



## DECEMBER 2024: Food Court Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><b>Red White &amp; Green Panini (V)</b></p> <p>Italian Chickpeas (VE)</p> <p><i>Salad Bar</i> Pizza Bar</p>	<p><b>BBQ Chicken Bites</b></p> <p><i>Butternut Squash Mac &amp; Cheese (V)</i></p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p><b>Caribbean Style Beef Patty</b></p> <p>Roasted Carrot Coins (VE)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>	<p><b>Soft Turkey Taco</b></p> <p>Guacamole &amp; Salsa (VE)</p> <p>Cinnamon Plantains (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p><b>Carolina Pinto Beans (VE)</b></p> <p>Southern Seasoned Brown Rice (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>
9	10	11	12	13
<p><b>Veggie Nugget (VE)</b></p> <p><i>Italian Roasted Carrots (V)</i></p> <p><i>Salad Bar</i> Pizza Bar</p>	<p><i>Brunch Day</i></p> <p><b>Egg &amp; Cheese on a Buttermilk Biscuit (V)</b></p> <p><i>Herb Roasted Potatoes (VE)</i></p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p><b>Fish &amp; Cheese Sandwich</b></p> <p>Whole Wheat Bun</p> <p>Roasted Broccoli and Cauliflower (VE) (VE)</p> <p><i>Salad Bar</i> Classic Toppings Bar</p>	<p><b>Tomato Glazed Chicken Thigh</b></p> <p><i>Pasta &amp; Peas (V)</i></p> <p>Gremolata Marinated White Bean (VE)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>	<p><b>Falafel (VE)</b></p> <p>With Tzatziki (V)</p> <p>Flat Bread (VE)</p> <p>Green Garden Salad (VE)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
16	17	18	19	20
<p><b>Empanada (V)</b></p> <p>Roasted Chickpeas (VE)</p> <p><i>Salad Bar</i> Pizza Bar</p>	<p><b>BBQ Chicken Sliders</b></p> <p>Chipotle Broccoli (V)</p> <p>Seasoned Bread Knot (V)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>	<p><b>Veggie Burger (VE)</b></p> <p>Whole Wheat Bun (VE)</p> <p><b>Veggie Cheeseburger (V)</b></p> <p>Whole Wheat Bun (VE)</p> <p><i>Hot Confetti Corn (VE)</i></p> <p><i>Salad Bar</i> Classic Toppings Bar</p>	<p><b>Hawaiian Grilled Chicken</b></p> <p>Sesame Noodles (VE)</p> <p>Ginger Carrots (VE)</p> <p><i>Salad Bar</i> Leafy Green</p>	<p><b>Egyptian Chickpeas (VE)</b></p> <p>Brown Rice (VE)</p> <p>Sweet and Tangy Braised Kale (V)</p> <p><i>Salad Bar</i> Mediterranean Bar</p>
23	Winter Recess	24	Winter Recess	25
<p><b>Red White &amp; Green Panini (V)</b></p> <p>Italian Chickpeas (VE)</p> <p><i>Salad Bar</i> Pizza Bar</p>	<p><b>BBQ Chicken Bites</b></p> <p><i>Butternut Squash Mac &amp; Cheese (V)</i></p> <p>Crispy Broccoli (V)</p> <p><i>Salad Bar</i> Rainbow Bar</p>	<p><b>Caribbean Style Beef Patty</b></p> <p>Roasted Carrot Coins (VE)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>	<p><b>Soft Turkey Taco</b></p> <p>Guacamole &amp; Salsa (VE)</p> <p>Cinnamon Plantains (VE)</p> <p><i>Salad Bar</i> Fiesta Bar</p>	<p><b>Carolina Pinto Beans (VE)</b></p> <p>Southern Seasoned Brown Rice (VE)</p> <p>Roasted Cauliflower (VE)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>
Winter Recess	30	Winter Recess	31	31
<p><b>Veggie Nugget (VE)</b></p> <p><i>Italian Roasted Carrots (V)</i></p> <p><i>Salad Bar</i> Pizza Bar</p>	<p><b>Tomato Glazed Chicken Thigh</b></p> <p><i>Pasta &amp; Peas (V)</i></p> <p>Gremolata Marinated White Bean (VE)</p> <p><i>Salad Bar</i> Leafy Green Bar</p>			<p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>

### DAILY OFFERINGS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Pizza (V)</li> <li>• Mozzarella Sticks (V)</li> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Grab and Go Salads (V)</li> <li>• Seasoned Wedge Fries (VE)</li> <li>• Egg and Cheese Sandwiches (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Pizza (V)</li> <li>• Chicken Tenders &amp; Dinner Roll</li> <li>• Mozzarella Sticks (V)</li> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Grab and Go Salads</li> <li>• Seasoned Wedge Fries (VE)</li> <li>• Egg and Cheese Sandwiches (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Pizza (V)</li> <li>• Chicken Tenders &amp; Dinner Roll</li> <li>• Mozzarella Sticks (V)</li> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Grab and Go Salads</li> <li>• Seasoned Wedge Fries (VE)</li> <li>• Egg and Cheese Sandwiches (V)</li> </ul>	<ul style="list-style-type: none"> <li>• Pizza (V)</li> <li>• Chicken Tenders &amp; Dinner Roll</li> <li>• Mozzarella Sticks (V)</li> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly Sandwich (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Grab and Go Salads</li> <li>• Seasoned Wedge Fries (VE)</li> <li>• Egg and Cheese Sandwiches (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 Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Grab and Go Salads (VE)</li> <li>• Seasoned Wedge Fries (VE)</li> <li>• Southwest Burrito (V)</li> <li>• Rainbow Wrap (VE)</li> </ul>

**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 Cookies

OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Honeydew, Oranges, Pears, Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:

\* Recipes created in collaboration with OFNS and Wellness In The Schools

• **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.