



## NOVEMBER 2021: Pre-K - 8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	Election Day 2	3	4	5
<p style="text-align: center;"><b>Penne Pasta with Marinara (V)</b></p> <p style="text-align: center;">Chickpea and Pimento Salad (VE)</p> <p style="text-align: center;">PIZZA (V)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Greek Zucchini Salad (VE)</p>	<p style="text-align: center;">Sweet Plantains (VE)</p> <p style="text-align: center;">Brooklyn Baked Beans (VE)</p> <p style="text-align: center;">Mixed Vegetables (VE)</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Confetti Corn Salad (VE)</p>	<p style="text-align: center;"><b>Southwest Burrito (V)</b> Served with Salsa (VE)</p> <p style="text-align: center;">Sweet Potato Waffle Fries (VE)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Kid Friendly Kale (VE)</p>	<p style="text-align: center;"><b>Red White and Green Panini (V)</b></p> <p style="text-align: center;">Seasoned Roasted Potato Wedges (V)</p> <p style="text-align: center; color: #4caf50;">Fresh New York Apples (VE)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Celery and Apple Salad (V)</p>	<p style="text-align: center;"><b>Vegetarian Quesadilla (V)</b> served with Salsa Cup (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Veggie Cup (VE)</p>
8	9	10	Veterans Day 11	12
<p style="text-align: center; color: #4caf50;"><b>Manicotti (V)</b></p> <p style="text-align: center;">Marinated Bean Salad (V)</p> <p style="text-align: center;">PIZZA (V)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Spinach, Tomato &amp; Roasted Red Pepper Salad (V)</p>	<p style="text-align: center;"><b>BRUNCH BUFFET (V)</b></p> <p style="text-align: center;">Waffles (V) Egg Omelets (V) Sweet Potato Home Fries (VE)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Cinnamon Apple Topping</p>	<p style="text-align: center;"><b>Grilled Cheese (V)</b></p> <p style="text-align: center;">Roasted Grape Tomatoes (VE)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Caesar Salad (V)</p>	<p style="text-align: center;"><b>Black Bean Rice Bowl (V)</b></p> <p style="text-align: center;">Sweet Plantains (VE)</p> <p style="text-align: center;">Pico de Gallo (VE)</p> <p style="text-align: center; color: #4caf50;">Fresh New York Apples (VE)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Veggie Cup (VE)</p>	<p style="text-align: center;"><b>Pasta Primavera (V)</b></p> <p style="text-align: center;"><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p style="text-align: center;">Superhero Spinach (V)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> White Bean Salad</p>
15	16	17	18	19
<p style="text-align: center;"><b>Penne Pasta with Marinara (V)</b></p> <p style="text-align: center;">Chickpea Salad (V)</p> <p style="text-align: center;">Pizza (V)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Broccoli and Cranberry Salad (VE)</p>	<p style="text-align: center;"><b>Veggie Tacos (V)</b> on Soft Tortilla or Baked! Tostitos® Scoops® served with Salsa (V)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>	<p style="text-align: center;"><b>Zesty Chickpea Stew (V)</b></p> <p style="text-align: center;">Slow Roasted Carrots (V)</p> <p style="text-align: center;">Flat Bread (V)</p> <p style="text-align: center; color: #4caf50;">New York Cookie Treat (V)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Fresh Marinated Vegetable Salad (VE)</p>	<p style="text-align: center;"><b>Superhero Spinach Wrap (V)</b></p> <p style="text-align: center;">Baked French Fries (VE)</p> <p style="text-align: center; color: #4caf50;">Fresh New York Apples (VE)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Carrot and Lemon Salad (VE)</p>	<p style="text-align: center;"><b>Vegetarian Chili (V)</b> served over Baked Sweet Potato Waffle Fries (VE)</p> <p style="text-align: center;">Seasoned Bread Knot (V)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>
22	23	24	Thanksgiving Recess 25	Thanksgiving Recess 26
<p style="text-align: center; color: #4caf50;"><b>Manicotti (V)</b></p> <p style="text-align: center;">Chickpea and Pimento Salad (VE)</p> <p style="text-align: center;">PIZZA (V)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Greek Zucchini Salad (VE)</p>	<p style="text-align: center;">Sweet Plantains (VE)</p> <p style="text-align: center;">Brooklyn Baked Beans (VE)</p> <p style="text-align: center;">Mixed Vegetables (VE)</p> <p style="text-align: center;">Buttermilk Biscuit (V)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Confetti Corn Salad (VE)</p>	<p style="text-align: center;"><b>Southwest Burrito (V)</b> Served with Salsa (VE)</p> <p style="text-align: center;">Sweet Potato Waffle Fries (VE)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Kid Friendly Kale (VE)</p>	<p style="text-align: center;"><b>Red White and Green Panini (V)</b></p> <p style="text-align: center;">Seasoned Roasted Potato Wedges (V)</p> <p style="text-align: center; color: #4caf50;">Fresh New York Apples (VE)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Celery and Apple Salad (V)</p>	<p style="text-align: center;"><b>Vegetarian Quesadilla (V)</b> served with Salsa Cup (VE)</p> <p style="text-align: center;">Green Garden Salad (VE)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Veggie Cup (VE)</p>
29	30			
<p style="text-align: center;"><b>Penne Pasta with Marinara (V)</b></p> <p style="text-align: center;">Marinated Bean Salad (V)</p> <p style="text-align: center;">PIZZA (V)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Spinach, Tomato &amp; Roasted Red Pepper Salad (V)</p>	<p style="text-align: center;"><b>BRUNCH BUFFET (V)</b></p> <p style="text-align: center;">Waffles (V) Egg Omelets (V) Sweet Potato Home Fries (VE)</p> <p style="text-align: center; color: #e91e63;"><i>Eat Your Colors</i> Cinnamon Apple Topping</p>	<p style="text-align: center;"><i>Daily Lunch Specials</i></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Hummus Grab &amp; Go (VE)</li> <li>• 8 oz. Yogurt Grab &amp; Go (V)</li> <li>• Chickpea Wrap (V)</li> </ul>	 <p style="font-size: small; color: green;">             WE'RE PROUDLY CELEBRATING              LOCALLY SOURCED &amp;              PRODUCED FOOD              ALL NEW YORK ITEMS              ARE HIGHLIGHTED IN GREEN         </p>	

**Milk\***

1% Low-fat  
Fat Free  
Fat Free Chocolate

\*Alternative options are available upon request

**OFFERED DAILY**

OFNS Menus Support  
Seasonal Fresh Fruit and  
Vegetables  
when available

Assorted Dressings

(V) Indicates Vegetarian  
(VE) Indicates Vegan

**Seasonal Fresh Fruit**

Apples, Apple Slices,  
Oranges, Pears, Grapes,  
and Plums

OFNS has an extensive  
Prohibitive Ingredients List  
available at:

