




## NOVEMBER 2021: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
<b>PIZZA (V)</b>  Chickpea Salad (V)  Ranch Carrot Snackers (V)	<b>Hot Sliced Turkey Sandwich or Southwest Fish Sandwich</b> served with Chipotle Ranch Dressing  Seasoned Broccoli (VE)	<b>Crispy Chicken Tenders</b> With Dipping Sauce  Confetti Corn (VE)  Dinner Roll (V)	<b>New York Hamburgers &amp; Cheeseburgers Deluxe</b>  Baked New York French Fries (VE)  Fresh New York Apples (VE)	<b>Homemade Grilled Cheese Sandwich (V)</b>  Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)  Green Garden Salad (VE)
8	9	10	Veterans Day 11	12
<b>PIZZA (V)</b>  Marinated Bean Salad (V)	<b>Roasted Chicken</b>  Honey Diced Sweet Potato (V)  Corn, Peas and Carrots (VE)  Buttermilk Biscuit (V)	<b>Chicken Dumplings</b>  Garlic Teriyaki Green Beans (VE)	<b>Grilled BBQ Chicken Sandwich</b>  Seasoned Wedge Fries (V)  Fresh New York Apples (VE)	<b>Mozzarella Sticks (V)</b> Marinara Dipping Sauce (VE)  Superhero Spinach (V)
15	16	17	18	19
<b>PIZZA (V)</b>  Chickpea Salad (V)  Ranch Carrot Snackers (V)	<b>Crispy Chicken Tenders</b> With Dipping Sauce  Confetti Corn (VE)  Dinner Roll (V)	<b>Hot Sliced Turkey Sandwich or Southwest Fish Sandwich</b> served with Chipotle Ranch Dressing  Seasoned Broccoli (VE)	<b>New York Hamburgers &amp; Cheeseburgers Deluxe</b>  Baked New York French Fries (VE)  Fresh New York Apples (VE)	<b>Homemade Grilled Cheese Sandwich (V)</b>  Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)  Green Garden Salad (VE)
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
<b>PIZZA (V)</b>  Marinated Bean Salad (V)	<b>Chicken Dumplings</b>  Garlic Teriyaki Green Beans (VE)	<b>Roasted Chicken</b>  Honey Diced Sweet Potato (V)  Buttermilk Biscuit (V)  New York Cookie Treat (V)	<b>Grilled BBQ Chicken Sandwich</b>  Seasoned Wedge Fries (V)  Fresh New York Apples (VE)	<b>Mozzarella Sticks (V)</b> Marinara Dipping Sauce (VE)  Superhero Spinach (V)  Corn, Peas and Carrots (VE)
29	30			
<b>PIZZA (V)</b>  Chickpea Salad (V)  Ranch Carrot Snackers (V)	<b>Crispy Chicken Tenders</b> With Dipping Sauce  Confetti Corn (VE)  Dinner Roll (V)	<b>Daily Lunch Specials</b>  • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus Grab & Go (VE)	  EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

### OFFERED DAILY

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

OFNS Menu Support  
Seasonal Fresh Fruit and Vegetables when available

Assorted Dressings

### Seasonal Fresh Fruit

Apples, Apple Slices, Oranges, Pears, Grapes, and Plums

OFNS has an extensive Prohibitive Ingredients List available at:



\*Alternative options are available upon request

(V) Indicates Vegetarian  
(VE) Indicates Vegan

### ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK