

**JANUARY 2026: Breakfast Express Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
			Winter Recess 1	Winter Recess 2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	<i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)		Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)	Sweet Potato Oatmeal Muffin (V)
5	6	7	8	9
Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Applesauce (VE)	Zucchini Carrot Breakfast Bread (V)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)	Yogurt Choice (V) Apple Cinnamon Granola (V) Raisins (VE)	Blueberry Breakfast Bread (V) Colby Jack Cheese Stick (V)
12	13	14	15	16
Scooters (V) Blueberry Granola (V) Strawberry Banana Applesauce (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)	Yogurt Choice (V) Apple Cinnamon Granola (V) Raisins (VE)	Whole Grain Croissant (V) Colby Jack Cheese Cubes (V)	Honey Corn Breakfast Bread (V) Honey Roasted Sunflower Seeds (V)
Rev. Dr. Martin Luther King Jr. Day 19	20	21	22	23
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	Banana Breakfast Bread (V) Cheddar Cheese Stick (V)	Yogurt Choice (V) Blueberry Granola (V) Raisins (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)	Sweet Potato Oatmeal Muffin (V)
26	27	28	29	30
Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Applesauce (VE)	Zucchini Carrot Breakfast Bread (V)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE)	Yogurt Choice (V) Apple Cinnamon Granola (V) Raisins (VE)	Blueberry Breakfast Bread (V) Colby Jack Cheese Stick (V)

OFNS has an extensive Prohibitive Ingredients List available at:



**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, Grapefruit, Grapes, Mandarins, Oranges, Pears, Strawberries (VE)

**Condiments**

- Syrup (VE)

**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.

**JANUARY 2026: Pre-K - 8 Express Hot Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
			Winter Recess 1	Winter Recess 2
<p><b>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</b></p>			<p><b>Texas Lentil BBQ Sandwich (VE)</b></p> <p>Spiced Sweet Potatoes (VE)</p>	<p><b>Peri Peri Chicken</b></p> <p>Salsa (VE)</p> <p>Garlicky Green Beans (VE)</p> <p>Yellow Rice (VE)</p>
5	6	7	8	9
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Super Hero Spinach (VE)</p> <p>Seasoned Peas (VE)</p>	<p><b>Grilled Chipotle Chicken Wrap</b></p> <p>Roasted Carrot Coins (VE)</p>	<p><b>Rockin Chickpeas (VE)</b></p> <p>Rotini Marinara (VE)</p> <p>Pizzalicious Green Beans (VE)</p>	<p><b>Turkey Chili</b></p> <p>Brown Rice (VE)</p> <p>Street Style Corn (V)</p>	<p><b>BBQ Chicken Bites</b></p> <p>Garlic Knot (V)</p> <p>Cauli-Crunchers (V)</p> <p>Ranch Carrot Snacker (V)</p>
12	13	14	15	16
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Basil Parmesan Carrots (V)</p> <p>Italian Chickpeas (VE)</p>	<p><b>Honey Glazed Chicken</b></p> <p>Garlic Noodles (VE)</p> <p>Szechuan Style Zucchini (VE)</p>	<p><b>Soft Turkey Tacos</b></p> <p>Salsa (VE)</p> <p>Chipotle Broccoli (V)</p>	<p><b>Caribbean Spiced Jerk Chicken</b></p> <p>Island Pasta (V)</p> <p>Cinnamon Plantains (VE)</p>	<p><b>Kidney Bean Rajma (VE)</b></p> <p>Naan Bread (VE)</p> <p>Curry Potatoes (VE)</p>
Rev. Dr. Martin Luther King Jr. Day 19	20	21	22	23
<p><b>Texas Lentil BBQ Sandwich (VE)</b></p> <p>Spiced Sweet Potatoes (VE)</p>	<p><b>Sicilian Slice Pizza (V)</b></p> <p>Ranchy Broccoli (VE)</p> <p>Roasted Chickpeas (VE)</p>	<p><b>Crispy Chicken Snacker</b> With Tzatziki (V)</p> <p>Greek Cucumber Salad (V)</p>	<p><b>Hamburgers</b></p> <p><b>Cheeseburgers</b></p> <p>Seasoned Wedge Fries (VE)</p>	<p><b>Peri Peri Chicken</b></p> <p>Salsa (VE)</p> <p>Garlicky Green Beans (VE)</p> <p>Yellow Rice (VE)</p>
26	27	28	29	30
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Super Hero Spinach (VE)</p> <p>Seasoned Peas (VE)</p>	<p><b>Grilled Chipotle Chicken Wrap</b></p> <p>Slow Roasted Baby Carrots (V)</p>	<p><b>Rockin Chickpeas (VE)</b></p> <p>Rotini Marinara (VE)</p> <p>Pizzalicious Green Beans (VE)</p>	<p><b>Turkey Chili</b></p> <p>Brown Rice (VE)</p> <p>Street Style Corn (V)</p>	<p><b>BBQ Chicken Bites</b></p> <p>Garlic Knot (V)</p> <p>Cauli-Crunchers (V)</p> <p>Ranch Carrot Snacker (V)</p>

**DAILY OFFERINGS**

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Pretzels (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Pretzels (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Pretzels (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Pretzels (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Pretzels (VE)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>

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

<p><b>Milk</b></p> <p>1% Low-fat (V)</p> <p>Fat Free (V)</p> <p><b>Fat Free Chocolate (V)</b></p> <p>Alternative options are available upon request</p>	<p><b>ATTENTION:</b></p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Chicken On The Bone</p>	<p>OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p><b>Seasonal Fresh Fruit</b></p> <p>Apples, Apple Slices, Bananas, Grapefruit, Grapes, Mandarins, Oranges, Pears, Strawberries (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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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.  
 • **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.