

## 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)

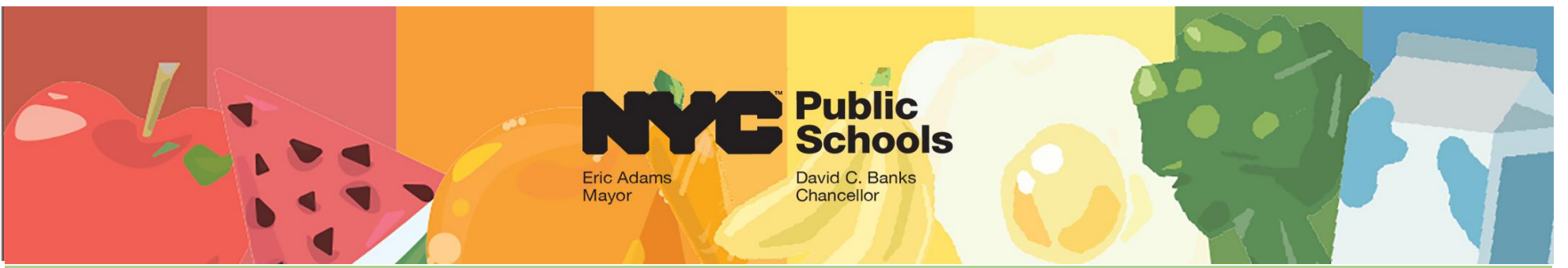
**Condiments**  
Syrup (VE)

**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)

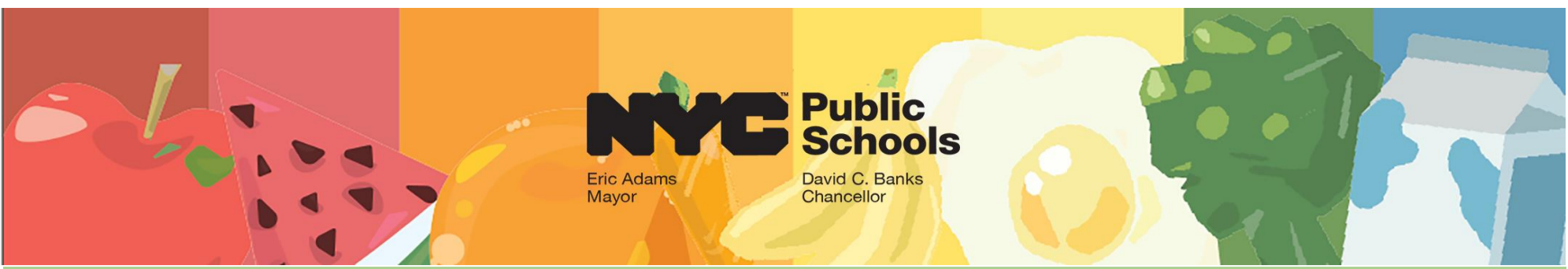
OFNS has an extensive Prohibitive Ingredients List available at:



### 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





## JULY 2024: Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Independence Day 4	5
<b>Blueberry Breakfast Bread (V)</b>  Yogurt Choice (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Pears (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Bananas (VE)	<b>Banana Breakfast Bread (V)</b>  Yogurt Choice (V)  Hot Oatmeal (VE)  <i>Fruit Offering</i> Apple Sauce (VE)
8	9	10	11	12
<b>Blueberry Breakfast Bread (V)</b>  Yogurt Choice (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Pears (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Bananas (VE)	<b>Banana Breakfast Bread (V)</b>  Yogurt Choice (V)  Hot Oatmeal (VE)  <i>Fruit Offering</i> Apple Sauce (VE)
15	16	17	18	19
<b>Blueberry Breakfast Bread (V)</b>  Yogurt Choice (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Pears (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Bananas (VE)	<b>Banana Breakfast Bread (V)</b>  Yogurt Choice (V)  Hot Oatmeal (VE)  <i>Fruit Offering</i> Apple Sauce (VE)
22	23	24	25	26
<b>Blueberry Breakfast Bread (V)</b>  Yogurt Choice (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Pears (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Bananas (VE)	<b>Banana Breakfast Bread (V)</b>  Yogurt Choice (V)  Hot Oatmeal (VE)  <i>Fruit Offering</i> Apple Sauce (VE)
29	30	31		
<b>Blueberry Breakfast Bread (V)</b>  Yogurt Choice (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Peaches (VE)	Egg Omelet on a Soft Roll (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Flavored Apple Sauce (VE)	Croissant (V)  Yogurt Choice (V)  Hot Oatmeal (V)  <i>Fruit Offering</i> Pears (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	

**Milk**  
1% Low-fat (V)  
Fat Free (V)  
Fat Free Chocolate (V)  
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**  
Syrup (VE)

**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)

**Assorted Yogurts**

**Alternate Fruit**  
Peaches, Pineapples, Pears, Applesauce

OFNS has an extensive Prohibitive Ingredients List available at:



Available Daily Upon Request: Transitional, Thick Puree or Thin Puree

**ATTENTION:**

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- 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: Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Independence Day 4	5
<p style="text-align: center;"><b>Blueberry Breakfast Bread (V)</b></p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center;"><b>Buttermilk Pancakes (V)</b></p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p style="text-align: center;"><b>Egg and Cheese on a Whole Grain Croissant (V)</b></p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center;"><b>Rise and Shine Waffles (V)</b></p> <p>Assorted Fruits and Applesauce (VE) Milk (V)</p>	<p style="text-align: center;"><b>Fresh NY Bagel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
8	9	10	11	12
<p style="text-align: center;"><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center;"><b>French Toast Sticks (V)</b></p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p style="text-align: center;"><b>Egg and Cheese on a Whole Wheat Bun (V)</b></p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center;"><b>Cinnamon Burst Pancakes (V)</b></p> <p>Assorted Fruits and Applesauce (VE) Milk (V)</p>	<p style="text-align: center;"><b>Fresh NY Bagel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
15	16	17	18	19
<p style="text-align: center;"><b>Blueberry Breakfast Bread (V)</b></p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center;"><b>Buttermilk Pancakes (V)</b></p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p style="text-align: center;"><b>Egg and Cheese on a Whole Grain Croissant (V)</b></p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center;"><b>Rise and Shine Waffles (V)</b></p> <p>Assorted Fruits and Applesauce (VE) Milk (V)</p>	<p style="text-align: center;"><b>Fresh NY Bagel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
22	23	24	25	26
<p style="text-align: center;"><b>Apple Cinnamon Breakfast Bread (V)</b></p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center;"><b>French Toast Sticks (V)</b></p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p style="text-align: center;"><b>Egg and Cheese on a Whole Wheat Bun (V)</b></p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center;"><b>Cinnamon Burst Pancakes (V)</b></p> <p>Assorted Fruits and Applesauce (VE) Milk (V)</p>	<p style="text-align: center;"><b>Fresh NY Bagel Half (VE)</b> served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>
29	30	31		
<p style="text-align: center;"><b>Blueberry Breakfast Bread (V)</b></p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p style="text-align: center;"><b>Buttermilk Pancakes (V)</b></p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>	<p style="text-align: center;"><b>Egg and Cheese on a Whole Grain Croissant (V)</b></p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p style="text-align: center;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	

### OFFERED DAILY

**Milk**

**Whole Milk (V)**

Alternative options are available upon request

(V) Indicates Vegetarian  
(VE) Indicates Vegan

**Seasonal Fresh Fruit**

Apples, Apple Slices, Oranges, Pears, Bananas, and Strawberries (VE)

**Other Fruits**

Apple Sauce, Sliced Peaches, Diced Pears, Pineapples

**Cold Cereal Choices**

Multi-Grain Oats (VE)  
Toasted Oats (VE)  
Oat Circles (VE)  
Cinnamon Flakes (VE)

