

OCTOBER 2026: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			**Sweet Ginger Chicken** Garlic Noodles (VE) Steamed Garden Medley (V) *Salad Bar* Zen & Zest Bar	*Plastic Free Lunch Day* **Bean & Cheese Taquito (V)** **Empanada (V)** Salsa (VE) Sweet Plantains (VE) *Salad Bar* Plastic Free Bar
5	6	7	8	9
Personal Pizza (V) Green Beans and Mushrooms (VE) *Salad Bar* Pizza Bar With Balsamic Chickpea Salad (V)	**Honey Mustard Crispy Chicken Sandwich** On a Pretzel Bun Roasted Dill Potatoes (VE) *Salad Bar* Leafy Green Bar	**Three Cheese Grilled Cheese (V)** **BBQ Tofu (VE)** Macaroni & Cheese (V) Honey Corn Muffin (V) Ranchy Broccoli (VE) *Salad Bar* Rainbow Bar	**Arroz Con Pollo** Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE) *Salad Bar* Fiesta Bar	**Cowboy Veggie Burger (VE)** **Cowboy Cheeseburger** Sweet Potato Waffle Fries (VE) *Salad Bar* Classic Toppings Bar
Italian Heritage/Indigenous Peoples' Day 12	13	14	15	16
Lentil Bolognese (VE) with Pasta Marinara (VE) **Mozzarella Sticks (V)** with Herbed Marinara Cauli-Crunchers (V) *Salad Bar* Mediterranean Bar	Pizza Slice (V) Parmigiana Peas (V) Herbalicious Corn (VE) *Salad Bar* Pizza Bar	**Homestyle Mashed Potato Bowl with** Veggie Nuggets (VE) Or Crispy Chicken Bites Confetti Corn (VE) Gravy (V) Buttermilk Biscuit (V) *Salad Bar* Leafy Green Bar	**Sunburst Chicken** **Sunburst Chickpeas (VE)** Naan (VE) Roasted Carrot Coins (VE) *Salad Bar* Eastern Harvest Bar	**Apple Glazed Chicken** Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V) *Salad Bar* Rainbow Bar
19	20	21	22	23
Broccoli Cheddar Pizza (V) **French Bread Pizza (V)** Creamed Spinach (V) *Salad Bar* Pizza Bar With Balsamic Chickpea Salad (V)	**Chicken Tenders** with Dipping Sauce **Fish Sticks** with Tartar Sauce Garlic Knot (V) Parmesan Carrot Sticks (V) *Salad Bar* Leafy Green Bar	**Black Bean Burger (VE)** **Chicken Cheeseburger** Seasoned Wedge Fries (VE) *Salad Bar* Classic Toppings Bar	**Sweet Ginger Chicken** Garlic Noodles (VE) Steamed Garden Medley (V) *Salad Bar* Zen & Zest Bar	*Plastic Free Lunch Day* **Bean & Cheese Taquito (V)** **Empanada (V)** Salsa (VE) Sweet Plantains (VE) *Salad Bar* Plastic Free Bar
26	27	28	29	30
Personal Pizza (V) Green Beans and Mushrooms (VE) *Salad Bar* Pizza Bar With Balsamic Chickpea Salad (V)	**Honey Mustard Crispy Chicken Sandwich** On a Pretzel Bun Roasted Dill Potatoes (VE) *Salad Bar* Leafy Green Bar	**Three Cheese Grilled Cheese (V)** **BBQ Tofu (VE)** Macaroni & Cheese (V) Honey Corn Muffin (V) Ranchy Broccoli (VE) *Salad Bar* Rainbow Bar	**Arroz Con Pollo** Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE) *Salad Bar* Fiesta Bar	**Cowboy Veggie Burger (VE)** **Cowboy Cheeseburger** Sweet Potato Waffle Fries (VE) *Salad Bar* Classic Toppings Bar

DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Balsamic Chicken Salad Wrap	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Balsamic Chicken Salad Wrap	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Rainbow Wrap (VE)

On designated Plant-Powered Menu days; meat-based products will not be offered.

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

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberries, Watermelon (VE)

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

ATTENTION:
All Pre-K Students CANNOT be Offered Chocolate Milk or Chicken On The Bone

Pre-K – 8 with CEE Service Tuesday - Friday Options
• Chicken Breaded Bite Grab & Go Salad
• Chicken Tender Wrap

OFNS has an extensive Prohibitive Ingredients List available at:

Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.

• **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.

O.F.N.S. Office of Food & Nutrition Services | Urban School Food Alliance

Menu subject to change.
Our menus are pork free.