

OCTOBER 2024: After School Hot Menu With Halal Option (H)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| | 1 | 2 | Rosh Hashanah 3 | Rosh Hashanah 4 |
| <p style="text-align: center; color: green; font-weight: bold;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p> | <p style="text-align: center;">Chicken Tenders (H) Green Garden Salad (VE) (H) Dinner Roll (VE) (H)</p> | <p style="text-align: center;">Garlic and Tomato Panini (V) (H) Marinara Sauce (V) (H) Superhero Spinach (V) (H)</p> | <p style="text-align: center;">Crispy Chicken Sandwich (V) (H) Whole Wheat Bun (H) Hot Confetti Corn (VE) (H)</p> | <p style="text-align: center;">Pizza (V) (H) Mixed Greens Salad (VE) (H)</p> |
| 7 | 8 | 9 | 10 | 11 |
| <p style="text-align: center;">Homemade Grilled Cheese Sandwich (V) (H) Sweet Potato Wedge Fries (V) (H)</p> | <p style="text-align: center;">Mozzarella Sticks (V) (H) with marinara sauce (VE) (H) Roasted Zucchini (VE) (H)</p> | <p style="text-align: center;">Pizza (V) (H) Parmigiana Spinach (V) (H)</p> | <p style="text-align: center;">Chicken Tenders (H) Corn on the Cob (VE) (H) Dinner Roll (VE) (H)</p> | <p style="text-align: center;">Veggie Nuggets (VE) (H) Seasoned Wedge Fries (VE) (H) Dinner Roll (VE) (H)</p> |
| Italian Heritage/Indigenous Peoples Day 14 | 15 | 16 | 17 | 18 |
| <p style="text-align: center;">Mozzarella Sticks (V) (H) Marinara Sauce (VE) (H) Crispy Broccoli (V) (H)</p> | <p style="text-align: center;">Crispy Chicken Sandwich (H) Whole Wheat Bun (H) Roasted Zucchini (VE) (H)</p> | <p style="text-align: center;">Caribbean Style Beef Patty (H) Hot Confetti Corn (VE) (H)</p> | <p style="text-align: center;">Fish and Cheese Sandwich (H) Whole Wheat Bun (H) Cilantro Healthy Coleslaw (V) (H)</p> | <p style="text-align: center;">Veggie Burger (VE) (H) Whole Wheat Bun (H) Seasoned Wedge Fries (VE) (H)</p> |
| 21 | 22 | 23 | 24 | 25 |
| <p style="text-align: center;">Manicotti (H) in Marinara Sauce (V) (H) Italian Green Beans (VE) (H)</p> | <p style="text-align: center;">Chicken Tenders (H) Green Garden Salad (VE) (H) Dinner Roll (VE) (H)</p> | <p style="text-align: center;">Garlic and Tomato Panini (V) (H) Marinara Sauce (V) (H) Superhero Spinach (V) (H)</p> | <p style="text-align: center;">Crispy Chicken Sandwich (V) (H) Whole Wheat Bun (H) Hot Confetti Corn (VE) (H)</p> | <p style="text-align: center;">Pizza (V) (H) Mixed Greens Salad (VE) (H)</p> |
| 28 | 29 | 30 | 31 | |
| <p style="text-align: center;">Homemade Grilled Cheese Sandwich (V) (H) Sweet Potato Wedge Fries (V) (H)</p> | <p style="text-align: center;">Mozzarella Sticks (V) (H) with marinara sauce (VE) (H) Roasted Zucchini (VE) (H)</p> | <p style="text-align: center;">Pizza (V) (H) Parmigiana Spinach (V) (H)</p> | <p style="text-align: center;">Chicken Tenders (H) Corn on the Cob (VE) (H) Dinner Roll (VE) (H)</p> | <p style="text-align: center; font-weight: bold;">Daily Supper Specials</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) (H) • Hot or Cold Cheese Sandwich (V) (H) • Hummus and Crackers Grab & Go (VE) <p style="font-size: small;">Options may vary by location</p> |

OFFERED DAILY

Milk

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


OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Cantaloupe, Grapefruit, Grapes, Honeydew, Oranges, Pears, Plums, Bananas, Watermelon, and Strawberries (VE) (H)

OFNS has an extensive Prohibitive Ingredients List available at:



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.