



JUNE 2022: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><i>Breakfast Muffin</i> <i>Bread Assortment</i> Honey Corn (V) Apple Cinnamon (V)</p> <p><i>Muffin Assortment</i> Banana (V) Blueberry (V)</p>		<p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Parfait (V)</p> <p>Sunflower Seeds (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
6	7	8	Anniversary Day 9	10
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Breakfast Muffin Bread (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Muffins (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Parfait (V)</p> <p>Sunflower Seeds (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
Juneteenth 20	21	22	23	24
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Breakfast Muffin Bread (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
Last Day of Classes 27	28	29	30	
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Muffins (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Parfait (V)</p> <p>Sunflower Seeds (V)</p> <p>New York Apples Slices (VE)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</p> <p>*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>OFFERED DAILY</p> <p>Options may vary by location</p> <p>Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE)</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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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



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		CHEF CHOICE or Crispy Chicken Tenders With Dipping Sauce Superhero Spinach (VE) Garlic Knot (V)	CHEF CHOICE or Chicken Dumplings Garlic Teriyaki Green Beans (VE) New York Apples Slices (VE) New York Cookie Treat (V)	CHEF CHOICE or Mediterranean Chickpeas (VE) Served With Rice or Pasta (VE) Roasted Broccoli (VE)
6	7	8	Anniversary Day 9	10
CHEF CHOICE or Mozzarella Sticks (V) with marinara sauce (VE) Chef Choice Bean Salad (VE)	CHEF CHOICE or Chicken and Broccoli Vegetable Ginger Soy Rice (VE) Roasted Baby Carrots (V)	CHEF CHOICE or Roasted Chicken Superhero Spinach (VE) Buttermilk Biscuit (V)	CHEF CHOICE or Crispy Chicken Sandwich Baked French Fries (VE) New York Apples Slices (VE)	CHEF CHOICE or Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE)
13	14	15	16	17
Pizza Bagel (V) Chef Choice Bean Salad (V) Ranch Carrot Snackers (VE)	Roasted Chicken Summer Squash (VE) Buttermilk Biscuit (V) Crispy Tortilla (VE) Salsa (VE)	Manicotti (V) with marinara sauce (VE) Broccoli with Garlic and Oil (V) Garlic Knot (V)	Hamburgers & Cheeseburgers Lettuce and Tomato Baked French Fries (VE) New York Apples Slices (VE)	White Bean and Pasta Primavera (VE) Southwest Burrito (V) Warm Breadstick (VE) Frozen Fruit Cup (VE)
Juneteenth 20	21	22	23	24
(V) Baked Mozzarella Sticks with Marinara Dipping Sauce Chef Choice Bean Salad (V) Green Garden Salad (VE)	Turkey Burger or Southwest Fish Sandwich Lettuce and Tomato Baked French Fries (VE)	Roasted Chicken Summer Squash (VE) Dinner Roll (VE)	Chicken Dumplings Roasted Carrots (V) New York Apples Slices (VE) New York Cookie Treat (V)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Southwest Burrito (V) Pico de Gallo (VE) Frozen Fruit Cup (VE)
Last Day of Classes 27	28	29	30	
Classic Cheese Pizza (V) Chef Choice Bean Salad (V)	Roasted Chicken Summer Squash (VE) Buttermilk Biscuit (V) Crispy Tortilla (VE) Salsa (VE)	Manicotti (V) with marinara sauce (VE) Broccoli with Garlic and Oil (V) Garlic Knot (V)	Hamburgers & Cheeseburgers Lettuce and Tomato Healthy Cole Slaw (V) Baked French Fries (VE) New York Apples Slices (VE)	 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN
Monday <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V) 	Tuesday <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V) 	Wednesday <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V) 	Thursday <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich • Chickpea Wrap (V) 	Friday <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V) • Southwest Burrito (V)

<p style="text-align: center;">Milk*</p> <p style="text-align: center;">1% Low-fat Fat Free Fat Free Chocolate</p> <p style="font-size: small;">*Alternative options are available upon request</p>	<p style="text-align: center;">OFFERED DAILY</p> <p style="text-align: center;">OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="text-align: center;">Seasonal Fresh Fruit</p> <p style="font-size: small;">Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p>	<p style="font-size: small;">OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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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



JUNE 2022: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Animal Crackers (V) Milk (V)	New York Yogurt Choice (V) Craisins (VE)	Crispy Tortilla (VE) Salsa (VE)
6	7	8	9 Anniversary Day	10
Honey Graham Biscuits (V) Milk (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	New York Yogurt Choice (V) Craisins (VE)	(2) Ranch Carrot Snackers (V) Milk (V)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
13	14	15	16	17
Animal Crackers (V) Milk (V)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)	Honey Graham Biscuits (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE)
Juneteenth 20	21	22	23	24
(2) Ranch Carrot Snackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Animal Crackers (V) Milk (V)	New York Yogurt Choice (V) Craisins (VE)	Crispy Tortilla (VE) Salsa (VE)
Last Day of Classes 27	28	29	30	
Honey Graham Biscuits (V) Milk (V)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	New York Yogurt Choice (V) Craisins (VE)	(2) Ranch Carrot Snackers (V) Milk (V)	 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN

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

*Alternative options are available upon request

OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

All Fruit Offerings are 1 cup

OFNS has an extensive
Prohibitive Ingredients List
available at:



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- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products