



MAY 2022: Pre-K - 8 Express Hot Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| Eid al Fitr 2 | 3 | 4 | 5 | 6 |
| Pizza Bagel (V) Chef Choice Bean Salad (V) Ranch Carrot Snackers (V) | Pizza Turkey Burger or Southwest Fish Sandwich Baked French Fries (VE) | Crispy Chicken Tenders With Dipping Sauce Sweet Potato Waffle Fries (VE) Garlic Knot (V) | Chicken Dumplings Garlic Teriyaki Green Beans (VE) New York Apples Slices (VE) New York Cookie Treat (V) | Mediterranean Chickpeas (VE) Served With Rice or Pasta (VE) Roasted Broccoli (VE) |
| 9 | 10 | 11 | 12 | 13 |
| Mozzarella Sticks (V) with marinara sauce (VE) Chef Choice Bean Salad (V) | Chicken and Broccoli Vegetable Ginger Soy Rice (VE) Roasted Baby Carrots (V) | Roasted Chicken Honey Diced Sweet Potato (V) Corn, Peas and Carrots (VE) Buttermilk Biscuit (V) | Hamburgers & Cheeseburgers Deluxe Baked French Fries (VE) New York Apples Slices (VE) | Black Bean and Plantain Power Bowl (VE) Vegetable Rice (VE) Green Garden Salad (VE) |
| 16 | 17 | 18 | 19 | 20 |
| Pizza Bagel (V) Chef Choice Bean Salad (V) | BBQ Chicken Sandwich or Southwest Fish Sandwich Baked French Fries (VE) | Crispy Chicken Tenders With Dipping Sauce Superhero Spinach (VE) Sweet Potato Waffle Fries (VE) Garlic Knot (V) | Chicken Fajitas Served with Soft Tortilla Salsa (VE) Street Style Corn (VE) New York Apples Slices (VE) New York Cookie Treat (V) | Zesty Chickpea Stew (VE) Vegetable Ginger Soy Rice (VE) Curried Cauliflower (VE) |
| 23 | 24 | 25 | 26 | 27 |
| Mozzarella Sticks (V) with marinara sauce (VE) Chef Choice Bean Salad (V) | Crispy Chicken Sandwich Baked French Fries (VE) Corn, Peas and Carrots (VE) | Macaroni and Cheese (V) Seasoned Broccoli (V) Warm Breadstick (VE) | Roasted Chicken Honey Diced Sweet Potato (V) Buttermilk Biscuit (V) New York Apples Slices (VE) | Big City Bean Tacos (VE) Served with Soft Tortilla (VE) and Salsa (VE) Superhero Spinach (VE) |
| Memorial Day 30 | 31 | | | |
| Pizza Bagel (V) Chef Choice Bean Salad (V) Ranch Carrot Snackers (V) | Pizza Turkey Burger or Southwest Fish Sandwich Baked French Fries (VE) | |  WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN | |
| Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V) | Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V) | Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V) | Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V) | Friday • Peanut Butter & Jelly* (VE) • Hummus and Pretzels Grab & Go (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V) |

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, Oranges, Pears, and Mandarins

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones
- 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