

NOVEMBER 2026: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	Election Day 3	4	5	6
Sweet Potato Oatmeal Muffin (V)	Breakfast Griddle Sandwich (V)	Rise and Shine Waffles (V) Cinnamon Apple Topping (VE)	Honey Corn Bread (V) Yogurt Choice (V)	Egg & Cheese on a Bagel (V) Sweet Potato Home Fries (VE)
9	10	Veterans Day 11	12	13
Apple Cinnamon Bread (V) Colby Jack Cheese Stick (V)	Egg & Cheese on a Buttermilk Biscuit (V)	Maple Pancakes (V) Blueberry Topping (VE)	Banana Muffin (V) Yogurt Choice (V)	Breakfast Quesadilla (V) Salsa (VE) Home Fries (VE)
16	17	18	19	20
Zucchini Carrot Bread (V)	Egg & Cheese on a Croissant (V)	French Toast Sticks (V) Warm Peach Topping (V)	Apple Pie Oatmeal (VE) Blueberry Bread (V) Yogurt Choice (V)	Caprese Egg Sandwich on Ciabatta (V) Hashbrowns (VE)
23	24	25	Thanksgiving Recess 26	Thanksgiving Recess 27
Sweet Potato Oatmeal Muffin (V)	Breakfast Griddle Sandwich (V)	Rise and Shine Waffles (V) Cinnamon Apple Topping (VE)	Honey Corn Bread (V) Yogurt Choice (V)	Egg & Cheese on a Bagel (V) Sweet Potato Home Fries (VE)
30				
Maple Pancakes (V) Blueberry Topping (VE)				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD FROM NEW YORK.

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are available upon request

Cold Cereal Choices
Berry Toasted Oats (VE)
Blueberry Granola (VE)
Cereal with Oat Clusters (V)
Cinnamon Vanilla Granola (VE)
Honey Toasted Oats (V)
Shredded Wheat
Toasted Oats (VE)

OFFERED DAILY
Options may vary by location

Breakfast After the Bell Grab and Go

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Clementines, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, Strawberries, Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

ATTENTION:
• All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• **Vegetarian Item (V)**: A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
• **Vegan Item (VE)**: A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



NOVEMBER 2026: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	Election Day 3	4	5	6
Pizza Slice (V) **Parmigiana Peas (V)** ***Salad Bar*** **Pizza Bar** **With Balsamic** **Chickpea Salad (V)**	**Sunburst Chicken** **Sunburst Chickpeas (VE)** **Naan (VE)** **Roasted Carrot Coins (VE)** ***Salad Bar*** **Eastern Harvest Bar**	**Homestyle Mashed Potato Bowl with Veggie Nuggets (VE) Or Crispy Chicken Bites** **Confetti Corn (VE)** **Gravy (V)** **Buttermilk Biscuit (V)** ***Salad Bar*** **Leafy Green Bar**	**Lentil Bolognese (VE) with Pasta Marinara (VE)** **Mozzarella Sticks (V)** with Herbed Marinara **Cauli-Crunchers (V)** ***Salad Bar*** **Mediterranean Bar**	**Apple Glazed Chicken** **Harvest Butternut Squash Pasta (VE)** **Sweet and Tangy Braised Kale (V)** ***Salad Bar*** **Rainbow Bar**
9	10	Veterans Day 11	12	13
Broccoli Cheddar Pizza (V) **French Bread Pizza (V)** **Creamed Spinach (V)** ***Salad Bar*** **Pizza Bar** **With Balsamic** **Chickpea Salad (V)**	**Chicken Tenders** with Dipping Sauce **Fish Sticks** with Tartar Sauce **Garlic Knot (V)** **Parmesan Carrot Sticks (V)** ***Salad Bar*** **Leafy Green Bar**	**Black Bean Burger (VE)** **Chicken Cheeseburger** **Seasoned Wedge Fries (VE)** ***Salad Bar*** **Classic Toppings Bar**	**Sweet Ginger Chicken** **Garlic Noodles (VE)** **Steamed Garden Medley (V)** ***Salad Bar*** **Zen & Zest Bar**	**Bean & Cheese Taquito (V)** **Empanada (V)** **Salsa (VE)** **Sweet Plantains (VE)** ***Salad Bar*** **Fiesta Bar**
16	17	18	19	20
Plastic Free Lunch Day **Personal Pizza (V)** **Green Beans and Mushrooms (VE)** ***Salad Bar*** **Plastic Free Bar with Sliced Cucumbers (VE)**	**Honey Mustard Crispy Chicken Sandwich** **On a Pretzel Bun** **Roasted Dill Potatoes (VE)** ***Salad Bar*** **Leafy Green Bar**	**Three Cheese Grilled Cheese (V)** **BBQ Tofu (VE)** **Macaroni & Cheese (V)** **Honey Corn Bread (V)** **Ranchy Broccoli (VE)** ***Salad Bar*** **Rainbow Bar**	**Arroz Con Pollo** **Spanish Rice and Roasted Chicken** **Salsa (VE)** **Stewed Black Beans (VE)** ***Salad Bar*** **Fiesta Bar**	**Cowboy Veggie Burger (V)** **Cowboy Cheeseburger** **Sweet Potato Waffle Fries (VE)** ***Salad Bar*** **Classic Toppings Bar**
23	24	25	Thanksgiving Recess 26	Thanksgiving Recess 27
Pizza Slice (V) **Parmigiana Peas (V)** **Herbalicious Corn (VE)** ***Salad Bar*** **Pizza Bar**	**Crispy Chicken Bites with Dipping Sauces** **Harvest Butternut Squash Pasta (VE)** **Sweet and Tangy Braised Kale (V)** ***Salad Bar*** **Rainbow Bar**	**Apple Glazed Chicken** **Mashed Potatoes (V) with Gravy (V)** **Glazed Carrots (VE)** **Buttermilk Biscuit (V)** **Animal Crackers (VE)** ***Salad Bar*** **Leafy Green Bar**	**Lentil Bolognese (VE) with Pasta Marinara (VE)** **Mozzarella Sticks (V)** with Herbed Marinara **Cauli-Crunchers (V)** ***Salad Bar*** **Mediterranean Bar**	**Sunburst Chicken** **Sunburst Chickpeas (VE)** **Naan (VE)** **Roasted Carrot Coins (VE)** ***Salad Bar*** **Eastern Harvest Bar**
30				
Broccoli Cheddar Pizza (V) **French Bread Pizza (V)** **Creamed Spinach (V)** ***Salad Bar*** **Pizza Bar** **With Balsamic** **Chickpea Salad (V)**				**WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD FROM NEW YORK.**

DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Balsamic Chicken Salad Wrap	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Balsamic Chicken Salad Wrap	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	• Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Rainbow Wrap (VE)

On designated Plant-Powered Menu days; meat-based products will not be offered.

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are available upon request

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Clementines, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, Strawberries, Watermelon (VE)

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

ATTENTION:
All Pre-K Students CANNOT be Offered Chocolate Milk or Chicken On The Bone

Pre-K – 8 with CEE Service
Tuesday - Friday Options

• Chicken Breaded Bite Grab & Go Salad
• Chicken Tender Wrap

OFNS has an extensive Prohibitive Ingredients List available at:

Recipes are created in collaboration with OFNS Team, NYCPS Culinary Students and Partners.

• **Vegetarian Item (V)**: A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
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Menu subject to change.
Our menus are pork free.



NOVEMBER 2026: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	Election Day 3	4	5	6
Cereal with Oat Clusters (V) Milk (V)	Heart Shaped Pretzels (VE) Hummus Cup (VE)	Honey Graham Crackers (V) Milk (V)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Berry Toasted Oats (VE) Milk (V)
9	10	Veterans Day 11	12	13
Croissant (V) with Jelly (VE) Milk (V)	Honey Graham Biscuits (V) Milk (V)	Colby Jack Cheese Stick (V) Fresh Fruit (VE)	Apple Slices (VE) Peanut Butter (VE)	Yogurt Choice (V) Blueberry Granola (V)
16	17	18	19	20
Crispy Tortilla (VE) Salsa (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)	Cinnamon Vanilla Granola (VE) Milk (V)	Animal Crackers (VE) Fresh Fruit (VE)	Crunchy Carrot Sticks (VE) Hummus Cup (VE)
23	24	25	Thanksgiving Recess 26	Thanksgiving Recess 27
Cereal with Oat Clusters (V) Milk (V)	Heart Shaped Pretzels (VE) Hummus Cup (VE)	Honey Graham Crackers (V) Milk (V)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Berry Toasted Oats (VE) Milk (V)
30				
Croissant (V) with Jelly (VE) Milk (V)				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD FROM NEW YORK.

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

All Fruit Offerings are 1 cup

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Cantaloupe, Clementines, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, Strawberries, Watermelon (VE)

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