole Wheat Bun<br><br>Baked Sweet Potato Wedge Fries (VE) | <b>Chicken Tenders</b><br><br>Slow Roasted Baby Carrots (V)<br><br>Dinner Roll (V) | <b>Pizza (V)</b><br><br>Corn, Peas and Carrots (VE)  | <b>Veggie Nuggets (VE)</b> with Dipping Sauce (V)<br><br>Seasoned Wedge Fries (VE)<br><br>Dinner Roll (VE)   |
| Spring Recess 29   | Spring Recess 30  |  |  |  |
| <b>Mozzarella Sticks (V)</b><br>Marinara Sauce (VE)<br><br>Crispy Broccoli (V) | <b>Turkey Burger</b><br>Whole Wheat Bun<br><br>Crisp Sweet Potato Waffle Fries (VE)           |  | <br><br>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN. | <b>Daily Supper Specials</b><br><br><ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Hummus and Crackers Grab &amp; Go (V)</li> </ul> Options may vary by location |

### OFFERED DAILY

**Milk**  
 1% Low-fat (V)  
 Fat Free (V)  
**Fat Free Chocolate (V)**  
 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, Mandarins,  
 Pears, Bananas, and  
 Strawberries (VE)

OFNS has an extensive  
 Prohibitive Ingredients List  
 available at:



- **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



## APRIL 2024: After School Vegetarian Supper Menu

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| Easter Weekend 1  | 2  | 3  | 4   | 5  |
| <b>Homemade Grilled Cheese Sandwich (V)</b><br><br><b>Baked Sweet Potato Wedge Fries (VE)</b> | <b>Vegetarian Quesadilla (V)</b><br>served with Salsa (VE)<br><br><b>Fiesta Black Beans (VE)</b> | <b>Mozzarella Sticks (VE)</b><br><br><b>Green Garden Salad (VE)</b>    | <b>Pizza (V)</b><br><br><b>Roasted Zucchini (VE)</b>  | <b>Veggie Nuggets (VE)</b><br>with Dipping Sauce (V)<br><br><b>Seasoned Wedge Fries (VE)</b><br><br><span style="color: green;">Dinner Roll (VE)</span>  |
| 8   | 9  | Eid al Fitr 10   | 11  | 12   |
| <b>Mozzarella Sticks (V)</b><br>Marinara Sauce (VE)<br><br><b>Crispy Broccoli (V)</b>         | <b>Super Hero Spinach Wrap (V)</b><br><br><b>Baked Beans (VE)</b>                                | <b>Pizza (V)</b><br><br><b>Roasted Chickpeas With Basil Pesto (V)</b>  | <b>Three Cheese Grilled Cheese (V)</b><br><br><span style="color: green;">Street Style Corn (V)</span>  | <b>Veggie Burger (VE)</b><br>or<br><b>Veggie Cheeseburger(V)</b><br><span style="color: green;">Whole Wheat Bun</span><br><br><b>Seasoned Wedge Fries (VE)</b>   |
| 15  | 16   | 17   | 18  | 19   |
| <b>Red White and Green Panini (V)</b><br><br><b>Seasoned Wedge Fries (VE)</b>                 | <b>Manicotti (V)</b><br>with marinara sauce (VE)<br><br><b>Seasoned Fresh Green Beans (V)</b>    | <b>Black Bean and Plantain Power Bowl (VE)</b><br>with Brown Rice (VE) | <b>Pizza (V)</b><br><br><b>Crispy Broccoli (V)</b>  | <b>White Bean and Pasta Primavera (VE)</b><br><br><b>Roasted Fresh Tomatoes (VE)</b>   |
| Spring Recess 22  | Spring Recess 23   | Spring Recess 24   | Spring Recess 25  | Spring Recess 26   |
| <b>Homemade Grilled Cheese Sandwich (V)</b><br><br><b>Baked Sweet Potato Wedge Fries (VE)</b> | <b>Vegetarian Quesadilla (V)</b><br>served with Salsa (VE)<br><br><b>Fiesta Black Beans (VE)</b> | <b>Mozzarella Sticks (VE)</b><br><br><b>Green Garden Salad (VE)</b>    | <b>Pizza (V)</b><br><br><b>Roasted Zucchini (VE)</b>  | <b>Veggie Nuggets (VE)</b><br>with Dipping Sauce (V)<br><br><b>Seasoned Wedge Fries (VE)</b><br><br><span style="color: green;">Dinner Roll (VE)</span>  |
| Spring Recess 29  | Spring Recess 30   |  |   |  |
| <b>Mozzarella Sticks (V)</b><br>Marinara Sauce (VE)<br><br><b>Crispy Broccoli (V)</b>         | <b>Super Hero Spinach Wrap (V)</b><br><br><b>Baked Beans (VE)</b>                                |  | <br><br>WE PROUDLY SUPPORT<br>LOCALLY SOURCED,<br>GROWN, HARVESTED OR<br>PRODUCED FOOD.<br>ALL NEW YORK ITEMS<br>ARE HIGHLIGHTED IN GREEN. | <b>Daily Supper Specials</b><br><br><ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Hummus and Crackers Grab &amp; Go (V)</li> </ul> Options may vary by location |

### OFFERED DAILY

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

OFNS Menu Support  
 Seasonal Fresh Fruit and Vegetables when available

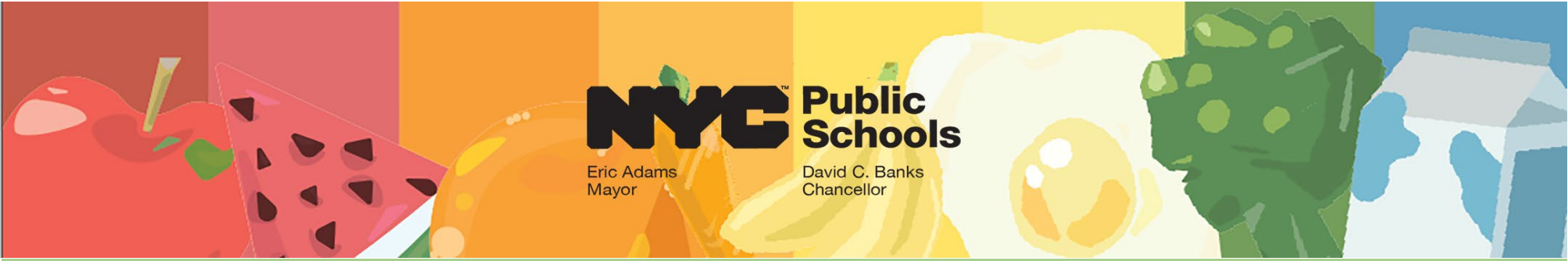
Assorted Dressings

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

OFNS has an extensive Prohibitive Ingredients List available at:



- **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



**APRIL 2024: Saturday Cold Morning Snack Menu**

| Saturday   | Saturday  | Saturday  | Saturday  | Saturday |
|--|---|---|---|----------|
| 6  | 13  | 20  | 27  |          |
| <p><b>Honey Corn Breakfast Bread (V)</b></p> <p>Milk (V)</p> | <p><b>Cinnamon Burst Pancakes (V)</b></p> <p>Milk (V)</p> | <p><b>Banana Muffin (V)</b></p> <p>Milk (V)</p> | <p><b>Blueberry Breakfast Bread (V)</b></p> <p>Milk (V)</p> |          |
|  |   |   |   |          |
|  |   |   |   |          |
|  |   |   |   |          |
|  |   |   |   |          |

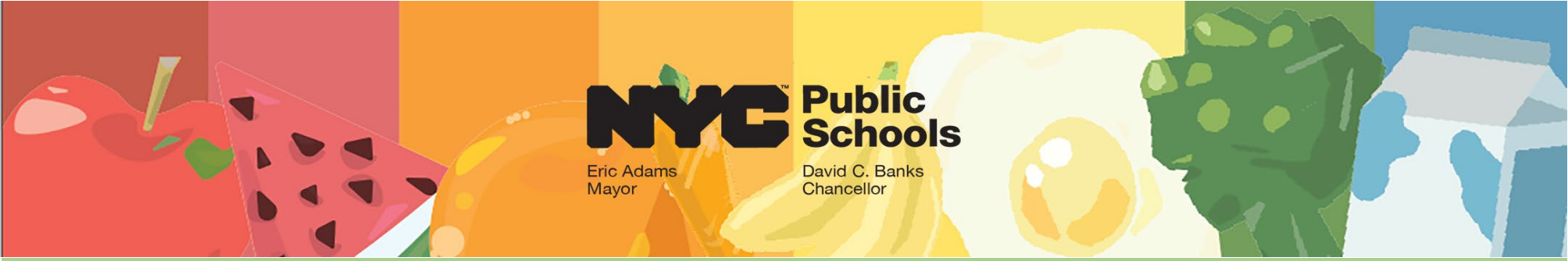
**Milk**  
 1% Low-fat (V)  
 Fat Free (V)  
 Fat Free Chocolate (V)  
 Alternative options are available upon request

(V) Indicates Vegetarian  
 (VE) Indicates Vegan

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

OFNS has an extensive Prohibitive Ingredients List available at:





## APRIL 2024: Saturday Hot Morning Snack Menu

| Saturday   | Saturday   | Saturday  | Saturday  | Saturday |
|--|--|---|---|----------|
| 6  | 13   | 20  | 27  |          |
| <p><b>Honey Corn Breakfast Bread (V)</b></p> <p>Milk (V)</p> | <p><b>Rise and Shine Waffles (V)</b></p> <p>Milk (V)</p> | <p><b>Buttermilk Pancakes (V)</b></p> <p>Milk (V)</p> | <p><b>Blueberry Breakfast Bread (V)</b></p> <p>Milk (V)</p> |          |
|  |  |   |   |          |
|  |  |   |   |          |
|  |  |   |   |          |
|  |  |   |   |          |

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

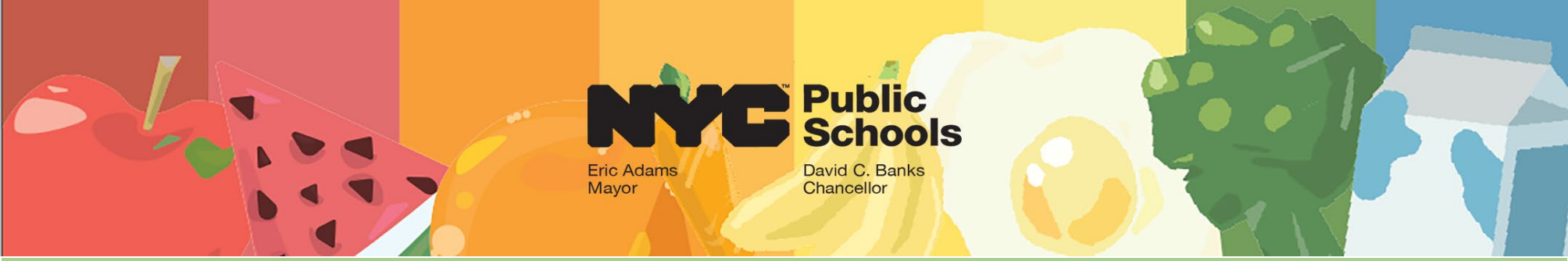
(V) Indicates Vegetarian  
 (VE) Indicates Vegan

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

OFNS has an extensive Prohibitive Ingredients List available at:







