



**OCTOBER 2024: Pre-K - 8 Express Hot Lunch Menu With Halal Option (H)**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p><b>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</b></p>	<p><b>Crispy Chicken Sandwich (H)</b> Whole Wheat Bun (H)</p> <p>Roasted Zucchini (VE) (H)</p>	<p><b>Caribbean Style Beef Patty (H)</b></p> <p>Salsa (VE) (H)</p> <p>Hot Confetti Corn (VE) (H)</p>	<p><b>Fish and Cheese Sandwich (H)</b> Whole Wheat Bun (H)</p> <p>Seasoned Wedge Fries (VE) (H)</p>	<p><b>Mediterranean Chickpeas (VE) (H)</b></p> <p>Three Cheese Grilled Cheese (V) (H)</p> <p>Penne Bruschetta (VE)* (H)</p> <p>Garlic Knot (V) (H)</p> <p>Italian Roasted Carrots (VE)* (H)</p>
	7	8	9	10
<p><b>Sicilian Slice Pizza (V) (H)</b></p> <p>Seasoned Peas (VE) (H)</p> <p>Seasoned Pinto Beans (VE) (H)</p>	<p><b>Crispy Chicken Tenders (H)</b></p> <p>Sauteed Spinach (VE) (H)</p> <p>Dinner Roll (VE) (H)</p>	<p><b>Garlic and Tomato Panini (V) (H)</b></p> <p>Marinara Sauce (V) (H)</p> <p>Crispy Broccoli (V) (H)</p>	<p><b>Crispy Chicken Sandwich (H)</b> Whole Wheat Bun (H)</p> <p><b>Veggie Cheeseburger (V) (H)</b> Whole Wheat Bun (H)</p> <p>Seasoned Wedge Fries (VE) (H)</p>	<p><b>Black-Eyed Peas with Tomato and Kale (VE) (H)</b> with Brown Rice (VE) (H)</p> <p><b>Southwest Burrito (V) (H)</b></p> <p>Sweet Potato Wedge Fries (VE) (H)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p><b>Sicilian Slice Pizza (V) (H)</b></p> <p>Parmigiana Spinach (V) (H)</p> <p>Balsamic Chickpeas (V) (H)</p>	<p><b>Chicken Tenders (H)</b></p> <p>Ginger Carrots (V) (H)</p> <p>Brown Rice (VE) (H)</p>	<p><b>Mozzarella Sticks (V) (H)</b> with Marinara Sauce (V) (H)</p> <p>Roasted Zucchini and Tomatoes (VE) (H)</p>	<p><b>Chickpea Shawarma Sandwich* (H)</b></p> <p>Curry Potato (VE)* (H)</p> <p>Flat Bread (VE) (H)</p>	<p><b>Cajun Pinto Beans (VE) (H)</b> with Brown Rice (VE) (H)</p> <p><b>Southwest Burrito (V) (H)</b></p> <p>Tomato Vinaigrette Salad (VE)* (H)</p>
21	22	23	24	25
<p><b>Sicilian Slice Pizza (V) (H)</b></p> <p>Balsamic Chickpeas (V) (H)</p> <p>Superhero Spinach (VE) (H)</p>	<p><b>Crispy Chicken Sandwich (H)</b> Whole Wheat Bun (H)</p> <p>Roasted Zucchini (VE) (H)</p>	<p><b>Caribbean Style Beef Patty (H)</b></p> <p>Salsa (VE) (H)</p> <p>Hot Confetti Corn (VE) (H)</p>	<p><b>Fish and Cheese Sandwich (H)</b> Whole Wheat Bun (H)</p> <p>Seasoned Wedge Fries (VE) (H)</p>	<p><b>Mediterranean Chickpeas (VE) (H)</b></p> <p>Three Cheese Grilled Cheese (V) (H)</p> <p>Penne Bruschetta (VE)* (H)</p> <p>Garlic Knot (V) (H)</p> <p>Italian Roasted Carrots (VE)* (H)</p>
28	29	30	31	
<p><b>Sicilian Slice Pizza (V) (H)</b></p> <p>Sauteed Spinach (VE) (H)</p> <p>Seasoned Pinto Beans (VE) (H)</p>	<p><b>Crispy Chicken Tenders (H)</b></p> <p>Garlicky Green Beans (VE) (H)</p> <p>Dinner Roll (VE) (H)</p>	<p><b>Garlic and Tomato Panini (V) (H)</b></p> <p>Marinara Sauce (V) (H)</p> <p>Crispy Broccoli (V) (H)</p>	<p><b>Crispy Chicken Sandwich (H)</b> Whole Wheat Bun (H)</p> <p><b>Veggie Cheeseburger (V) (H)</b> Whole Wheat Bun (H)</p> <p>Seasoned Wedge Fries (VE) (H)</p> <p>Honey Graham Cracker (V) (H)</p>	
<p><b>Monday</b></p> <p>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE) (H)</p> <p>Hummus and Crackers (V)(H)</p> <p>Hot or Cold Cheese Sandwich (V) (H)</p>	<p><b>Tuesday</b></p> <p>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE) (H)</p> <p>Hummus and Crackers (V)(H)</p> <p>Hot or Cold Cheese Sandwich (V) (H)</p>	<p><b>Wednesday</b></p> <p>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE) (H)</p> <p>Hummus and Crackers (V)(H)</p> <p>Hot or Cold Cheese Sandwich (V) (H)</p>	<p><b>Thursday</b></p> <p>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE) (H)</p> <p>Hummus and Crackers (V)(H)</p> <p>Hot or Cold Cheese Sandwich (V) (H)</p>	<p><b>Friday</b></p> <p>Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE) (H)</p> <p>Hummus and Crackers (V)(H)</p> <p>Hot or Cold Cheese Sandwich (V) (H)</p>

**OFFERED DAILY**

<p><b>Milk</b></p> <p>1% Low-fat (V) (H)</p> <p>Fat Free (V) (H)</p> <p>Fat Free Chocolate (V) (H)</p> <p>Alternative options are available upon request</p>	<p>OFNS Menu Support</p> <p>Seasonal Fresh Fruit and Vegetables when available</p>	<p><b>Assorted Dressings</b></p>	<p><b>Seasonal Fresh Fruit</b></p> <p>Apples, Apple Slices, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE) (H)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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\* Recipes created in collaboration with OFNS and Wellness In The Schools

**ATTENTION:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.