



## APRIL 2024: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Easter Weekend 1	2	3	4	5
<p>Pizza by the Slice (V)</p> <p>Kid Friendly Kale Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Chicken Dumplings</p> <p>Veggie Nuggets (VE) Dipping Sauce</p> <p>Garlic Teriyaki Green Beans (V)</p> <p>Brown Rice (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p>Garlic and Tomato Panini (V)</p> <p>Baby Carrots (VE)</p> <p>Marinara Sauce (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Turkey Burger</p> <p>Turkey Cheeseburger Whole Wheat Bun</p> <p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Herb Roasted Potatoes (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p>Kidney Bean Rajma (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Kachumber Salad (VE)*</p> <p>Flatbread (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>
8	9	Eid al Fitr 10	11	12
<p>French Bread Pizza (V)</p> <p>Garlicky Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Veggie Nugget (VE) Dipping Sauce</p> <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Roasted Zucchini (VE)</p> <p>Garlic Knot (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar</p>	<p>Chicken Tender Melt Ciabatta Bread</p> <p>Superhero Spinach (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p>Cajun Pinto Beans (VE) with Brown Rice (VE)</p> <p>Southwest Burrito (V)</p> <p>Spiced Sweet Potatoes (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>
15	16	17	18	19
<p>Sicilian Slice Pizza (V)</p> <p>Italian Green Beans (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Soft Turkey Taco</p> <p>Crispy Chicken Bites</p> <p>Street Style Corn (V)</p> <p>Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Fiesta Bar</p>	<p style="text-align: center;"><i>Plastic Free Lunch Day</i></p> <p>Garlic and Tomato Panini (V)</p> <p>Baby Carrots (VE)</p> <p>Marinara Sauce (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Plastic Free Lunch Bar</p>	<p>Roasted Chicken Drumstick*</p> <p>Jollof Cauliflower (V)*</p> <p>Sweet Potato Wedge Fries (VE)</p> <p>Dinner Roll (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>	<p>White Bean and Pasta Primavera (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Crispy Broccoli (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>
Spring Recess 22	Spring Recess 23	Spring Recess 24	Spring Recess 25	Spring Recess 26
<p>Pizza by the Slice (V)</p> <p>Kid Friendly Kale Salad (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Chicken Dumplings</p> <p>Veggie Nuggets (VE) Dipping Sauce</p> <p>Garlic Teriyaki Green Beans (V)</p> <p>Brown Rice (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Manicotti (V) in Marinara</p> <p>Baby Carrots (VE)</p> <p>Bread Stick (V)</p> <p style="text-align: center;"><i>Salad Bar</i> Leafy Green Salad Bar</p>	<p>Turkey Burger</p> <p>Turkey Cheeseburger Whole Wheat Bun</p> <p>Fish and Cheese Sandwich Whole Wheat Bun</p> <p>Herb Roasted Potatoes (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Classic Toppings</p>	<p>Kidney Bean Rajma (VE)</p> <p>Three Cheese Grilled Cheese (V)</p> <p>Kachumber Salad (VE)*</p> <p>Flatbread (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Mediterranean Bar</p>
Spring Recess 29	Spring Recess 30			
<p>French Bread Pizza (V)</p> <p>Garlicky Green Bean (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Pizza Bar (With Balsamic Chickpea Salad)</p>	<p>Veggie Nugget (VE) Dipping Sauce</p> <p>Caribbean Style Beef Patty</p> <p>Seasoned Wedge Fries (VE)</p> <p style="text-align: center;"><i>Salad Bar</i> Rainbow Bar</p>		 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	
<b>Monday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	<b>Tuesday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	<b>Wednesday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	<b>Thursday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	<b>Friday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

<p style="text-align: center;"><b>Milk</b></p> <p>1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) <small>Alternative options are available upon request</small></p>	<p style="text-align: center;"><b>ATTENTION:</b></p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Oranges, Mandarins, Pears, Bananas, and Strawberries (VE)</p>
<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 			

\* Recipes created in collaboration with OFNS and Wellness In The Schools

- **Vegan Item (VE):** A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- **Vegetarian Item (V):** A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products