



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	Rosh Hashanah 3	Rosh Hashanah 4
<p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Crispy Chicken Grab and Go Salad (H)</p> <p>Mediterranean Zucchini and Tomato Salad (VE) (H)</p>	<p>Chimichurri Veggie Nugget Wrap (VE) (H)</p> <p>Lemon Arugula Salad (V) (H)</p>	<p>Chicken Tender Wrap (H)</p> <p>Marinated Potato Salad (VE) (H)</p>	<p>Mediterranean Wrap (VE) (H)</p> <p>Green Garden Salad (VE) (H)</p>
	7	8	9	10
<p>Red White & Green Panini (V) (H)</p> <p>Marinated Bean Salad (VE) (H)</p> <p>Crunchy Carrot Sticks (VE) (H)</p>	<p>BBQ Crispy Chicken Grab and Go Salad (H)</p> <p>Marinated Potato Salad (VE) (H)</p>	<p>Chickpea Salad Wrap (VE) (H)</p> <p>Kid Friendly Kale Salad (V) (H)</p>	<p>Crispy Chicken Caesar Wrap (H)</p> <p>Greek Zucchini Salad (VE) (H)</p>	<p>Italian Veggie Grab & Go Salad (VE) (H)</p> <p>Seasoned Green Beans (VE) (H)</p>
Italian Heritage/Indigenous Peoples Day 14	15	16	17	18
<p>Super Hero Spinach Wrap (V) (H)</p> <p>Balsamic Chickpea Salad (V) (H)</p> <p>Crunchy Carrot Sticks (VE) (H)</p>	<p>Crispy Chicken Grab and Go Salad (H)</p> <p>Mediterranean Zucchini and Tomato Salad (VE) (H)</p>	<p>Chimichurri Veggie Nugget Wrap (VE) (H)</p> <p>Lemon Arugula Salad (V) (H)</p>	<p>Chicken Tender Wrap (H)</p> <p>Marinated Potato Salad (VE) (H)</p>	<p>Mediterranean Wrap (VE) (H)</p> <p>Green Garden Salad (VE) (H)</p>
21	22	23	24	25
<p>Red White & Green Panini (V) (H)</p> <p>Marinated Bean Salad (VE) (H)</p> <p>Crunchy Carrot Sticks (VE) (H)</p>	<p>BBQ Crispy Chicken Grab and Go Salad (H)</p> <p>Marinated Potato Salad (VE) (H)</p>	<p>Chickpea Salad Wrap (VE) (H)</p> <p>Kid Friendly Kale Salad (V) (H)</p>	<p>Crispy Chicken Caesar Wrap (H)</p> <p>Greek Zucchini Salad (VE) (H)</p>	<p>Italian Veggie Grab & Go Salad (VE) (H)</p> <p>Seasoned Green Beans (VE) (H)</p>
28	29	30	31	
<p>Super Hero Spinach Wrap (V) (H)</p> <p>Balsamic Chickpea Salad (V) (H)</p> <p>Crunchy Carrot Sticks (VE) (H)</p>	<p>Crispy Chicken Grab and Go Salad (H)</p> <p>Mediterranean Zucchini and Tomato Salad (VE) (H)</p>	<p>Chimichurri Veggie Nugget Wrap (VE) (H)</p> <p>Lemon Arugula Salad (V) (H)</p>	<p>Chicken Tender Wrap (H)</p> <p>Marinated Potato Salad (VE) (H)</p> <p>Honey Graham Cracker (V) (H)</p>	
<p>Monday</p> <p>Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) (H)</p> <p>Hummus and Crackers (V)(H)</p> <p>Cheese Sandwich (V) (H)</p>	<p>Tuesday</p> <p>Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) (H)</p> <p>Hummus and Crackers (V)(H)</p> <p>Cheese Sandwich (V) (H)</p>	<p>Wednesday</p> <p>Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) (H)</p> <p>Hummus and Crackers (V)(H)</p> <p>Cheese Sandwich (V) (H)</p>	<p>Thursday</p> <p>Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) (H)</p> <p>Hummus and Crackers (V)(H)</p> <p>Cheese Sandwich (V) (H)</p>	<p>Friday</p> <p>Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) (H)</p> <p>Hummus and Crackers (V)(H)</p> <p>Cheese Sandwich (V) (H)</p>

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFNS Menu 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:



• **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.