



FEBRUARY 2022: Pre-K - 8 Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
	Lunar New Year 1	2	3	4
	Turkey Burger Deluxe or Southwest Fish Sandwich Sweet Potato Waffle Fries (VE) Garlic Teriyaki Green Beans (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Crispy Chicken Tenders With Dipping Sauce Baked French Fries (VE) Bread Knot (V) <i>Salad Bar</i> Caesar Salad (V)	<i>Chicken Dumplings</i> Orange Ginger Carrots (V) <i>Fresh New York Apples (VE)</i> <i>New York Cookie Treat (V)</i> <i>Salad Bar</i> Asian Slaw (VE)	Vegan Veggie Tacos (VE) Served with Crispy or Soft Tortilla (VE) and Salsa Cup (VE) Seasoned Broccoli (VE) <i>Salad Bar</i> Carrot and Lemon Salad (VE)
7	8	9	10	11
Pizza Choice (V) Chef Choice Bean Salad (V) <i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)	Crispy Chicken Parmigiana Sandwich Roasted Zucchini (V) <i>Salad Bar</i> Kid Friendly Kale Salad (V)	Roasted Chicken Honey Diced Sweet Potato (V) Superhero Spinach (V) Buttermilk Biscuit (V) <i>Salad Bar</i> Greek Zucchini Salad (VE)	Chicken Fajitas Served with Soft Tortilla Salsa (VE) Sweet Plantains (VE) <i>Fresh New York Apples (VE)</i> <i>Salad Bar</i> Pico de Gallo (VE)	Mediterranean Chickpeas (VE) Served With Rice or Pasta Roasted Cauliflower and Broccoli (VE) <i>Salad Bar</i> Spinach and Cranberry Salad (VE)
14	15	16	17	18
Mozzarella Sticks (V) with marinara sauce (VE) Chef Choice Bean Salad (V) <i>Salad Bar</i> Balsamic Cucumber Salad (VE)	Turkey Burger Deluxe or Southwest Fish Sandwich Sweet Potato Waffle Fries (VE) <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	Crispy Chicken Tenders With Dipping Sauce Fresh Seasoned Green Beans (VE) Baked French Fries (VE) Dinner Roll (V) <i>Salad Bar</i> Celery and Apple Salad (V)	Bite Size Beef Tacos Served with Crispy Tortilla (V) and Salsa Cup (VE) Street Style Corn (VE) <i>Fresh New York Apples (VE)</i> <i>Salad Bar</i> Fresh Diced Onion and Tomato (VE)	Black Bean and Plantain Rice Bowl (VE) Green Garden Salad (VE) <i>Salad Bar</i> Carrot and Lemon Salad (VE)
Midwinter Recess 21	Midwinter Recess 22	Midwinter Recess 23	Midwinter Recess 24	Midwinter Recess 25
Pizza Choice (V) Chef Choice Bean Salad (V) <i>Salad Bar</i> Fresh Marinated Vegetable Salad (VE)	Crispy Chicken Parmigiana Sandwich Roasted Cauliflower (V) <i>Salad Bar</i> Caesar Salad (VE)	Roasted Chicken Honey Diced Sweet Potato (V) Corn, Peas and Carrots (VE) Buttermilk Biscuit (V) <i>Salad Bar</i> Caesar Salad (V)	BRUNCH BUFFET Waffles (V) Turkey Sausage Patty Melted Cheese (V) Baked French Fries (VE) <i>Salad Bar</i> Cinnamon Apple Topping (VE)	Vegan Veggie Tacos (VE) Served with Crispy or Soft Tortilla (VE) and Salsa Cup (VE) Seasoned Broccoli (VE) <i>Salad Bar</i> Carrot and Lemon Salad (VE)
28				
Mozzarella Sticks (V) with marinara sauce (VE) Chef Choice Bean Salad (V) <i>Salad Bar</i> Balsamic Cucumber Salad (VE)			 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	<i>Lunch Specials Offered Every Day</i> • Peanut Butter & Jelly* (VE) • Hot or Cold Cheese Sandwich (V) (Not available on Friday) • Hummus Grab & Go (VE) <u>Only Tuesday, Wednesday and Thursday</u> • Tuna or Turkey Sandwich <u>Only Monday and Friday</u> • Mediterranean Chickpea Wrap (VE) Options may vary by location
OFFERED DAILY				
<u>Milk*</u> 1% Low-fat Fat Free Fat Free Chocolate *Alternative options are available upon request	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available (V) Indicates Vegetarian (VE) Indicates Vegan	Assorted Dressings	Seasonal Fresh Fruit Apples, Apple Slices, Oranges, Pears, and Mandarins	OFNS has an extensive Prohibitive Ingredients List available at: 
ATTENTION: All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones				