

## JULY 2024: Summer Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Independence Day 4	5
<p><b>Blueberry Breakfast Bread (V)</b></p> <p><b>Cheese Stick Choice (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Buttermilk Pancakes (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Egg and Cheese on a Whole Grain Croissant (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Rise and Shine Waffles (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Assorted Fresh NY Bagels (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
8	9	10	11	12
<p><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p><b>Cheese Stick Choice (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>French Toast Sticks (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Egg and Cheese on a Buttermilk Biscuit (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Cinnamon Burst Pancakes (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Assorted Fresh NY Bagels (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
15	16	17	18	19
<p><b>Blueberry Breakfast Bread (V)</b></p> <p><b>Cheese Stick Choice (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Buttermilk Pancakes (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Egg and Cheese on a Whole Grain Croissant (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Rise and Shine Waffles (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Assorted Fresh NY Bagels (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
22	23	24	25	26
<p><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p><b>Cheese Stick Choice (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>French Toast Sticks (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Egg and Cheese on a Buttermilk Biscuit (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Cinnamon Burst Pancakes (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Assorted Fresh NY Bagels (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
29	30	31		
<p><b>Blueberry Breakfast Bread (V)</b></p> <p><b>Cheese Stick Choice (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Buttermilk Pancakes (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Egg and Cheese on a Whole Grain Croissant (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p><b>Fresh New York Bagel Assortment</b> Cinnamon Raisin (VE) Plain (VE)</p>

**Milk**  
1% Low-fat (V)  
Fat Free (V)  
Fat Free Chocolate (V)  
Alternative options are available upon request

**Breakfast After the Bell Grab and Go**

**Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)**

**OFFERED DAILY**


Options may vary by location

**Cold Cereal Choices**  
Shredded Wheat  
Multi-Grain Oats (VE)  
Toasted Oats (VE)  
Oat Circles (VE)  
Cinnamon Flakes (VE)

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

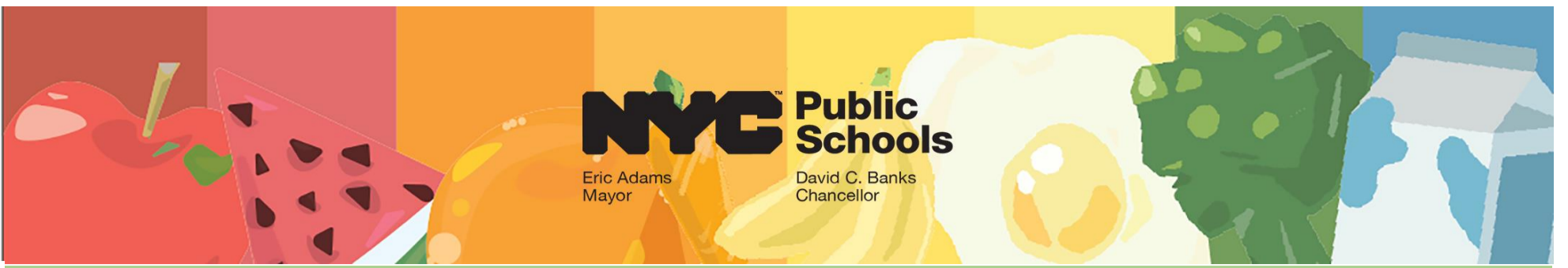
**Condiments**  
Syrup (VE)

**OFNS has an extensive Prohibitive Ingredients List available at:**



**ATTENTION:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- 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



## JULY 2024: Summer Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Independence Day 4	5
<p>Frosted Mini Wheats</p> <p>Honey Graham Cracker (V)</p> <p>Strawberry Banana Apple Sauce (VE)</p>	<p><b>Blueberry Breakfast Bread (V)</b></p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Zucchini Carrot Breakfast Bread (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Whole Grain NY Bagel (VE)</b></p> <p>served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
8	9	10	11	12
<p>Honey Cheerios (V)</p> <p>Honey Graham Cracker (V) or Animal Crackers (V)</p> <p>Applesauce (VE)</p>	<p><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Multigrain Oats (V)</p> <p>Honey Graham Cracker (V)</p> <p>Applesauce (VE)</p>	<p><b>Whole Grain Croissant (V)</b></p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Whole Grain NY Bagel (VE)</b></p> <p>served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
15	16	17	18	19
<p>Frosted Mini Wheats</p> <p>Honey Graham Cracker (V)</p> <p>Strawberry Banana Apple Sauce (VE)</p>	<p><b>Blueberry Breakfast Bread (V)</b></p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Zucchini Carrot Breakfast Bread (V)</b></p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Whole Grain NY Bagel (VE)</b></p> <p>served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
22	23	24	25	26
<p>Honey Cheerios (V)</p> <p>Honey Graham Cracker (V) or Animal Crackers (V)</p> <p>Applesauce (VE)</p>	<p><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p>Colby Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Multigrain Oats (V)</p> <p>Honey Graham Cracker (V)</p> <p>Applesauce (VE)</p>	<p><b>Whole Grain Croissant (V)</b></p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p><b>Whole Grain NY Bagel (VE)</b></p> <p>served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
29	30	31		
<p>Frosted Mini Wheats</p> <p>Honey Graham Cracker (V)</p> <p>Strawberry Banana Apple Sauce (VE)</p>	<p><b>Blueberry Breakfast Bread (V)</b></p> <p>Cheddar Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	 <p>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	

### OFFERED DAILY

**Milk**  
 1% Low-fat (V)  
 Fat Free (V)  
**Fat Free Chocolate (V)**  
 Alternative options are available upon request

Breakfast After the Bell Grab and Go  
 Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)

Options may vary by location  
**Cold Cereal Choices**  
 Shredded Wheat  
 Multi-Grain Oats (VE)  
 Toasted Oats (VE)  
 Oat Circles (VE)  
 Cinnamon Flakes (VE)

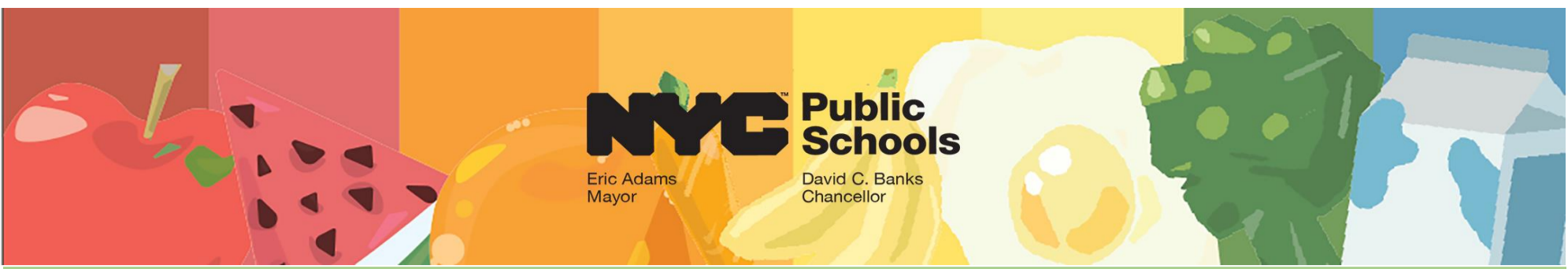
**Seasonal Fresh Fruit**  
 Apples, Apple Slices, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)  
**Condiments**  
 Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:




### ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- 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



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Monday	Tuesday	Wednesday	Thursday	Friday
1			Inde enden e a	
<p><b>Blueberry Rea Fast Read (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Egg Melet on a Soft Roll (V)</b></p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>Rossant (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p><b>Egg Melet on a Soft Roll (V)</b></p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p><b>Anana Rea Fast Read (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
8		1	11	1
<p><b>Blueberry Rea Fast Read (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Egg Melet on a Soft Roll (V)</b></p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>Rossant (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p><b>Egg Melet on a Soft Roll (V)</b></p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p><b>Anana Rea Fast Read (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
1	1	1	18	1
<p><b>Blueberry Rea Fast Read (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Egg Melet on a Soft Roll (V)</b></p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>Rossant (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p><b>Egg Melet on a Soft Roll (V)</b></p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p><b>Anana Rea Fast Read (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
<p><b>Blueberry Rea Fast Read (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Egg Melet on a Soft Roll (V)</b></p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>Rossant (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p><b>Egg Melet on a Soft Roll (V)</b></p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	<p><b>Anana Rea Fast Read (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>
<p><b>Blueberry Rea Fast Read (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Egg Melet on a Soft Roll (V)</b></p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>Rossant (V)</b></p> <p>Yogurt o e (V)</p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p><b>Egg Melet on a Soft Roll (V)</b></p> <p>Hot atmeal (V)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>	

**1% Low-fat (V)**  
at ree o olate (V)  
Alternative options are available upon request

**Seasonal res ru t**  
les le SI es  
Blueberry Rea Fast Read (V)  
Honeydew Watermelon  
Pears Apples  
Strawberries (VE)  
**Condiments**  
Syrup (VE)

**ERE ILY**  
Tons of  
lo at on  
**old cereal o es**  
Strawberries (VE)  
Toasted (VE)  
at r les (VE)  
Cinnamon (VE)

**Sorted Yogurts**  
**Alternate ru t**  
ea es nea les  
ears lesau e

Share with us how you like your menu!  
Scan the QR code to give us your feedback.



Menu subject to change. Our menus are pork free.

**NOTE:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- 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



**LY Infant - Toddler reakfast enu**

Monday	Tuesday	Wednesday	Thursday	Friday
1			Indendena	
<p><b>Blueberry Reakfast</b> read (V)</p> <p>Seasonal res ru tor neales (VE) I (V)</p>	<p><b>Buttermilk Pancakes</b> an a es (V)</p> <p>Seasonal res ru tor laored lesau e (VE) I (V)</p>	<p><b>Egg and Cheese on a ole rann rossant (V)</b></p> <p>Seasonal res ru tor Sl ed ea es (VE) I (V)</p>	<p><b>Rice and Sweet affles (V)</b></p> <p>ssorted ru ts and lesau e (VE) I (V)</p>	<p><b>Res Y Agel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal res ru t or ed ears (VE) I (V)</p>
8		1	11	1
<p><b>Leannamon Reakfast</b> read (V)</p> <p>Seasonal res ru tor neales (VE) I (V)</p>	<p><b>French Toast Sticks</b> (V)</p> <p>Seasonal res ru tor laored lesau e (VE) I (V)</p>	<p><b>Egg and Cheese on a ole eat un (V)</b></p> <p>Seasonal res ru tor Sl ed ea es (VE) I (V)</p>	<p><b>Leannamon Pancakes</b> an a es (V)</p> <p>ssorted ru ts and lesau e (VE) I (V)</p>	<p><b>Res Y Agel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal res ru t or ed ears (VE) I (V)</p>
1	1	1	18	1
<p><b>Blueberry Reakfast</b> read (V)</p> <p>Seasonal res ru tor neales (VE) I (V)</p>	<p><b>Buttermilk Pancakes</b> an a es (V)</p> <p>Seasonal res ru tor laored lesau e (VE) I (V)</p>	<p><b>Egg and Cheese on a ole rann rossant (V)</b></p> <p>Seasonal res ru tor Sl ed ea es (VE) I (V)</p>	<p><b>Rice and Sweet affles (V)</b></p> <p>ssorted ru ts and lesau e (VE) I (V)</p>	<p><b>Res Y Agel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal res ru t or ed ears (VE) I (V)</p>
<p><b>Leannamon Reakfast</b> read (V)</p> <p>Seasonal res ru tor neales (VE) I (V)</p>	<p><b>French Toast Sticks</b> (V)</p> <p>Seasonal res ru tor laored lesau e (VE) I (V)</p>	<p><b>Egg and Cheese on a ole eat un (V)</b></p> <p>Seasonal res ru tor Sl ed ea es (VE) I (V)</p>	<p><b>Leannamon Pancakes</b> an a es (V)</p> <p>ssorted ru ts and lesau e (VE) I (V)</p>	<p><b>Res Y Agel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal res ru t or ed ears (VE) I (V)</p>
		1		
<p><b>Blueberry Reakfast</b> read (V)</p> <p>Seasonal res ru tor neales (VE) I (V)</p>	<p><b>Buttermilk Pancakes</b> an a es (V)</p> <p>Seasonal res ru tor laored lesau e (VE) I (V)</p>	<p><b>Egg and Cheese on a ole rann rossant (V)</b></p> <p>Seasonal res ru tor Sl ed ea es (VE) I (V)</p>	<p><b>ERRYS RT L LLYS RE R H RVESTE R R E LL E Y R ITE S RE HI HLI HE I REE .</b></p>	

**ERE ILY**

**1  
ole I (V)**  
Alternative options are available upon request  
(V) Indicates Vegetarian  
(VE) Indicates Vegan

**Seasonal res ru t  
les le Sl es  
ranges ears ananas  
and Straw berry es (VE)**

**old cereal o es  
ult - rann ats (VE)  
Toasted ats (VE)  
at r les (VE)  
nnamon la es (VE)**

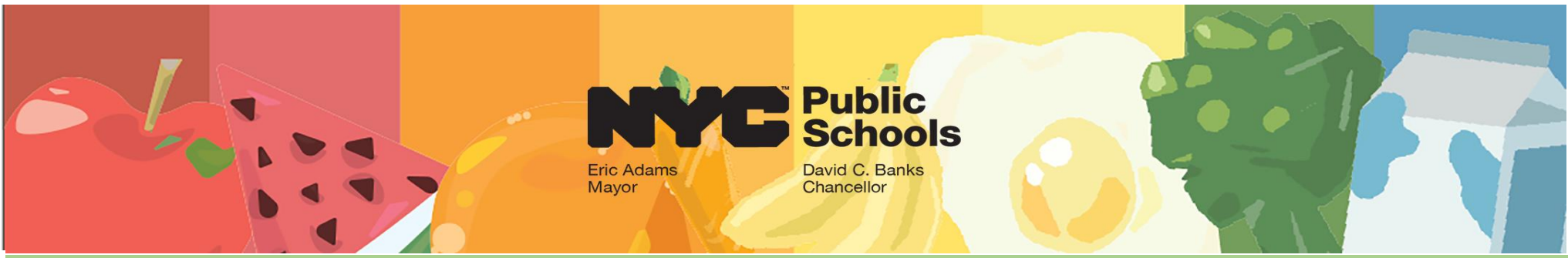
Options may vary by location

**ssorted Yogurts**

**ond ments  
Syrup (VE)**

**S as an e tens e  
ro t e Ingredients L st  
a a la le at**

PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 24 months. Formula is to be provided by the parent.



## JULY 2024: Summer Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Independence Day 4	5
<p><b>Pizza by the Slice (V)</b></p> <p>Italian Green Beans (VE)</p> <p>Frozen Fruit Cup (VE)</p>	<p><b>Crispy Chicken Bites</b> with Dipping Sauce</p> <p>Sweet Potato Wedge Fries (VE)</p> <p style="color: green;">Dinner Roll (V)</p>	<p><b>Garlic and Tomato Panini (V)</b></p> <p>Lemon Arugula Salad (V)</p> <p>Marinara Sauce (VE)</p>	<p><b>Fish and Cheese Sandwich</b> Whole Wheat Bun</p> <p><b>Hamburger or Cheeseburger</b> Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p><b>Mediterranean Chickpea Wrap (VE)</b></p> <p>Southwest Burrito (V)</p> <p>Green Garden Salad (VE)</p>
8	9	10	11	12
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Garlicky Green Bean (VE)</p> <p>Seasoned Chickpeas (VE)</p> <p>Frozen Fruit Cup (VE)</p>	<p><b>Chicken Tenders</b> Dipping Sauce</p> <p><b>Veggie Nuggets (VE)</b> Dipping Sauce</p> <p>Hot Confetti Corn (VE)</p> <p>Bread Stick (V)</p>	<p style="color: red; text-align: center;"><b><u>Plastic Free Lunch Day</u></b></p> <p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Fresh Broccoli Florets (VE)</p> <p style="color: green;">Garlic Knot (V)</p>	<p><b>Turkey Burger</b> with Salsa and Monterey Jack Cheese</p> <p>Fresh Tomato Salad (V)</p>	<p><b>White Bean and Pasta Primavera (VE)</b></p> <p>Three Cheese Grilled Cheese (V)</p> <p>Summer Squash (VE)</p>
15	16	17	18	19
<p><b>Pizza by the Slice (V)</b></p> <p>Italian Green Beans (VE)</p> <p>Frozen Fruit Cup (VE)</p>	<p><b>Crispy Chicken Bites</b> with Dipping Sauce</p> <p>Sweet Potato Wedge Fries (VE)</p> <p style="color: green;">Dinner Roll (V)</p>	<p><b>Garlic and Tomato Panini (V)</b></p> <p>Lemon Arugula Salad (V)</p> <p>Marinara Sauce (VE)</p>	<p><b>Fish and Cheese Sandwich</b> Whole Wheat Bun</p> <p><b>Hamburger or Cheeseburger</b> Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p><b>Mediterranean Chickpea Wrap (VE)</b></p> <p>Southwest Burrito (V)</p> <p>Green Garden Salad (VE)</p>
22	23	24	25	26
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Garlicky Green Bean (VE)</p> <p>Seasoned Chickpeas (VE)</p> <p>Frozen Fruit Cup (VE)</p>	<p><b>Chicken Tenders</b> Dipping Sauce</p> <p><b>Veggie Nuggets (VE)</b> Dipping Sauce</p> <p>Hot Confetti Corn (VE)</p> <p>Bread Stick (V)</p>	<p style="color: red; text-align: center;"><b><u>Plastic Free Lunch Day</u></b></p> <p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Fresh Broccoli Florets (VE)</p> <p style="color: green;">Garlic Knot (V)</p>	<p><b>Turkey Burger</b> with Salsa and Monterey Jack Cheese</p> <p>Fresh Tomato Salad (V)</p>	<p><b>White Bean and Pasta Primavera (VE)</b></p> <p>Three Cheese Grilled Cheese (V)</p> <p>Summer Squash (VE)</p>
29	30	31		
<p><b>Pizza by the Slice (V)</b></p> <p>Italian Green Beans (VE)</p> <p>Frozen Fruit Cup (VE)</p>	<p><b>Crispy Chicken Bites</b> with Dipping Sauce</p> <p>Sweet Potato Wedge Fries (VE)</p> <p style="color: green;">Dinner Roll (V)</p>	<p><b>Garlic and Tomato Panini (V)</b></p> <p>Lemon Arugula Salad (V)</p> <p>Marinara Sauce (VE)</p>	<div style="text-align: center;">  <p><b>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</b></p> </div>	
<p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>

<p><b>Milk</b></p> <p>1% Low-fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p><small>Alternative options are available upon request</small></p>	<p><b>ATTENTION:</b></p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p><b>Seasonal Fresh Fruit</b></p> <p>Apples, Apple Slices, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p>
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**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



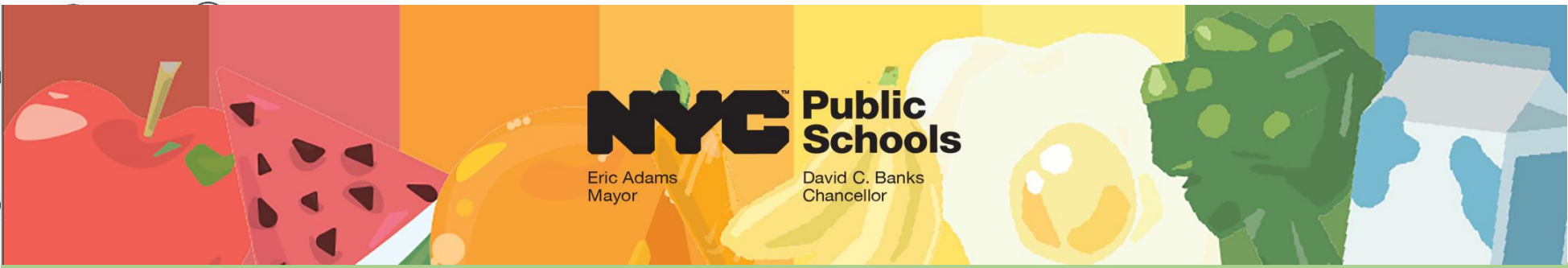


**LY uree Lun enu**


Monday	Tuesday	Wednesday	Thursday	Friday
1			Inde enden e a	
<p><b>S</b> <b>eese</b> <b>Sandw</b></p> <p>ro ol t arl I (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>r s</b> <b>en</b> <b>Sandw</b></p> <p>Sweet lanta ns (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>1 % eef Ham urg ers eese urg ers</p> <p>Hone utternut S uas (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Ital an</b> <b>en</b> <b>Tenders</b></p> <p>Soft oo ed enne (VE)</p> <p>Roasted aul flower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p><b>an ott (V)</b></p> <p>ar nated te eans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
8		1	11	1
<p><b>ra sed Tuna</b> <b>w t Tomato Sau e</b></p> <p>ro ol t arl I (VE)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>r s</b> <b>en</b> <b>Sandw</b></p> <p>Sweet lanta ns (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>1 % eef Ham urg ers eese urg ers</p> <p>arrots (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Ran</b> <b>en</b> <b>Tenders</b></p> <p>Soft oo ed enne (VE)</p> <p>Roasted aul flower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p><b>an ott (V)</b></p> <p>ar nated te eans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
1	1	1	18	1
<p><b>S</b> <b>eese</b> <b>Sandw</b></p> <p>ro ol t arl I (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>r s</b> <b>en</b> <b>Sandw</b></p> <p>Sweet lanta ns (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>1 % eef Ham urg ers eese urg ers</p> <p>Hone utternut S uas (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Ital an</b> <b>en</b> <b>Tenders</b></p> <p>Soft oo ed enne (VE)</p> <p>Roasted aul flower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p><b>an ott (V)</b></p> <p>ar nated te eans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
<p><b>ra sed Tuna</b> <b>w t Tomato Sau e</b></p> <p>ro ol t arl I (VE)</p> <p>Soft Roll (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>r s</b> <b>en</b> <b>Sandw</b></p> <p>Sweet lanta ns (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>1 % eef Ham urg ers eese urg ers</p> <p>arrots (VE)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	<p><b>Ran</b> <b>en</b> <b>Tenders</b></p> <p>Soft oo ed enne (VE)</p> <p>Roasted aul flower (VE)</p> <p><i>Fruit Offering</i> Apple Sauce (VE)</p>	<p><b>an ott (V)</b></p> <p>ar nated te eans (VE)</p> <p><i>Fruit Offering</i> Bananas (VE)</p>
<p><b>S</b> <b>eese</b> <b>Sandw</b></p> <p>ro ol t arl I (VE)</p> <p><i>Fruit Offering</i> Flavored Apple Sauce (VE)</p>	<p><b>r s</b> <b>en</b> <b>Sandw</b></p> <p>Sweet lanta ns (VE)</p> <p><i>Fruit Offering</i> Pears (VE)</p>	<p>1 % eef Ham urg ers eese urg ers</p> <p>Hone utternut S uas (V)</p> <p><i>Fruit Offering</i> Peaches (VE)</p>	 <p>E R LYS RT L LLYS RE R H RVESTE R R E LL E Y R ITE S RE HI HLI HE I REE .</p>	<p><b>Daily Lunch Specials</b></p> <ul style="list-style-type: none"> <li>• Hummus and Soft Roll (VE)</li> <li>• 8 oz. Yogurt (V)</li> <li>• Tuna</li> </ul> <p>t ons ma ar lo at on</p>

<p><b>1</b></p> <p><b>1% Low-fat (V)</b> <b>at ree (V)</b> <b>at ree o olate (V)</b></p> <p>Alternative options are available upon request</p>	<p><b>S enus Su ort</b> <b>Seasonal res ru t and</b> <b>Vegeta les</b> <b>w en a a la le</b></p> <p>(V) Indicates Vegetarian (VE) Indicates Vegan</p>	<p><b>ssorted res sngs</b></p>	<p><b>Seasonal res ru t</b> les le Sl es lue err es antalou e ra efru t ra es Hone dew e tar nes ranges ea es ears lums ananas atermelon and Straw err es (VE)</p>	<p><b>S as an e tens e</b> <b>ro t e ingred ents L st</b> <b>a a la le at</b></p> 
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a la le a l on Re uest t er Trans t onal T uree or T n uree



**LY Infant - Toddler Lun enu**

Monday	Tuesday	Wednesday	Thursday	Friday
1			Inde enden e a	
<p><b>zza t e SI e (V)</b></p> <p>Ital an reen eans (VE)</p> <p>Seasonal res ru t or lesau e (VE) I (V)</p>	<p><b>rs en tes</b> with Dipping Sauce</p> <p>Sweet otato edge res (VE)</p> <p><b>nner Roll (V)</b></p> <p>Seasonal res ru t or ed ears (VE) I (V)</p>	<p><b>ees arl zza (V)</b> with marinara sauce (VE)</p> <p>Su er Hero S na (VE)</p> <p>Seasonal res ru t or ed nea les (VE) I (V)</p>	<p><b>Ham urger or eese urger</b> ole eat un</p> <p>Seasoned edge res (VE)</p> <p>Seasonal res ru t or SI ed ea es (VE) I (V)</p>	<p><b>Homemade r lled eese (VE)</b></p> <p>Steamed aul flower (VE)</p> <p>Seasonal res ru t or la ored lesau e (VE) I (V)</p>
8		1	11	1
<p><b>S I an SI e zza (V)</b></p> <p>arl reen ean (VE)</p> <p>Seasonal res ru t or lesau e (VE) I (V)</p>	<p><b>en Tenders</b> with Dipping Sauce</p> <p>Steamed aul flower (VE)</p> <p>Seasonal res ru t or ed ears (VE) I (V)</p>	<p><b>ozzarella St s (V)</b> with marinara sauce (VE)</p> <p>Steamed ro ol (VE)</p> <p>Seasonal res ru t or ed nea les (VE) I (V)</p>	<p><b>Tur e urger</b> ole eat un</p> <p>Steamed arrot ons (VE)</p> <p>Seasonal res ru t or SI ed ea es (VE) I (V)</p>	<p><b>Vegg e urger (V)</b></p> <p>Summer S uas (VE)</p> <p>Seasonal res ru t or la ored lesau e (VE) I (V)</p>
1	1	1	18	1
<p><b>zza t e SI e (V)</b></p> <p>Ital an reen eans (VE)</p> <p>Seasonal res ru t or lesau e (VE) I (V)</p>	<p><b>rs en tes</b> with Dipping Sauce</p> <p>Sweet otato edge res (VE)</p> <p><b>nner Roll (V)</b></p> <p>Seasonal res ru t or ed ears (VE) I (V)</p>	<p><b>ees arl zza (V)</b> with marinara sauce (VE)</p> <p>Su er Hero S na (VE)</p> <p>Seasonal res ru t or ed nea les (VE) I (V)</p>	<p><b>Ham urger or eese urger</b> ole eat un</p> <p>Seasoned edge res (VE)</p> <p>Seasonal res ru t or SI ed ea es (VE) I (V)</p>	<p><b>Homemade r lled eese (VE)</b></p> <p>Steamed aul flower (VE)</p> <p>Seasonal res ru t or la ored lesau e (VE) I (V)</p>
<p><b>S I an SI e zza (V)</b></p> <p>arl reen ean (VE)</p> <p>Seasonal res ru t or lesau e (VE) I (V)</p>	<p><b>en Tenders</b> with Dipping Sauce</p> <p>Steamed aul flower (VE)</p> <p>Seasonal res ru t or ed ears (VE) I (V)</p>	<p><b>ozzarella St s (V)</b> with marinara sauce (VE)</p> <p>Steamed ro ol (VE)</p> <p>Seasonal res ru t or ed nea les (VE) I (V)</p>	<p><b>Tur e urger</b> ole eat un</p> <p>Steamed arrot ons (VE)</p> <p>Seasonal res ru t or SI ed ea es (VE) I (V)</p>	<p><b>Vegg e urger (V)</b></p> <p>Summer S uas (VE)</p> <p>Seasonal res ru t or la ored lesau e (VE) I (V)</p>
<p><b>zza t e SI e (V)</b></p> <p>Ital an reen eans (VE)</p> <p>Seasonal res ru t or lesau e (VE) I (V)</p>	<p><b>rs en tes</b> with Dipping Sauce</p> <p>Sweet otato edge res (VE)</p> <p><b>nner Roll (V)</b></p> <p>Seasonal res ru t or ed ears (VE) I (V)</p>	<p><b>ees arl zza (V)</b> with marinara sauce (VE)</p> <p>Su er Hero S na (VE)</p> <p>Seasonal res ru t or ed nea les (VE) I (V)</p>	 <p><b>E R LYS RT L LLYS RE R H RVESTE R R E LL E Y R ITE S RE HI HLI HE I REE</b></p>	<p><b>Daily Lunch Specials</b></p> <ul style="list-style-type: none"> <li>Hot or old eese Sandw (V)</li> <li>Hummus and ra ers (VE)</li> <li>oz. Yogurt (V)</li> <li>Tuna Sandw</li> </ul> <p>t ons ma ar lo at on</p>

**Seasonal res ru t**  
les le SI es  
ranges ears ananas  
and Straw err es (VE)

**Seasonal res ru t**  
le Sau e SI ed  
ea es ed ears  
nea les

**S as an e tens e**  
ro t e Ingred ents L st  
a a la le at

**TTE TI**

ill re- Students T  
e ffered o olate I or  
oo es

S enus Su ort  
Seasonal res ru t and  
Vegeta les  
w en a a la le

ole I (V)  
\*Alternative options are available upon request



PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 24 months. Formula is to be provided by the parent.  
Consistencies upon request: puree, mashed and finely chopped.


**Re es reated n olla orat on w t S and t e ef oun I**

- **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
- **Vegetar an Item (V):** A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products





**LYfter School Snacks Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
1			Inde ends e a	
Heart S a ed retzels (VE) Hummus u (VE)	nnamon la es (VE) I (V)	n mal ra ers (V) I (V)	ol eese St (V) res ru t (VE)	Hone Roasted Sunflower Seeds (V) res ru t (VE)
8		1	11	1
Hone ra am ra ers (V) I (V)	ssorted ranola (V) I (V)	r s Tort lla (VE) Salsa (VE)	eddar eese St (V) res ru t (VE)	Heart S a ed retzels (VE) Hummus u (VE)
1	1	1	18	1
Heart S a ed retzels (VE) Hummus u (VE)	nnamon la es (VE) I (V)	n mal ra ers (V) I (V)	ol eese St (V) res ru t (VE)	Hone Roasted Sunflower Seeds (V) res ru t (VE)
Hone ra am ra ers (V) I (V)	ssorted ranola (V) I (V)	r s Tort lla (VE) Salsa (VE)	eddar eese St (V) res ru t (VE)	Heart S a ed retzels (VE) Hummus u (VE)
		1		
Heart S a ed retzels (VE) Hummus u (VE)	nnamon la es (VE) I (V)	n mal ra ers (V) I (V)	E R LYS RT L LLYS R E R H RVESTE R R E LL E Y R ITE S RE HI HLI HE I REE .	

**1% Low-fat (V) at ree (V) at ree o olate (V)**  
Alternative options are available upon request

**S enus Su ort Seasonal res ru t and Vegeta les w en a a la le**

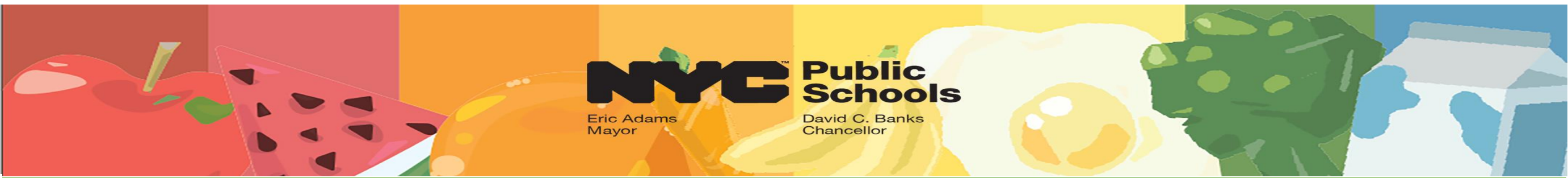
**Il ru t ffer ngs are 1 u**

**Seasonal res ru t les le SI es lue err es antalou e ra efru t ra es Hone dew e tar nes ranges ea es ears lums ananas atermelon and Straw err es (VE)**

**S as an e tens e ro t e ingred ents L st a a la le at**



- **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
- **Vegetar an Item (V):** A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products



## JULY 2024: Summer Truck Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	Independence Day 4	5	6
	Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Fresh Fruit (VE)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V) Fresh Fruit (VE)	Chicken Caesar Wrap Lemon Arugula Salad (V) Fresh Fruit (VE)	Chicken Salad Hoagie Basil Corn Salad (V) Fresh Fruit (VE)	Mediterranean Chickpea Wrap (VE) Fresh Tomato Salad (V) Fresh Fruit (VE)	Curried Chicken Wrap Ranch Carrots Snacker (V) Fresh Fruit (VE)
7	8	9	10	11	12	13
Chicken Salad Hoagie Crunchy Carrot Sticks (VE) Fresh Fruit (VE)	Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Fresh Fruit (VE)	Chimichurri Chicken Wrap Classic Potato Salad (VE) Fresh Fruit (VE)	Asian Sesame Crispy Chicken Grab & Go Salad Marinated Bean Salad (VE) Fresh Fruit (VE)	Chicken Tender Wrap Broccoli Salad (V) Fresh Fruit (VE)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Fresh Fruit (VE)	Curried Chicken Wrap Ranch Carrots Snacker (VE) Fresh Fruit (VE)
14	15	16	17	18	19	20
Chicken Salad Hoagie Crunchy Carrot Sticks (VE) Fresh Fruit (VE)	Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Fresh Fruit (VE)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V) Fresh Fruit (VE)	Chicken Caesar Wrap Lemon Arugula Salad (V) Fresh Fruit (VE)	Chicken Salad Hoagie Basil Corn Salad (V) Fresh Fruit (VE)	Mediterranean Chickpea Wrap (VE) Fresh Tomato Salad (V) Fresh Fruit (VE)	Curried Chicken Wrap Ranch Carrots Snacker (V) Fresh Fruit (VE)
21	22	23	24	25	26	27
Chicken Salad Hoagie Crunchy Carrot Sticks (VE) Fresh Fruit (VE)	Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Fresh Fruit (VE)	Chimichurri Chicken Wrap Classic Potato Salad (VE) Fresh Fruit (VE)	Asian Sesame Crispy Chicken Grab & Go Salad Marinated Bean Salad (VE) Fresh Fruit (VE)	Chicken Tender Wrap Broccoli Salad (V) Fresh Fruit (VE)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Fresh Fruit (VE)	Curried Chicken Wrap Ranch Carrots Snacker (VE) Fresh Fruit (VE)
28	29	30	31			
Chicken Salad Hoagie Crunchy Carrot Sticks (VE) Fresh Fruit (VE)	Assorted Cold Vegetarian Option (V) Balsamic Chickpea Salad (V) Fresh Fruit (VE)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V) Fresh Fruit (VE)	Chicken Caesar Wrap Lemon Arugula Salad (V) Fresh Fruit (VE)	WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN		

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

\*Alternative options are available upon request

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

**Condiments**  
Mustard  
Mayonnaise

**ATTENTION:**

- 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