



NOVEMBER 2025: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	Election Day 4	5	6	7
<p>French Bread Pizza (V)</p> <p>Italian Roasted Carrots (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Pizza Bar</p>	<p>North African Lentils (VE)</p> <p>Jalapeno Popper Grilled Cheese (V)</p> <p>Brown Rice (VE)</p> <p>Spiced Green Beans (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Leafy Green Bar</p>	<p>Garlic Parmesan Veggie Nuggets (V)</p> <p>Garlic Parmesan Chicken Bites</p> <p>Dinner Roll (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Mediterranean Bar</p>	<p>Empanada (V)</p> <p>Baja Fish Burrito</p> <p>Salsa (VE)</p> <p>Zesty Corn (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Fiesta Bar with Black Bean Salad (VE)</p>	<p>Apple Glazed Chicken</p> <p>Butternut Squash Mac & Cheese (V)</p> <p>Roasted Broccoli (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Rainbow Bar</p>
10	Veterans Day 11	12	13	14
<p>Pizza Slice (V)</p> <p>Corn, Peas, Carrots (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Pizza Bar</p>	<p style="text-align: center; color: purple;">Brunch For Lunch</p> <p>Chicken and Waffles</p> <p>Sweet Potato Wedge Fries (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Brunch Bar</p>	<p>Mozzarella Sticks (V) with Herbed Marinara (VE)</p> <p>Fish Sticks with Dipping Sauces (V)</p> <p>Creamy Arugula Salad (V)</p> <p style="text-align: center; color: purple;">Salad Bar Leafy Green Bar</p>	<p>Hummus Grab & Go Salad (VE)</p> <p>Falafel (VE) With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Greek Cucumber Salad (V)</p> <p style="text-align: center; color: purple;">Salad Bar Mediterranean Bar</p>	<p>Turkey Picadillo</p> <p>Sweet Roasted Plantains (VE)</p> <p>Yellow Rice (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Fiesta Bar with Black Bean Salad (VE)</p>
17	18	19	20	21
<p>Bruschetta Pizza (V)</p> <p>Personal Pizza (V)</p> <p>Parmigiana Peas (V)</p> <p style="text-align: center; color: purple;">Salad Bar Pizza Bar with Balsamic Chickpea Salad (V)</p>	<p>Honey Garlic Chicken with Broccoli</p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (V)</p> <p style="text-align: center; color: purple;">Salad Bar Zen & Zest Bar</p>	<p>Chickpea Masala (VE)</p> <p>Veggie Nuggets (VE) with Dipping Sauce</p> <p>Spiced Brown Rice (VE)</p> <p>Saag Spinach (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Eastern Harvest Bar</p>	<p>Chicken Paprika</p> <p>Roasted Dill Potatoes (VE)</p> <p>Buttermilk Biscuit (V)</p> <p style="text-align: center; color: purple;">Salad Bar Rainbow Bar</p>	<p style="text-align: center; color: red;">Plastic Free Lunch Day</p> <p>Caribbean Style Beef Patty</p> <p>Fish and Cheese Sandwich with Tartar Sauce (V)</p> <p>Fresh Cucumber Slices (VE) with Ranch Dressing (V)</p> <p style="text-align: center; color: purple;">Salad Bar Plastic Free Bar</p>
24	25	26	Thanksgiving Recess 27	Thanksgiving Recess 28
<p>French Bread Pizza (V)</p> <p>Italian Roasted Carrots (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Pizza Bar</p>	<p>North African Lentils (VE)</p> <p>Jalapeno Popper Grilled Cheese (V)</p> <p>Brown Rice (VE)</p> <p>Spiced Green Beans (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Leafy Green Bar</p>	<p>Apple Glazed Chicken</p> <p>Herb Roasted Potatoes (VE)</p> <p>Glazed Carrots (VE)</p> <p>Buttermilk Biscuit (V)</p> <p>Honey Graham Crackers (V)</p> <p style="text-align: center; color: purple;">Salad Bar Rainbow Bar</p>	<p>Empanada (V)</p> <p>Baja Fish Burrito</p> <p>Salsa (VE)</p> <p>Roasted Broccoli (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Fiesta Bar with Black Bean Salad (VE)</p>	<p>Garlic Parmesan Veggie Nuggets (V)</p> <p>Garlic Parmesan Chicken Bites</p> <p>Dinner Roll (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p style="text-align: center; color: purple;">Salad Bar Mediterranean Bar</p>
<p style="color: green; font-weight: bold;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>				

DAILY OFFERINGS				
<p>Monday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) 	<p>Tuesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Balsamic Chicken Salad Wrap 	<p>Wednesday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Balsamic Chicken Salad Wrap 	<p>Thursday</p> <ul style="list-style-type: none"> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich 	<p>Friday</p> <ul style="list-style-type: none"> • 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)

<p style="text-align: center; font-weight: bold;">Milk</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; font-weight: bold;">Seasonal Fresh Fruit</p> <p style="font-size: small;">Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, Plums, Strawberries (VE)</p>	<p style="font-size: small;">OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p> <p style="text-align: center; font-weight: bold; font-size: x-small;">ATTENTION:</p> <p style="font-size: x-small;">All Pre-K Students CANNOT be Offered Chocolate Milk or Chicken On The Bone</p>	<p style="text-align: center; font-weight: bold; color: yellow;">CEE Service Options Tuesday - Friday</p> <ul style="list-style-type: none"> • Chicken Breaded Bite Grab & Go Salad • Chicken Tender Wrap 	<p style="font-size: x-small; color: yellow;">OFNS has an extensive Prohibitive Ingredients List available at:</p> <div style="text-align: center;"> </div>
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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.