



## SEPTEMBER 2019: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	First Day of Classes 5	6
<b>Stuffed Shells</b> in Marinara Sauce  <b>Fresh Broccoli with Garlic &amp; Oil</b>  <i>Salad Bar</i> Garden Greens	<b>(V) Spinach &amp; Mozzarella Quesadilla</b> Served with Salsa  <b>Hot Confetti Corn</b>  <i>Salad Bar</i> Taco Bar Featuring Roasted Tomato Salsa	<b>(V) Baked Penne</b>  <b>Toasted Garlic Bread</b>  <b>Slow Roasted Carrots</b>  <b>Roasted Zucchini</b>  <i>Salad Bar</i> Traditional	<b>(V*) Vegetarian Chili</b> Served with Rice  <b>Roasted Zucchini</b>  <b>Fresh New York Apples</b>  <b>New York Cookie Treat</b>  <i>Salad Bar</i> Taco Bar	<b>(V) !!! PIZZA !!!</b>  <b>Assorted Toppings</b>  <b>Green Garden Salad</b>  <i>Salad Bar</i> Pizza Toppings Featuring Balsamic Chickpea Salad
9	10	11	New York Thursday 12	13
<b>(V) Home Made Grilled Cheese</b>  <b>Sautéed Fresh Broccoli &amp; Cauliflower</b>  <b>Sweet Plantains</b>  <i>Salad Bar</i> Garden Greens	<b>(V) Baked Penne</b>  <b>Toasted Garlic Bread</b>  <b>Slow Roasted Carrots</b>  <i>Salad Bar</i> Traditional	<b>(V) Spinach &amp; Mozzarella Quesadilla</b> Served with Salsa  <b>Hot Confetti Corn</b>  <i>Salad Bar</i> Taco Bar Featuring Roasted Tomato Salsa	<b>(V) Pasta Fagioli</b> Served with <b>Whole Grain Pasta</b>  <b>Roasted Zucchini</b>  <b>New York Cookie Treat</b>  <b>Fresh New York Apples</b>  <i>Salad Bar</i> New York Local	<b>(V) !!! PIZZA !!!</b>  <b>Margherita Pizza</b>  <b>Green Garden Salad</b>  <b>Fruit Juice Ice</b>  <i>Salad Bar</i> Pizza Toppings Featuring Cranberry Chickpea Salad
16	17	18	New York Thursday 19	20
<b>(V*) Veggie Tacos</b>  A Blend of Veggies & <b>Mexicali Beans</b> Served in a Hard Taco Shell  <b>Baked Broccoli</b>  <b>Fruit Juice Ice</b>  <i>Salad Bar</i> Garden Greens	<b>(V) Personal Pesto Flatbread Pizza</b>  <b>Slow Roasted Carrots</b>  <i>Salad Bar</i> Traditional	<b>(V) Cheese Quesadillas</b>  <b>Hot Confetti Corn</b>  <i>Salad Bar</i> Taco Bar Featuring Roasted Tomato Salsa	<b>(V) Red, White and Green Panini</b>  <b>Roasted Zucchini</b>  <b>Fresh New York Apples</b>  <i>Salad Bar</i> New York Local	<b>(V) !!! PIZZA !!!</b>  <b>Vegetable Pizza</b>  <b>Green Garden Salad</b>  <i>Salad Bar</i> Pizza Toppings Featuring Cold Chickpea Salad
23	24	25	New York Thursday 26	27
<b>(V) Stuffed Shells</b> in Marinara Sauce  <b>Fresh Broccoli with Garlic &amp; Oil</b>  <i>Salad Bar</i> Garden Greens	<b>(V*) Black Bean Casserole</b> with <b>Plantains</b>  <b>Hot Confetti Corn</b>  <b>Warm Biscuit</b>  <i>Salad Bar</i> Traditional	<b>BRUNCH</b> <b>Specialty Breakfast Sandwich</b>  <b>Home Fries</b>  <i>Salad Bar</i> Burger/Sandwich Fixin's	<b>(V*) Vegetarian Chili</b> Served with Rice  <b>Roasted Zucchini</b>  <b>Fresh New York Apples</b>  <i>Salad Bar</i> Taco Bar	<b>(V) !!! PIZZA !!!</b>  <b>Assorted Toppings</b>  <b>Green Garden Salad</b>  <i>Salad Bar</i> Pizza Toppings Featuring Balsamic Chickpea Salad
Rosh Hashanah 30				
<b>(V) Home Made Grilled Cheese</b>  <b>Sautéed Fresh Broccoli &amp; Cauliflower</b>  <b>Sweet Plantains</b>  <i>Salad Bar</i> Garden Greens	<b>Daily Lunch Specials</b> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly</li> <li>• Sunbutter &amp; Jelly</li> <li>• Cheese Sandwich</li> <li>• Hummus Grab &amp; Go</li> <li>• 8 oz. Yogurt Grab &amp; Go</li> </ul>		<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	

### OFFERED DAILY

(V) Indicates Vegetarian  
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Pre-K - 8  
Vegetarian Lunch Menu

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

#### Fresh Fruit

No Artificial flavors, colors,  
or sweeteners in all  
OFNS Products

#### Homemade Dressings

Balsamic Vinaigrette  
Caesar  
Italian Vinaigrette

#### Flavor Station

Granulated Garlic  
Red Pepper Flakes  
Parmesan Cheese