




SEPTEMBER 2019: Pre-K - 8 Alternative Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	CHICKEN	CULINARY	NEW YORK THURSDAY	PIZZA
Labor Day 2	3	4	First Day of Classes 5	6
<p>Stuffed Shells in Marinara Sauce</p> <p>Fresh Broccoli with Garlic & Oil</p> <p><i>Salad Bar</i> Garden Greens</p>	<p>100% Beef Hamburgers & Cheeseburgers</p> <p>Turkey Burgers</p> <p>Baked French Fries</p> <p>Grab-n-Go Chicken Caesar Salad</p> <p><i>Salad Bar</i> Burger/Sandwich Fixin's</p>	<p>Vegetarian Chili Served with Rice</p> <p>Roasted Zucchini</p> <p>Grab-n-Go Chicken Caesar Salad</p> <p><i>Salad Bar</i> Taco Bar</p>	<p>NEW Peach BBQ Chicken Drumstick</p> <p>Honey Corn Muffin</p> <p>Slow Roasted Carrots</p> <p>Fruit Juice Ice</p> <p>Fresh New York Apples</p> <p><i>Salad Bar</i> Local New York</p>	<p>!!! PIZZA !!!</p> <p>Assorted Toppings</p> <p>Green Garden Salad</p> <p><i>Salad Bar</i> Pizza Toppings Featuring Balsamic Chickpea Salad</p>
9	10	11	New York Thursday 12	13
<p>Home Made Grilled Cheese</p> <p>Roasted Fresh Broccoli & Cauliflower</p> <p><i>Salad Bar</i> Garden Greens</p>	<p>NEW Roasted Chicken Thighs</p> <p>Sweet Plantains</p> <p>Warm New York Dinner Roll</p> <p><i>Salad Bar</i> Traditional Featuring Fresh Tomato Salad</p>	<p>Hot Turkey Sandwich</p> <p>Mashed Potatoes</p> <p>Grab-n-Go Chopped Salad</p> <p><i>Salad Bar</i> Burger/Sandwich Fixin's</p>	<p>Teriyaki Chicken Dumplings</p> <p>Vegetable Rice</p> <p>Orange Ginger Carrots</p> <p>Fresh New York Apples</p> <p>Grab-n-Go Chopped Salad</p> <p><i>Salad Bar</i> Local New York</p>	<p>!!! PIZZA !!!</p> <p>Margherita Pizza</p> <p>Green Garden Salad</p> <p>Ranch Carrot Snacker</p> <p>Fruit Juice Ice</p> <p><i>Salad Bar</i> Pizza Toppings Featuring Cranberry Chickpea Salad</p>
16	17	18	New York Thursday 19	20
<p>Veggie Tacos</p> <p>A Blend of Veggies & Mexicali Beans Served in a Hard Taco Shell</p> <p>Fruit Juice Ice</p> <p><i>Salad Bar</i> Garden Greens</p>	<p>NEW Hot Grilled Chicken Sandwich</p> <p>Baked Sweet Potato Waffle Fries</p> <p><i>Salad Bar</i> Burger/Sandwich Fixin's</p>	<p>PROMO Chicken & Cheese Quesadillas Served with Salsa Cup</p> <p>Confetti Corn</p> <p>Grab-n-Go Asian Sesame Chicken Salad</p> <p><i>Salad Bar</i> Taco Bar Featuring Roasted Tomato Salsa</p>	<p>New York Beef Hamburgers & Cheeseburgers</p> <p>Baked New York French Fries</p> <p>Baked Broccoli</p> <p>Grab-n-Go Asian Sesame Chicken Salad</p> <p><i>Salad Bar</i> Burger/Sandwich Fixin's</p>	<p>!!! PIZZA !!!</p> <p>Vegetable Pizza</p> <p>Green Garden Salad</p> <p><i>Salad Bar</i> Pizza Toppings Featuring Cold Chickpea Salad</p>
23	24	25	New York Thursday 26	27
<p>Stuffed Shells in Marinara Sauce</p> <p>Fresh Broccoli with Garlic & Oil</p> <p><i>Salad Bar</i> Garden Greens</p>	<p>NEW Peach BBQ Chicken Drumstick</p> <p>Honey Corn Muffin</p> <p>Slow Roasted Carrots</p> <p>Fruit Juice Ice</p> <p><i>Salad Bar</i> Traditional</p>	<p>BRUNCH Specialty Breakfast Sandwich</p> <p>Home Fries</p> <p>Grab-n-Go Chicken Caesar Salad</p> <p><i>Salad Bar</i> Burger/Sandwich Fixin's</p>	<p>Vegetarian Chili Served with Rice</p> <p>Roasted Zucchini</p> <p>Fresh New York Apples</p> <p>Grab-n-Go Chicken Caesar Salad</p> <p><i>Salad Bar</i> Taco Bar Featuring Roasted Tomato Salsa</p>	<p>!!! PIZZA !!!</p> <p>Assorted Toppings</p> <p>Green Garden Salad</p> <p><i>Salad Bar</i> Pizza Toppings Featuring Balsamic Chickpea Salad</p>
Rosh Hashanah 30				
<p>Home Made Grilled Cheese</p> <p>Sautéed Fresh Broccoli & Cauliflower</p> <p><i>Salad Bar</i> Garden Greens</p>	<p>Daily Lunch Specials</p> <ul style="list-style-type: none"> • Peanut Butter & Jelly • Sunbutter & Jelly • Cheese Sandwich • Hummus Grab & Go • Cheese & Tomato with Fresh Fruit Grab & Go • Tuna or Turkey Sandwich (Not available on Monday) 	 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>		

OFFERED DAILY

Fresh Fruit

Milk
1% Low-fat
Fat Free
Fat Free Chocolate

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

Pre-K - 8
Alternative Lunch Menu