



## OCTOBER 2019: Early Childhood Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Rosh Hashanah 1	2	New York Thursday 3	4
<b>Daily Lunch Specials</b> • Toasted Cheese • Hummus Grab & Go • 8 oz. Yogurt • Tuna	<b>Baked Chicken Tenders</b>  <b>Baked Sweet Potato Wedge Fries</b>  <b>Milk Sliced Peaches</b>	<b>100% Beef Cheeseburgers</b>  <b>Baked French Fries</b>  <b>Milk Fresh Banana</b>	<b>Sliced Turkey with Gravy</b>  <b>Soft Roll</b>  <b>Mashed Potatoes</b>  <b>Milk Diced Pears</b>	<b>!!! PIZZA !!!</b>  <b>Garlicky Green Beans</b>  <b>Milk Flavored Apple Sauce</b>
7	8	Yom Kippur 9	New York Thursday 10	11
<b>Mac-n-Cheese</b>  <b>Warm Dinner Roll</b>  <b>Steamed Broccoli</b>  <b>Milk Apple Sauce</b>	<b>Baked Chicken Bites</b>  <b>Slow Roasted Carrots</b>  <b>Milk Sliced Peaches</b>	<b>Homemade Grilled Cheese</b>  <b>Creamed Spinach</b>  <b>Milk Fresh Banana</b>	<b>New York Beef Hamburgers &amp; Cheeseburgers</b>  <b>Baked New York French Fries</b>  <b>Milk Diced Pears</b>	<b>!!! PIZZA !!!</b>  <b>Garlicky Green Beans</b>  <b>Milk Flavored Apple Sauce</b>
Columbus Day 14	15	16	New York Thursday 17	18
<b>Stuffed Shells in Marinara Sauce</b>  <b>Steamed Broccoli</b>  <b>Milk Apple Sauce</b>	<b>Baked Chicken Bites</b>  <b>Mashed Potatoes</b>  <b>Milk Diced Pears</b>	<b>Fish &amp; Cheese Sandwich</b>  <b>Steamed Carrots</b>  <b>Hummus</b>  <b>Milk Fresh Banana</b>	<b>Turkey Burger</b>  <b>Baked French Fries</b>  <b>Milk Sliced Peaches</b>	<b>!!! PIZZA !!!</b>  <b>Garlicky Green Beans</b>  <b>Milk Flavored Apple Sauce</b>
21	22	23	New York Thursday 24	25
<b>Baked Mozzarella Sticks with Marinara Dipping Sauce</b>  <b>Steamed Broccoli</b>  <b>Milk Apple Sauce</b>	<b>Baked Chicken Tenders</b>  <b>Baked Sweet Potato Wedge Fries</b>  <b>Milk Sliced Peaches</b>	<b>100% Beef Cheeseburgers</b>  <b>Baked French Fries</b>  <b>Milk Fresh Banana</b>	<b>Sliced Turkey with Gravy</b>  <b>Soft Roll</b>  <b>Mashed Potatoes</b>  <b>Milk Diced Pears</b>	<b>!!! PIZZA !!!</b>  <b>Garlicky Green Beans</b>  <b>Milk Flavored Apple Sauce</b>
28	29	30	New York Thursday 31	
<b>Mac-n-Cheese</b>  <b>Warm Dinner Roll</b>  <b>Steamed Broccoli</b>  <b>Milk Apple Sauce</b>	<b>Baked Chicken Bites</b>  <b>Slow Roasted Carrots</b>  <b>Milk Sliced Peaches</b>	<b>Homemade Grilled Cheese</b>  <b>Creamed Spinach</b>  <b>Milk Fresh Banana</b>	<b>New York Beef Hamburgers &amp; Cheeseburgers</b>  <b>Baked New York French Fries</b>  <b>Milk Diced Pears</b>	  <b>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</b>

### OFFERED DAILY

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

### Fruit

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

**Dressings**  
Chipotle Ranch  
Balsamic Vinaigrette  
Ranch  
Caesar  
French  
Italian Vinaigrette

Early Childhood Development Lunch Menu

PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available for youngsters 12 to 24 months. Formula is to be provided by the parent.