Vegan (VE) Friday

The New York City Department of Education, Office of Food & Nutrition Services (OFNS) is committed to the health and wellbeing of every child, and having a consistent, nourishing and filling meal each day is essential in ensuring students can succeed both inside and outside the classroom.

Building on the great success of Meatless Mondays, first introduced in 2019, and Meatless Fridays, introduced in April of 2021, Vegan Fridays emphasizes the importance of healthy and nutritious eating to all of our students by featuring a vegan dish as the primary menu item. Vegan options are currently already offered in all schools on a daily basis, and milk is available as an option with every meal. Further, additional options are always available, including peanut butter and jelly sandwiches and hummus and pretzels, and students will continue to have non-vegan options available to them on Fridays.

OFNS Menu Definitions

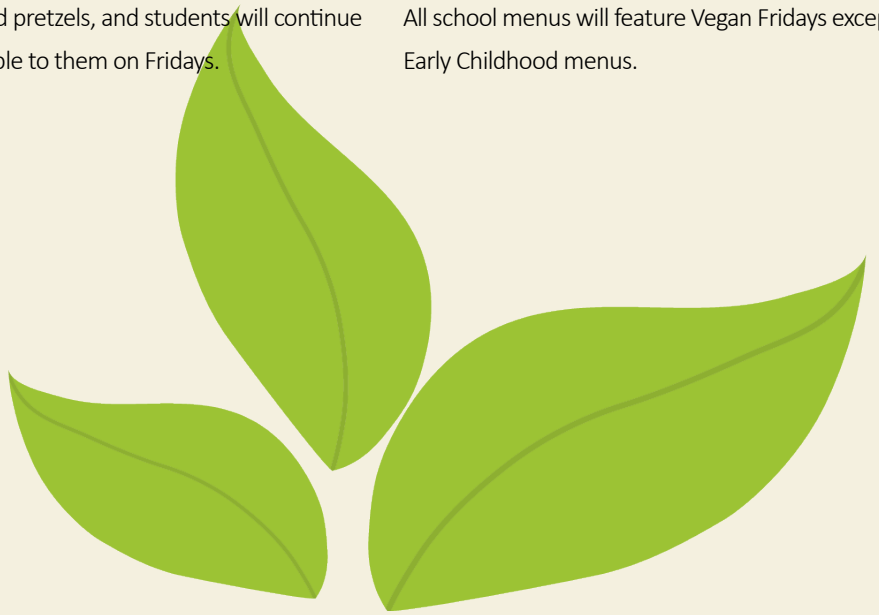
Vegan (VE): A plant-based food item. Consisting of whole grains, vegetables, legumes, nuts, and/or fruit. Excluding any eggs, dairy and animal products. Vegan also excludes honey.

Vegetarian (V): A food item that consists of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy. Excluding animal products.

Plant forward: Plant-forward is a style of cooking and eating. It emphasizes plant-based foods but is not strictly limited to them. Meat may be included but it's usually not the main feature of the meal.

Vegan Friday Exceptions

All school menus will feature Vegan Fridays except for the Puree and Early Childhood menus.



How We Identify V & VE Menu Items On The Menu

Vegan Veggie Tacos (VE)
Peanut Butter & Jelly Sandwich (VE)
Shredded Wheats Cereal (V)
Sweet Potato Oatmeal Muffin (V)
Cream Cheese (V)
Black Bean & Plantain Rice Bowl (VE)
Mozzarella Sticks (V)
Cheese Sandwich (V)
Toasted Oats (VE)
Bagels (VE)

NYC Department of Education

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