




## MAY 2023: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Sicilian Slice Pizza (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Salad Bar</i> Italian Classico Salad (VE)</p>	<p>Teriyaki Veggie Nuggets (VE)</p> <p>Veggie Ginger Soy Rice (VE)</p> <p>Garlicy Green Bean (VE)</p> <p><i>Salad Bar</i> Asian Red Cabbage Slaw (V)</p>	<p>Mediterranean Chickpea with Pasta (VE)</p> <p>Grab &amp; Go Salad</p> <p>Crispy Broccoli (V)</p> <p>Dinner Roll (V)</p> <p><i>Salad Bar</i> Kid Friendly Kale Salad (V)</p>	<p>Zucchini Parmesan Hero (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Fresh Apples (VE)</p> <p>New York Cookie Treat (V)</p> <p><i>Salad Bar</i> Black Bean &amp; Corn Salad (VE)</p>	<p>Three Bean Chili (VE) served with Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Roasted Fresh Tomatoes (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p><i>Salad Bar</i> Spinach, Tomato, Red Pepper Salad (V)</p>
8	9	10	11	12
<p>Cheesy Garlic Pizza (V)</p> <p>Garlic Knot (V)</p> <p>Garlicy Green Bean (VE)</p> <p><i>Salad Bar</i> Chef Choice Bean Salad (V)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Grab &amp; Go Salad</p> <p>Roasted Fresh Tomatoes (VE)</p> <p><i>Salad Bar</i> Greek Zucchini Salad (VE)</p>	<p style="color: red; text-align: center;"><i>Plastic Free Lunch Day</i></p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Fresh Broccoli Florets (VE)</p> <p><i>Salad Bar</i> Veggie Dippers (VE)</p>	<p>Red White and Green Panini (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Balsamic Chickpea Salad (V)</p> <p><i>Salad Bar</i> Cilantro Healthy Coleslaw (V)</p>	<p>Sweet Potato Gumbo (VE) Served with Rice (VE)</p> <p>Oven Roasted Squash (VE)</p> <p>Homemade Grilled Cheese (V)</p> <p><i>Salad Bar</i> Broccoli Salad (V)</p>
15	16	17	18	19
<p>Classic Pizza Slice (V)</p> <p>Parmigiana Spinach (V)</p> <p><i>Salad Bar</i> Kale Caesar Salad (V)</p>	<p>Zesty Chickpea Stew (VE)</p> <p>Grab and Go Salad</p> <p>Slow Roasted Baby Carrots (V)</p> <p>Buttermilk Biscuit (V)</p> <p><i>Salad Bar</i> Carrot Raisin Salad (V)</p>	<p>Quesadilla (V) served with Salsa (VE)</p> <p>Fiesta Black Beans (VE)</p> <p><i>Salad Bar</i> Confetti Corn Salad (VE)</p>	<p>Manicotti (V) with Marinara Sauce (VE)</p> <p>Corn, Peas and Carrots (VE)</p> <p>Green Garden Salad (VE)</p> <p><i>Salad Bar</i> Lemon Arugula Salad (V)</p>	<p>BBQ Veggie Burger (VE) Whole Wheat Bun (V)</p> <p>3 Cheese Grilled Cheese (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Glazed Carrots (VE)</p> <p><i>Salad Bar</i> Strawberry Cucumber Salad (V)</p>
22	23	24	25	26
<p>Sicilian Slice Pizza (V)</p> <p>Marinated White Beans (VE)</p> <p><i>Salad Bar</i> Italian Classico Salad (VE)</p>	<p>Teriyaki Veggie Nuggets (VE)</p> <p>Veggie Ginger Soy Rice (VE)</p> <p>Garlicy Green Bean (VE)</p> <p><i>Salad Bar</i> Asian Red Cabbage Slaw (V)</p>	<p>Mediterranean Chickpea with Pasta (VE)</p> <p>Grab &amp; Go Salad</p> <p>Crispy Broccoli (V)</p> <p>Dinner Roll (V)</p> <p><i>Salad Bar</i> Kid Friendly Kale Salad (V)</p>	<p>Zucchini Parmesan Hero (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p>Fresh Apples (VE)</p> <p>New York Cookie Treat (V)</p> <p><i>Salad Bar</i> Black Bean &amp; Corn Salad (VE)</p>	<p>Three Bean Chili (VE) served with Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Roasted Fresh Tomatoes (VE)</p> <p>Crispy Tortillas (VE) Served with Salsa (VE)</p> <p><i>Salad Bar</i> Spinach, Tomato, Red Pepper Salad (V)</p>
Memorial Day 29	30	31		
<p>Cheesy Garlic Pizza (V)</p> <p>Garlic Knot (V)</p> <p>Garlicy Green Bean (VE)</p> <p><i>Salad Bar</i> Chef Choice Bean Salad (V)</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Grab &amp; Go Salad</p> <p>Roasted Fresh Tomatoes (VE)</p> <p><i>Salad Bar</i> Greek Zucchini Salad (VE)</p>	<p style="color: red; text-align: center;"><i>Plastic Free Lunch Day</i></p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Fresh Broccoli Florets (VE)</p> <p><i>Salad Bar</i> Veggie Dippers (VE)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	
<p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Assorted Vegetarian Wraps (V)</li> </ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Chickpea Wrap (V)</li> </ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Chickpea Wrap (V)</li> </ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Chickpea Wrap (V)</li> </ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hummus Lunch Pack (VE)</li> <li>• Assorted Vegan Wraps (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Southwest Burrito (V)</li> </ul>

<p style="text-align: center;"><b>Milk*</b></p> <p style="text-align: center;">1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)</p> <p style="font-size: small;">*Alternative options are available upon request</p>	<p style="text-align: center;">OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="text-align: center;">Assorted Dressings</p>	<p style="text-align: center;"><b>Seasonal Fresh Fruit</b></p> <p style="font-size: small;">Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Mandarins, Bananas, and Pears (VE)</p>
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OFNS has an extensive Prohibitive Ingredients List available at:



**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