



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><b>Daily Lunch Specials</b></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> </ul> <p>Options may vary by location</p>	 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Grilled Cheese (V)</p> <p>Roasted Grape Tomatoes (VE)</p> <p><i>Eat Your Colors</i> Caesar Salad (V)</p>	<p>Black Bean Rice Bowl (V)</p> <p>Sweet Plantains (VE)</p> <p>Pico de Gallo (VE)</p> <p><i>Eat Your Colors</i> Veggie Cup (VE)</p>	<p>Pasta Primavera (V)</p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Superhero Spinach (V)</p> <p><i>Eat Your Colors</i> White Bean Salad</p>
6	7	8	9	10
<p><b>Manicotti (V)</b></p> <p>Chickpea Salad (V)</p> <p>Pizza (V)</p> <p><i>Eat Your Colors</i> Broccoli and Cranberry Salad (VE)</p>	<p><b>Veggie Tacos (V)</b> on Soft Tortilla or Baked! Tostitos® Scoops® served with Salsa (V)</p> <p><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>	<p><b>Zesty Chickpea Stew (V)</b></p> <p>Slow Roasted Carrots (V)</p> <p>Flat Bread (V)</p> <p><i>New York Cookie Treat (V)</i></p> <p><i>Eat Your Colors</i> Fresh Marinated Vegetable Salad (VE)</p>	<p><b>Superhero Spinach Wrap (V)</b></p> <p>Baked French Fries (VE)</p> <p><i>Fresh New York Apples (VE)</i></p> <p><i>Eat Your Colors</i> Carrot and Lemon Salad (VE)</p>	<p><b>Vegetarian Chili (V)</b> served over Baked Sweet Potato Waffle Fries (VE)</p> <p>Seasoned Bread Knot (V)</p> <p><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>
13	14	15	16	17
<p><b>Penne Pasta with Marinara (V)</b></p> <p>Chickpea and Pimento Salad (VE)</p> <p>PIZZA (V)</p> <p><i>Eat Your Colors</i> Greek Zucchini Salad (VE)</p>	<p>Sweet Plantains (VE)</p> <p>Brooklyn Baked Beans (VE)</p> <p>Mixed Vegetables (VE)</p> <p>Buttermilk Biscuit (V)</p> <p><i>Eat Your Colors</i> Confetti Corn Salad (VE)</p>	<p><b>Southwest Burrito (V)</b> Served with Salsa (VE)</p> <p>Sweet Potato Waffle Fries (VE)</p> <p><i>Eat Your Colors</i> Kid Friendly Kale (VE)</p>	<p><b>Red White and Green Panini (V)</b></p> <p>Seasoned Roasted Potato Wedges (V)</p> <p><i>Eat Your Colors</i> Celery and Apple Salad (V)</p>	<p><b>Vegetarian Quesadilla (V)</b> served with Salsa Cup (VE)</p> <p>Green Garden Salad (VE)</p> <p><i>Eat Your Colors</i> Veggie Cup (VE)</p>
20	21	22	23	24
<p><b>Manicotti (V)</b></p> <p>Marinated Bean Salad (V)</p> <p>PIZZA (V)</p> <p><i>Eat Your Colors</i> Spinach, Tomato &amp; Roasted Red Pepper Salad (V)</p>	<p><b>BRUNCH BUFFET (V)</b></p> <p>Waffles (V)</p> <p>Egg Omelets (V)</p> <p>Sweet Potato Home Fries (VE)</p> <p><i>Eat Your Colors</i> Cinnamon Apple Topping</p>	<p>Grilled Cheese (V)</p> <p>Roasted Grape Tomatoes (VE)</p> <p><i>Eat Your Colors</i> Caesar Salad (V)</p>	<p>Black Bean Rice Bowl (V)</p> <p>Sweet Plantains (VE)</p> <p>Pico de Gallo (VE)</p> <p><i>Eat Your Colors</i> Veggie Cup (VE)</p>	<p>Pasta Primavera (V)</p> <p>Mozzarella Sticks (V) with marinara sauce (VE)</p> <p>Superhero Spinach (V)</p> <p><i>Eat Your Colors</i> White Bean Salad</p>
Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30	Winter Recess 31
<p><b>Penne Pasta with Marinara (V)</b></p> <p>Chickpea Salad (V)</p> <p>Pizza (V)</p> <p><i>Eat Your Colors</i> Broccoli and Cranberry Salad (VE)</p>	<p><b>Veggie Tacos (V)</b> on Soft Tortilla or Baked! Tostitos® Scoops® served with Salsa (V)</p> <p><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>	<p><b>Zesty Chickpea Stew (V)</b></p> <p>Slow Roasted Carrots (V)</p> <p>Flat Bread (V)</p> <p><i>New York Cookie Treat (V)</i></p> <p><i>Eat Your Colors</i> Fresh Marinated Vegetable Salad (VE)</p>	<p><b>Superhero Spinach Wrap (V)</b></p> <p>Baked French Fries (VE)</p> <p><i>Fresh New York Apples (VE)</i></p> <p><i>Eat Your Colors</i> Carrot and Lemon Salad (VE)</p>	<p><b>Vegetarian Chili (V)</b> served over Baked Sweet Potato Waffle Fries (VE)</p> <p>Seasoned Bread Knot (V)</p> <p><i>Eat Your Colors</i> Fresh Diced Onion and Tomato (VE)</p>

### OFFERED DAILY

**Milk\***  
1% Low-fat  
Fat Free  
Fat Free Chocolate

\*Alternative options are available upon request

OFNS Menu 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:

