



SEPTEMBER 2020: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Daily Lunch Specials <ul style="list-style-type: none"> • Peanut Butter & Jelly* (V) • Cheese Sandwich (V) • Hummus Grab & Go (V) 	Assorted Grab and Go Salads Frito-Lay® Baked Scoops® Served with Salsa Cup	Assorted Cold Sandwiches Confetti Corn Salad	Assorted Chicken Wraps Chickpea Salad Fresh New York Apples	Assorted Cold Sandwiches Marinated Green Beans
Labor Day 7	8	9	First Day of School 10	11
Assorted Cold Sandwiches (V) (Vegetarian) Ranch Carrot Snacker Rold Gold® Heartzels	Assorted Grab and Go Salads Frito-Lay® Baked Scoops® Served with Salsa Cup	Assorted Cold Sandwiches Confetti Corn Salad	Assorted Chicken Wraps Chickpea Salad Fresh New York Apples	Assorted Cold Sandwiches Marinated Green Beans
14	15	16	17	18
Assorted Cold Sandwiches (V) (Vegetarian) Ranch Carrot Snacker Rold Gold® Heartzels	Assorted Grab and Go Salads Frito-Lay® Baked Scoops® Served with Salsa Cup	Assorted Cold Sandwiches Confetti Corn Salad	Assorted Chicken Wraps Chickpea Salad Fresh New York Apples	Assorted Cold Sandwiches Marinated Green Beans
21	22	23	24	25
Assorted Cold Sandwiches (V) (Vegetarian) Ranch Carrot Snacker Rold Gold® Heartzels	Assorted Grab and Go Salads Frito-Lay® Baked Scoops® Served with Salsa Cup	Assorted Cold Sandwiches Confetti Corn Salad	Assorted Chicken Wraps Chickpea Salad Fresh New York Apples	Assorted Cold Sandwiches Marinated Green Beans
Yom Kippur 28	29	30		
Assorted Cold Sandwiches (V) (Vegetarian) Ranch Carrot Snacker Rold Gold® Heartzels	Assorted Grab and Go Salads Frito-Lay® Baked Scoops® Served with Salsa Cup	Assorted Cold Sandwiches Confetti Corn Salad	EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

OFFERED DAILY

Milk*
1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

(V) Indicates Vegetarian

Assorted Dressings

Seasonal Fresh Fruit

OFNS has an extensive Prohibitive Ingredients List available at:
schools.nyc.gov/nutritioninformation