



JULY 2024: Summer Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Independence Day 4	5
Pizza by the Slice (V) Italian Green Beans (VE) Frozen Fruit Cup (VE)	Crispy Chicken Bites with Dipping Sauce Sweet Potato Wedge Fries (VE) Dinner Roll (V)	Garlic and Tomato Panini (V) Lemon Arugula Salad (V) Marinara Sauce (VE)	Fish and Cheese Sandwich Whole Wheat Bun Hamburger or Cheeseburger Whole Wheat Bun Seasoned Wedge Fries (VE)	Mediterranean Chickpea Wrap (VE) Southwest Burrito (V) Green Garden Salad (VE)
8	9	10	11	12
Sicilian Slice Pizza (V) Garlicky Green Bean (VE) Seasoned Chickpeas (VE) Frozen Fruit Cup (VE)	Chicken Tenders Dipping Sauce Veggie Nuggets (VE) Dipping Sauce Hot Confetti Corn (VE) Bread Stick (V)	Plastic Free Lunch Day Mozzarella Sticks (V) with marinara sauce (VE) Fresh Broccoli Florets (VE) Garlic Knot (V)	Turkey Burger with Salsa and Monterey Jack Cheese Fresh Tomato Salad (V)	White Bean and Pasta Primavera (VE) Three Cheese Grilled Cheese (V) Summer Squash (VE)
15	16	17	18	19
Pizza by the Slice (V) Italian Green Beans (VE) Frozen Fruit Cup (VE)	Crispy Chicken Bites with Dipping Sauce Sweet Potato Wedge Fries (VE) Dinner Roll (V)	Garlic and Tomato Panini (V) Lemon Arugula Salad (V) Marinara Sauce (VE)	Fish and Cheese Sandwich Whole Wheat Bun Hamburger or Cheeseburger Whole Wheat Bun Seasoned Wedge Fries (VE)	Mediterranean Chickpea Wrap (VE) Southwest Burrito (V) Green Garden Salad (VE)
22	23	24	25	26
Sicilian Slice Pizza (V) Garlicky Green Bean (VE) Seasoned Chickpeas (VE) Frozen Fruit Cup (VE)	Chicken Tenders Dipping Sauce Veggie Nuggets (VE) Dipping Sauce Hot Confetti Corn (VE) Bread Stick (V)	Plastic Free Lunch Day Mozzarella Sticks (V) with marinara sauce (VE) Fresh Broccoli Florets (VE) Garlic Knot (V)	Turkey Burger with Salsa and Monterey Jack Cheese Fresh Tomato Salad (V)	White Bean and Pasta Primavera (VE) Three Cheese Grilled Cheese (V) Summer Squash (VE)
29	30	31		
Pizza by the Slice (V) Italian Green Beans (VE) Frozen Fruit Cup (VE)	Crispy Chicken Bites with Dipping Sauce Sweet Potato Wedge Fries (VE) Dinner Roll (V)	Garlic and Tomato Panini (V) Lemon Arugula Salad (V) Marinara Sauce (VE)	 WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	
Monday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	Tuesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Wednesday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Thursday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Friday • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

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 Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit
Apples, Apple Slices, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



* Recipes created in collaboration with OFNS and the Chef Council

- **Vegan Item (VE):** A plant-based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- **Vegetarian Item (V):** A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products