



SEPTEMBER 2021: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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<p><i>Daily Lunch Specials</i></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus Grab & Go (VE) 	 <p style="font-size: small; color: green; text-align: center;"> EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN </p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Corn, Peas and Carrots</p> <p>Chickpea Salad</p>	<p style="text-align: center;">Assorted Grab and Go Salads</p> <p>Rold Gold® Heartzels</p> <p style="color: green;">Fresh New York Apples</p>	<p>Vegetarian Wrap (V)</p> <p>Fresh Tomato Salad</p>
Labor Day 6	Rosh Hashanah 7	Rosh Hashanah 8	9	10
<p>Green Garden Salad</p> <p>Southwest Burrito (V)</p> <p>Confetti Corn Salad</p>	<p style="text-align: center;">Assorted Grab and Go Salads</p> <p>Black Bean Salad</p> <p>Frito-Lay® Baked Scoops® Served with Salsa Cup</p>	<p style="text-align: center;">Assorted Cold Sandwiches</p> <p>Broccoli Cranberry Salad</p>	<p>Chicken Caesar Wrap</p> <p>Green Bean Salad</p> <p style="color: green;">Fresh New York Apples</p>	<p>Superhero Spinach Wrap (V)</p> <p>Crunchy Carrot Sticks</p>
First Day of Classes 13	14	15	Yom Kippur 16	17
<p>Green Garden Salad (VE)</p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p>	<p>Chicken Salad Sandwich</p> <p>Potato Salad (V)</p> <p>Pickle Chips (VE)</p>	<p style="text-align: center;">Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Corn, Peas and Carrots (VE)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p>Red, White and Green Pannini (V)</p> <p>Fresh Tomato Salad (VE)</p> <p>Rold Gold® Heartzels (V)</p>
20	21	22	23	24
<p>Green Garden Salad (VE)</p> <p>Chickpea Wrap (V)</p> <p>Confetti Corn Salad (VE)</p>	<p style="text-align: center;">Mediterranean Chicken Pasta Salads</p> <p>Balsamic Chickpeas (V)</p>	<p style="text-align: center;">Assorted Cold Sandwiches</p> <p>Broccoli Cranberry Salad (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Italian Green Bean Salad (VE)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Crunchy Carrot Sticks (VE)</p>
27	28	29	30	OCTOBER 1
<p>Green Garden Salad (VE)</p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p>	<p>Chicken Salad Sandwich</p> <p>Potato Salad (V)</p> <p>Pickle Chips (VE)</p>	<p style="text-align: center;">Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Corn, Peas and Carrots (VE)</p> <p style="color: green;">Fresh New York Apples (VE)</p>	<p>Red, White and Green Pannini (V)</p> <p>Fresh Tomato Salad (VE)</p> <p>Rold Gold® Heartzels (V)</p>

<p><u>Milk*</u></p> <p>1% Low-fat Fat Free Fat Free Chocolate</p> <p style="font-size: x-small;">*Alternative options are available upon request</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p> <p style="font-size: x-small;">(V) Indicates Vegetarian (VE) Indicates Vegan</p>	<p style="text-align: center;"><u>OFFERED DAILY</u></p> <p style="text-align: center;">Assorted Dressings</p>	<p style="text-align: center;"><u>Seasonal Fresh Fruit</u></p> <p>Apples, Apple Slices, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p> <p style="font-size: x-small; color: yellow;">OFNS has an extensive Prohibitive Ingredients List available at: schools.nyc.gov/nutritioninformation</p>
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ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK