




OCTOBER 2019: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Rosh Hashanah 1	2	New York Thursday 3	4
Daily Lunch Specials • Peanut Butter & Jelly • Sunbutter & Jelly • Cheese Sandwich • Hummus Grab & Go	NEW Baked Chicken Bites Garlicky Green Beans Warm New York Dinner Roll	100% Beef Hamburgers & Cheeseburgers Baked French Fries	Teriyaki Chicken Dumplings Vegetable Rice Orange Ginger Carrots Fresh New York Apples New York Cookie Treat	!!! PIZZA !!! Margherita Pizza Cold Chickpea Salad Green Garden Salad
	7	8	Yom Kippur 9	New York Thursday 10
Mac-n-Cheese Toasted Garlic Bread Baked Broccoli	NEW Baked Chicken Tenders With Dipping Sauce Baked Sweet Potato Waffle Fries	BBQ Chicken Sliders Roasted Zucchini Baked! Tostitos® Scoops® Served with Salsa Cup	New York Beef Hamburgers & Cheeseburgers Baked New York French Fries Fresh New York Apples	!!! PIZZA !!! Chicken Ranch Pizza Cold Chickpea Salad Ranch Carrot Snackers
Columbus Day 14	15	16	New York Thursday 17	18
Stuffed Shells in Marinara Sauce Fresh Broccoli with Garlic & Oil Toasted Garlic Knot	NEW Peach BBQ Chicken Drumstick Honey Corn Muffin Slow Roasted Carrots	BRUNCH Chicken & Waffles Home Fries	NEW GOLDEN KRUST® Jamaican Beef Patty Roasted Zucchini New York Cookie Treat Fresh New York Apples	!!! PIZZA !!! Assorted Toppings Cold Chickpea Salad Ranch Carrot Snackers
21	22	23	New York Thursday 24	25
Baked Mozzarella Sticks with Marinara Dipping Sauce Roasted Fresh Broccoli & Cauliflower	NEW Baked Chicken Bites Garlicky Green Beans Warm New York Dinner Roll	100% Beef Hamburgers & Cheeseburgers Baked French Fries	Teriyaki Chicken Dumplings Vegetable Rice Orange Ginger Carrots Fresh New York Apples New York Cookie Treat	!!! PIZZA !!! Margherita Pizza Cold Chickpea Salad Green Garden Salad
28	29	30	New York Thursday 31	
Mac-n-Cheese Toasted Garlic Bread Baked Broccoli	NEW Baked Chicken Tenders With Dipping Sauce Baked Sweet Potato Waffle Fries	BBQ Chicken Sliders Roasted Zucchini Baked! Tostitos® Scoops® Served with Salsa Cup	New York Beef Hamburgers & Cheeseburgers Baked New York French Fries Fresh New York Apples	 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

Dipping Sauce Cups
BBQ, Ranch,
Honey Mustard, Hot Sauce
Ketchup, Mayonnaise

Fresh Fruit

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

Dressings
Chipotle Ranch
Balsamic Vinaigrette
Ranch
Asian Sesame
Honey Mustard
Caesar
French
Italian Vinaigrette

Flavor Station
Granulated Garlic
Red Pepper Flakes
Parmesan Cheese

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ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK or BONE-IN CHICKEN