



MARCH 2019: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JUMPSTART MONDAY	EGG SANDWICH	FROM THE GRIDDLE	NEW YORK THURSDAY	BAKERY FRESH
<p><u>Fresh New York Bagel Stick Verticelles</u></p> <ul style="list-style-type: none"> Blueberry Cinnamon Raisin Cranberry French Toast Multigrain Plain Poppy 		 <p>Ash Wednesday</p> <ul style="list-style-type: none"> Cinnamon Burst Pancakes Served with Syrup Turkey Canadian Bacon Spiced Oatmeal 100% Fruit Juice Fresh Fruit 	<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p> <p>New York Thursday</p> <p>New York Bagel Thursday</p> <ul style="list-style-type: none"> Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh New York Apples 	<ul style="list-style-type: none"> Cinnamon Twist Back to the Roots® Purple Corn Flakes 100% Fruit Juice Fresh Fruit
<ul style="list-style-type: none"> Banana Muffin Land O'Lakes® Mozzarella Cheese Stick Spiced Oatmeal 100% Fruit Juice Fresh Fruit 	<p>Yogurt Bar</p> <ul style="list-style-type: none"> Turkey Sausage, Egg & Cheese on Ciabatta Bread 100% Fruit Juice Fresh Fruit 		<p>New York Thursday</p> <p>New York Bagel Thursday</p> <ul style="list-style-type: none"> Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh New York Apples 	<ul style="list-style-type: none"> Hot Cinnamon Knot Turkey Sausage Patty Back to the Roots® Purple Corn Flakes 100% Fruit Juice Fresh Fruit
<ul style="list-style-type: none"> Assorted Muffins Land O'Lakes® Colby Cheese Stick Spiced Oatmeal 100% Fruit Juice Fresh Fruit 	<p>Yogurt Bar</p> <ul style="list-style-type: none"> Egg & Turkey Sausage Sandwich 100% Fruit Juice Fresh Fruit 	<ul style="list-style-type: none"> Tasty Waffles Served with Syrup Turkey Canadian Bacon Spiced Oatmeal 100% Fruit Juice Fresh Fruit 	<p>New York Thursday</p> <p>New York Bagel Thursday</p> <ul style="list-style-type: none"> Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Yogurt Parfait 100% Fruit Juice Fresh New York Apples 	<ul style="list-style-type: none"> Cinnamon Twist Back to the Roots® Purple Corn Flakes 100% Fruit Juice Fresh Fruit
<ul style="list-style-type: none"> Blueberry Muffin Land O'Lakes® Cheddar Cheese Stick Spiced Oatmeal 100% Fruit Juice Fresh Fruit 	<p>Yogurt Bar</p> <ul style="list-style-type: none"> Turkey Canadian Bacon, Egg & Cheese on a Buttermilk Biscuit 100% Fruit Juice Fresh Fruit 	<ul style="list-style-type: none"> Buttermilk Pancakes Served with Syrup Turkey Sausage Patty Spiced Oatmeal 100% Fruit Juice Fresh Fruit 	<p>New York Thursday</p> <p>New York Bagel Thursday</p> <ul style="list-style-type: none"> Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Yogurt Parfait 100% Fruit Juice Fresh New York Apples 	<ul style="list-style-type: none"> Cinnamon Twist Back to the Roots® Purple Corn Flakes 100% Fruit Juice Fresh Fruit
<ul style="list-style-type: none"> Banana Muffin Land O'Lakes® Mozzarella Cheese Stick Spiced Oatmeal 100% Fruit Juice Fresh Fruit 	<p>Yogurt Bar</p> <ul style="list-style-type: none"> Turkey Sausage, Egg & Cheese on Ciabatta Bread 100% Fruit Juice Fresh Fruit 	<ul style="list-style-type: none"> Cinnamon Burst Pancakes Served with Syrup Turkey Canadian Bacon Spiced Oatmeal 100% Fruit Juice Fresh Fruit 	<p>New York Thursday</p> <p>New York Bagel Thursday</p> <ul style="list-style-type: none"> Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh New York Apples 	<ul style="list-style-type: none"> Hot Cinnamon Knot Turkey Sausage Patty Back to the Roots® Cinnamon Cluster 100% Fruit Juice Fresh Fruit

OFFERED DAILY

Fresh Fruit
100% Fruit Juice
Apple, Fruit Punch, Grape, Orange

Canned Fruit
Fruit & Raisins in all Spreads
Fruit & Raisins in all Spreads

Cold Cereal Choices
Frosted Flakes, Cinnamon Flakes, Multi-Grain Cheerios, Total, Gats, Back to the Roots, Organic Puffin Corn Flakes, Cinnamon Cluster

Bread
Hot Cinnamon Knot, Turkey Sausage Patty, Back to the Roots, Cinnamon Cluster

Yogurt
Yogurt Parfait, 100% Fruit Juice, Fresh New York Apples

Spreads
Cream Cheese & Jelly, Spiced Oatmeal

Drinks
100% Fruit Juice, Fresh Fruit

ATTENTION:
All Pre-K, Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS

ALL MENUS ARE SUBJECT TO CHANGE
OUR LUNCHES ARE PORK FREE

O.F.N.S. FOOD
OFFICE OF FOOD & NUTRITION SERVICES



MARCH 2019: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JUMPSTART MONDAY	BURGER	CHICKEN	NEW YORK THURSDAY	PIZZA
Daily Lunch Specials <ul style="list-style-type: none"> • PB&J Sandwich • Cheese Sandwich • Assorted Deli Sandwiches (Not available on Monday) • Hummus Grab & Go Every Tuesday & Thursday Grab & Go Salad			EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	Classic Cheese Pizza Sausage, Onion & Pepper Pizza Honey Butternut Squash Salad Bar Pizza Toppings
Homemade Grilled Cheese Onion Rings Garlicky Green Beans Baked! Tostitos® Scoops® Salsa Cup Salad Bar Garden Greens	New York Beef Hamburgers & Cheeseburgers Turkey Burgers Sweet Potato Waffle Fries Salad Bar Burger Fun's	Fish & Cheese Sandwich Chicken & Waffles Home Fries Creamed Spinach Salad Bar Traditional	Baked Beef Ravioli Roasted Zucchini Garlic Knot Fresh New York Apples New York Cookie Treat Salad Bar Local New York	Classic Cheese Pizza BBQ Chicken Pizza Marinated Bean Salad Tuna Fish Sandwich Salad Bar Pizza Toppings
Baked Mozzarella Sticks served with Marinara Sauce Brown Sugar Carrots Frito-Lay® SunChips® Salad Bar Garden Greens	BBQ Bacon Burgers Turkey Burgers French Fries Salad Bar Burger Fun's	Chicken Parmigiana Pasta Marinara Crispy Broccoli Salad Bar Traditional	Chicken Dumplings Served with Vegetable Fried Rice Teriyaki Green Beans New York Cookie Treat Fresh New York Apples Salad Bar Local New York	Classic Cheese Pizza Bacon & Sausage Pizza Roasted Chickpeas with Spinach Cilantro Pesto Fish & Cheese Sandwich Salad Bar Pizza Toppings
Penne Pasta Baked in Cheese Sauce Broccoli with Garlic & Oil Toasted Garlic Bread Salad Bar Garden Greens	New York Beef Hamburgers & Cheeseburgers Turkey Burger with Salsa & Monterey Jack Cheese New York French Fries Salad Bar Burger Fun's	Popcorn Chicken Mashed Potatoes with Gravy Corn, Peas & Carrots Salad Bar Traditional	NEW GOLDEN KRUSTO Jamaican Beef Patty BBQ Beans New York Cookie Treat Fresh New York Apples Salad Bar Local New York	Classic Cheese Pizza Sausage, Onion & Pepper Pizza Honey Butternut Squash Tuna Fish Sandwich Salad Bar Pizza Toppings
Homemade Grilled Cheese Onion Rings Garlicky Green Beans Baked! Tostitos® Scoops® Salsa Cup Salad Bar Garden Greens	100% Beef Hamburgers & Cheeseburgers Turkey Burgers Sweet Potato Waffle Fries Salad Bar Burger Fun's	Chicken & Waffles Home Fries Creamed Spinach Salad Bar Traditional	PROMOTIONAL MEAL Mashed Potato Bowl Garlic Knot Fresh New York Apples New York Cookie Treat Salad Bar Local New York	Classic Cheese Pizza BBQ Chicken Pizza Marinated Bean Salad Fish & Cheese Sandwich Salad Bar Pizza Toppings

OFFERED DAILY

Milk 1 1/2 Low-fat Fat Free Fat Free Chocolate	Dipping Sauce Cups BBQ Ranch Honey Mustard	Fresh Fruit No Artificial Flavors, Colors or Sweeteners in all School Food Products	Dressings Cilantro Ranch Balsamic Vinaigrette Ranch Asian Sesame Honey Mustard Caesar French Italian Vinaigrette	Flavor Station Grated Garlic Red Pepper Flakes Parmesan Cheese
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ATTENTION: All Pre-K Students can NOT be offered CHOCOLATE MILK.

NYC **O.F.N.S. iFOOD**

ALL MENUS ARE SUBJECT TO CHANGE. OUR ITEMS ARE 100% PORK FREE.