



OCTOBER 2026: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Yogurt Choice (V) Blueberry Granola (V) Raisins (VE)	Banana Muffin (V) Cheddar Cheese Stick (V)
5	6	7	8	9
Berry Toasted Oats (VE) Honey Roasted Sunflower Seeds (V) Applesauce (VE)	Whole Grain Croissant (V) with Jelly (VE) Cheddar Cheese Stick (V)	Zucchini Carrot Muffin (V)	Yogurt Choice (V) Blueberry Granola (V) Raisins (VE)	Blueberry Muffin (V) Colby Jack Cheese Cubes (V)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Cinnamon Burst Pancakes (V)	Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Applesauce (VE)	Sweet Potato Oatmeal Muffin (V)	Yogurt Choice (V) Apple Cinnamon Granola (V) Raisins (VE)	Honey Corn Muffin (V) Honey Roasted Sunflower Seeds (V)
19	20	21	22	23
Honey Toasted Oats (V) Apple Cinnamon Granola (V) Raisins (VE)	Apple Cinnamon Muffin (V) Colby Jack Cheese Stick (V)	Whole Grain Croissant (V) with Jelly (VE) Honey Roasted Sunflower Seeds (V)	Yogurt Choice (V) Blueberry Granola (V) Raisins (VE)	Banana Muffin (V) Cheddar Cheese Stick (V)
26	27	28	29	30
Berry Toasted Oats (VE) Honey Roasted Sunflower Seeds (V) Applesauce (VE)	Whole Grain Croissant (V) with Jelly (VE) Cheddar Cheese Stick (V)	Zucchini Carrot Muffin (V)	Yogurt Choice (V) Blueberry Granola (V) Raisins (VE)	Blueberry Muffin (V) Colby Jack Cheese Cubes (V)

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, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, 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.



OCTOBER 2026: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.			Sweet Ginger Chicken Garlic Noodles (VE) Steamed Garden Medley (V)	Empanada (V) Salsa (VE) Sweet Plantains (VE)
5	6	7	8	9
Sicilian Slice Pizza (V) Green Beans and Mushrooms (VE) Italian Chickpeas (VE)	Honey Mustard Crispy Chicken Sandwich on a Pretzel Bun Roasted Dill Potatoes (VE)	BBQ Tofu (VE) Macaroni & Cheese (V) Honey Corn Muffin (V) Ranchy Broccoli (VE)	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE)	Cowboy Cheeseburger Sweet Potato Waffle Fries (VE)
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Lentil Bolognese (VE) with Pasta Marinara (VE) Cauli-Crunchers (V)	Sicilian Slice Pizza (V) Parmigiana Peas (V) Italian Chickpeas (VE)	Homestyle Mashed Potato Bowl with Crispy Chicken Bites Confetti Corn (VE) Gravy (V) Buttermilk Biscuit (V)	Sunburst Chicken Naan (VE) Roasted Carrot Coins (VE)	Apple Glazed Chicken Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V)
19	20	21	22	23
Sicilian Slice Pizza (V) Creamed Spinach (V) Roasted Chickpeas (VE)	Chicken Tenders with Dipping Sauce Garlic Knot (V) Parmesan Carrot Sticks (V)	Black Bean Burger (VE) Seasoned Wedge Fries (VE)	Sweet Ginger Chicken Garlic Noodles (VE) Steamed Garden Medley (V)	Empanada (V) Salsa (VE) Sweet Plantains (VE)
26	27	28	29	30
Sicilian Slice Pizza (V) Green Beans and Mushrooms (VE) Italian Chickpeas (VE)	Honey Mustard Crispy Chicken Sandwich on a Pretzel Bun Roasted Dill Potatoes (VE)	BBQ Tofu (VE) Macaroni & Cheese (V) Honey Corn Muffin (V) Ranchy Broccoli (VE)	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE)	Cowboy Cheeseburger Sweet Potato Waffle Fries (VE)

DAILY OFFERINGS

<u>Monday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Tuesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Wednesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Thursday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)	<u>Friday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V)
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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

ATTENTION:

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

OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

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

OFNS has an extensive
Prohibitive Ingredients List
available at:



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

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