



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Daily Lunch Specials <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus Grab & Go (VE) 	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Chicken Tender Wrap Dipping Sauce Corn, Peas and Carrots Chickpea Salad	Assorted Grab and Go Salads Rold Gold® Heartzels Fresh New York Apples	Vegetarian Wrap (V) Fresh Tomato Salad
Labor Day 6	Rosh Hashanah 7	Rosh Hashanah 8	9	10
Green Garden Salad Southwest Burrito (V) Confetti Corn Salad	Assorted Grab and Go Salads Black Bean Salad Frito-Lay® Baked Scoops® Served with Salsa Cup	Assorted Cold Sandwiches Broccoli Cranberry Salad	Chicken Caesar Wrap Green Bean Salad Fresh New York Apples	Superhero Spinach Wrap (V) Crunchy Carrot Sticks
First Day of Classes 13	14	15	Yom Kippur 16	17
Green Garden Salad (VE) Tomato, Lettuce, Cheese Wrap (V) Ranch Carrot Sticks (V)	Chicken Salad Sandwich Potato Salad (V) Pickle Chips (VE)	Assorted Grab and Go Salads Black Bean Salad (V) Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)	Chicken Tender Wrap Dipping Sauce Corn, Peas and Carrots (VE) Fresh New York Apples (VE)	Red, White and Green Pannini (V) Fresh Tomato Salad (VE) Rold Gold® Heartzels (V)
20	21	22	23	24
Green Garden Salad (VE) Chickpea Wrap (V) Confetti Corn Salad (VE)	Mediterranean Chicken Pasta Salads Balsamic Chickpeas (V)	Assorted Cold Sandwiches Broccoli Cranberry Salad (VE)	Chicken Caesar Wrap Italian Green Bean Salad (VE) Fresh New York Apples (VE)	Superhero Spinach Wrap (V) Crunchy Carrot Sticks (VE)
27	28	29	30	OCTOBER 1
Green Garden Salad (VE) Tomato, Lettuce, Cheese Wrap (V) Ranch Carrot Sticks (V)	Chicken Salad Sandwich Potato Salad (V) Pickle Chips (VE)	Assorted Grab and Go Salads Black Bean Salad (V) Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)	Chicken Tender Wrap Dipping Sauce Corn, Peas and Carrots (VE) Fresh New York Apples (VE)	Red, White and Green Pannini (V) Fresh Tomato Salad (VE) Rold Gold® Heartzels (V)

OFFERED DAILY

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

OFNS Menu Support
 Seasonal Fresh Fruit and
 Vegetables
 when available

(V) Indicates Vegetarian
 (VE) Indicates Vegan

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices,
 Blueberries, Oranges,
 Pears, Grapes, Peaches,
 Plums, Nectarines,
 Cantaloupes, Honeydew,
 and Watermelon

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

*Alternative options are
 available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK