

NOVEMBER 2026: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	Election Day 3	4	5	6
Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Applesauce (VE)	**Cinnamon Burst Pancakes (V)**	**Sweet Potato Oatmeal Muffin (V)**	**Yogurt Choice (V)** Apple Cinnamon Granola (V) Raisins (VE)	**Honey Corn Bread (V)** Honey Roasted Sunflower Seeds (V)
9	10	Veterans Day 11	12	13
Honey Toasted Oats (V) Apple Cinnamon Granola (V) Raisins (VE)	**Apple Cinnamon Bread (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)
16	17	18	19	20
Berry Toasted Oats (VE) Honey Roasted Sunflower Seeds (V) Applesauce (VE)	**Whole Grain Croissant (V)** with Jelly (VE) Cheddar Cheese Stick (V)	**Zucchini Carrot Bread (V)**	**Yogurt Choice (V)** Blueberry Granola (V) Raisins (VE)	**Blueberry Bread (V)** Colby Jack Cheese Cubes (V)
23	24	25	Thanksgiving Recess 26	Thanksgiving Recess 27
Frosted Mini Wheats Honey Graham Cracker (V) Plain or Strawberry Banana Applesauce (VE)	**Cinnamon Burst Pancakes (V)**	**Sweet Potato Oatmeal Muffin (V)**	**Yogurt Choice (V)** Apple Cinnamon Granola (V) Raisins (VE)	**Honey Corn Bread (V)** Honey Roasted Sunflower Seeds (V)
30				
Honey Toasted Oats (V) Apple Cinnamon Granola (V) Raisins (VE)				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD FROM NEW YORK.

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, Clementines, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, 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.



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

Monday	Tuesday	Wednesday	Thursday	Friday
2	Election Day 3	4	5	6
Sicilian Slice Pizza (V) Parmigiana Peas (V) Italian Chickpeas (VE)	**Sunburst Chicken** Naan (VE) Roasted Carrot Coins (VE)	**Homestyle Mashed Potato Bowl with Crispy Chicken Bites** Confetti Corn (VE) Gravy (V) Buttermilk Biscuit (V)	**Lentil Bolognese (VE)** with Pasta Marinara (VE) Cauli-Crunchers (V)	**Apple Glazed Chicken** Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V)
9	10	Veterans Day 11	12	13
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)
16	17	18	19	20
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 Bread (V) Ranchy Broccoli (VE)	**Arroz Con Pollo** Spanish Rice and Roasted Chicken Salsa (VE) Stewed Black Beans (VE)	**Cowboy Cheeseburger** Sweet Potato Waffle Fries (VE)
23	24	25	Thanksgiving Recess 26	Thanksgiving Recess 27
Sicilian Slice Pizza (V) Parmigiana Peas (V) Herbalicious Corn (VE)	**Crispy Chicken Bites** with Dipping Sauces Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V)	**Apple Glazed Chicken** Mashed Potatoes (V) with Gravy (V) Glazed Carrots (VE) Buttermilk Biscuit (V) Animal Crackers (VE)	**Lentil Bolognese (VE)** with Pasta Marinara (VE) Cauli-Crunchers (V)	**Sunburst Chicken** Naan (VE) Roasted Carrot Coins (VE)
30				
Sicilian Slice Pizza (V) Creamed Spinach (V) Roasted Chickpeas (VE)				WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD FROM NEW YORK.

DAILY OFFERINGS

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

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, Clementines, Grapefruit, Grapes, Honeydew, Mandarins, Oranges, Pears, 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.

- **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.

O.F.N.S. Office of Food & Nutrition Services | Urban School Food Alliance

Menu subject to change.
Our menus are pork free.