## APRIL 2024: Saturday Cold Lunch Menu

| Saturday  | Saturday  | Saturday  | Saturday  | Saturday |
|---|---|---|---|----------|
| 6   | 13  | 20  | 27  |          |
| <b>Assorted Cold Sandwiches and Wraps</b><br><br>Confetti Corn Salad (VE)<br><br>Fresh Fruit (VE)<br>Milk (V) | <b>Assorted Cold Sandwiches and Wraps</b><br><br>Italian Green Beans (VE)<br><br>Fresh Fruit (VE)<br>Milk (V) | <b>Assorted Cold Sandwiches and Wraps</b><br><br>Carrot Sticks (VE)<br><br>Fresh Fruit (VE)<br>Milk (V) | <b>Assorted Cold Sandwiches and Wraps</b><br><br>Broccoli Salad (V)<br><br>Fresh Fruit (VE)<br>Milk (V) |          |
|   |   |   |   |          |
|   |   |   |   |          |

**OFFERED DAILY**

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

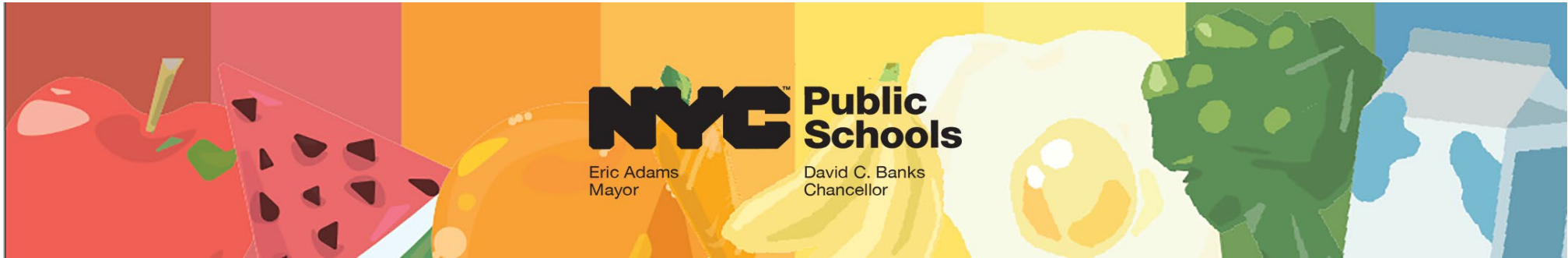
(V) Indicates Vegetarian  
 (VE) Indicates Vegan

**Assorted Dressings**

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

OFNS has an extensive Prohibitive Ingredients List available at:





## APRIL 2024: Saturday Hot Lunch Menu

| Saturday  | Saturday  | Saturday  | Saturday  | Saturday |
|---|---|---|---|----------|
| 6   | 13  | 20  | 27  |          |
| <p style="text-align: center;"><b>Grilled Cheese Sandwich (V)</b></p> <p>Seasoned Wedge Fries (VE)</p> <p style="text-align: center;">Fresh Fruit (VE)<br/>Milk (V)</p> | <p style="text-align: center;"><b>Hamburgers &amp; Cheeseburgers</b></p> <p>Baked Sweet Potato Waffle Fries (VE)</p> <p style="text-align: center;">Fresh Fruit (VE)<br/>Milk (V)</p> | <p style="text-align: center;"><b>Baked Mozzarella Sticks (V)</b><br/>Marinara Sauce (VE)</p> <p style="text-align: center;">Crispy Broccoli (V)</p> <p style="text-align: center;">Fresh Fruit (VE)<br/>Milk (V)</p> | <p style="text-align: center;"><b>Crispy Chicken Sandwich</b><br/>Whole Wheat Bun</p> <p style="text-align: center;">Seasoned Wedge Fries (VE)</p> <p style="text-align: center;">Fresh Fruit (VE)<br/>Milk (V)</p> |          |
|   |   |   |   |          |
|   |   |   |   |          |

### OFFERED DAILY

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

(V) Indicates Vegetarian  
 (VE) Indicates Vegan

**Assorted Dressings**

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

OFNS has an extensive Prohibitive Ingredients List available at:

