

Office of Food & Nutrition Services NYC Public Schools				
OCTOBER 2026: Pre-K - 8 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) <i>Salad Bar</i> Zen & Zest Bar	<i>Plastic Free Lunch Day</i> Bean & Cheese Taquito (V) Empanada (V) Salsa (VE) Sweet Plantains (VE) <i>Salad Bar</i> Plastic Free Bar
5	6	7	8	9
Personal Pizza (V) Green Beans and Mushrooms (VE) <i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)	Honey Mustard Crispy Chicken Sandwich On a Pretzel Bun Roasted Dill Potatoes (VE) <i>Salad Bar</i> Leafy Green Bar	Three Cheese Grilled Cheese (V) BBQ Tofu (VE) Macaroni & Cheese (V) <i>Honey Corn Muffin (V)</i> Ranchy Broccoli (VE) <i>Salad Bar</i> Rainbow Bar	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE) <i>Salad Bar</i> Fiesta Bar	Cowboy Veggie Burger (VE) Cowboy Cheeseburger Sweet Potato Waffle Fries (VE) <i>Salad Bar</i> Classic Toppings Bar
Italian Heritage/Indigenous Peoples Day 12	13	14	15	16
Lentil Bolognese (VE) with Pasta Marinara (VE) Mozzarella Sticks (V) with Herbed Marinara Cauli-Crunchers (V) <i>Salad Bar</i> Mediterranean Bar	Pizza Slice (V) Parmigiana Peas (V) <i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)	Homestyle Mashed Potato Bowl with Veggie Nuggets (VE) Or Crispy Chicken Bites Confetti Corn (VE) Gravy (V) Buttermilk Biscuit (V) <i>Salad Bar</i> Leafy Green Bar	Sunburst Chicken Sunburst Chickpeas (VE) Naan (VE) Roasted Carrot Coins (VE) <i>Salad Bar</i> Eastern Harvest Bar	Apple Glazed Chicken Harvest Butternut Squash Pasta (VE) Sweet and Tangy Braised Kale (V) <i>Salad Bar</i> Rainbow Bar
19	20	21	22	23
Broccoli Cheddar Pizza (V) French Bread Pizza (V) Creamed Spinach (V) <i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)	Chicken Tenders with Dipping Sauce Fish Sticks with Tartar Sauce Garlic Knot (V) Parmesan Carrot Sticks (V) <i>Salad Bar</i> Leafy Green Bar	Black Bean Burger (VE) Chicken Cheeseburger Seasoned Wedge Fries (VE) <i>Salad Bar</i> Classic Toppings Bar	Sweet Ginger Chicken Garlic Noodles (VE) Steamed Garden Medley (V) <i>Salad Bar</i> Zen & Zest Bar	<i>Plastic Free Lunch Day</i> Bean & Cheese Taquito (V) Empanada (V) Salsa (VE) Sweet Plantains (VE) <i>Salad Bar</i> Plastic Free Bar
26	27	28	29	30
Personal Pizza (V) Green Beans and Mushrooms (VE) <i>Salad Bar</i> Pizza Bar With Balsamic Chickpea Salad (V)	Honey Mustard Crispy Chicken Sandwich On a Pretzel Bun Roasted Dill Potatoes (VE) <i>Salad Bar</i> Leafy Green Bar	Three Cheese Grilled Cheese (V) BBQ Tofu (VE) Macaroni & Cheese (V) <i>Honey Corn Muffin (V)</i> Ranchy Broccoli (VE) <i>Salad Bar</i> Rainbow Bar	Arroz Con Pollo Spanish Rice and Chicken Salsa (VE) Stewed Black Beans (VE) <i>Salad Bar</i> Fiesta Bar	Cowboy Veggie Burger (VE) Cowboy Cheeseburger Sweet Potato Waffle Fries (VE) <i>Salad Bar</i> Classic Toppings Bar
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) • Balsamic Chicken Salad Wrap	<u>Wednesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Balsamic Chicken Salad Wrap	<u>Thursday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<u>Friday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Pretzels (VE) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich • Rainbow Wrap (VE)
On designated Plant-Powered Menu days; meat-based products will not be offered.				
<u>Milk</u> 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	<u>Seasonal Fresh Fruit</u> Apples, Apple Slices, Bananas, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Pears, Plums, Strawberries, Watermelon (VE)	OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available <u>ATTENTION:</u> All Pre-K Students CANNOT be Offered Chocolate Milk or Chicken On The Bone	<u>Pre-K – 8 with CEE Service</u> <u>Tuesday - Friday Options</u> • Chicken Breaded Bite Grab & Go Salad • Chicken Tender Wrap	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.				
 Office of Food & Nutrition Services			Menu subject to change. Our menus are pork free.	