Options may vary by location

**Assorted Yogurts**

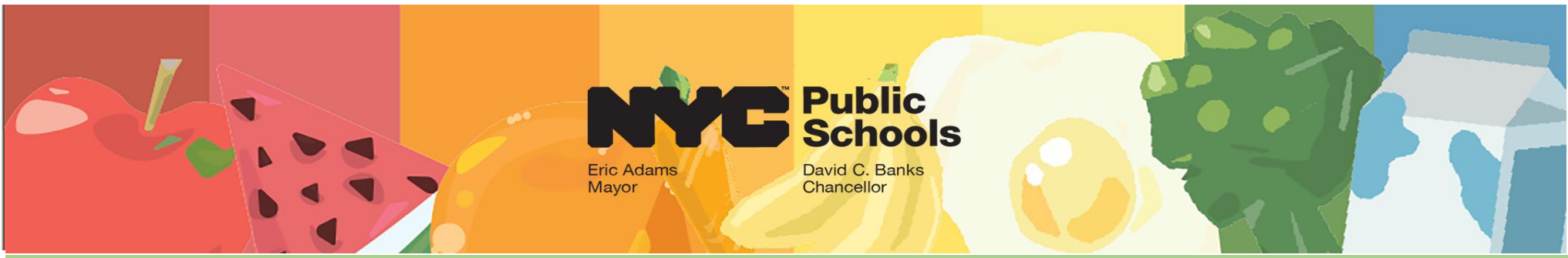
**Condiments**  
Syrup (VE)

OFNS has an extensive **Prohibitive Ingredients List** available 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>

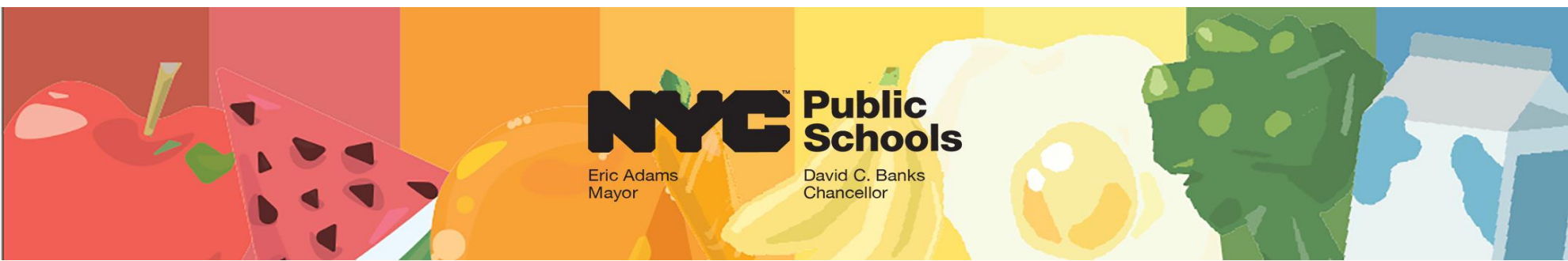
<p><b>Milk</b></p> <p>1% Low fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p><small>Alternative options are available upon request</small></p>	<p><b>ATTENTION:</b></p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and 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



## JULY 2024: Summer Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Independence Day 4	5
<b>Assorted Cold Vegetarian Option (V)</b>  Balsamic Chickpea Salad (V)	<b>Crispy Chicken Grab and Go Salad</b>  Asian Red Cabbage Slaw (V)	<b>Chicken Caesar Wrap</b>  Lemon Arugula Salad (V)	<b>Chicken Salad Hoagie</b>  Basil Corn Salad (V) Crunchy Carrot Sticks (VE)	<b>Mediterranean Chickpea Wrap (VE)</b>  Fresh Tomato Salad (V) Served with Salsa (VE)
8	9	10	11	12
<b>Assorted Cold Vegetarian Option (V)</b>  Crunchy Carrot Sticks (VE)	<b>Chimichurri Chicken Wrap</b>  Classic Potato Salad (VE)	<b>Asian Sesame Crispy Chicken Grab &amp; Go Salad</b>  Marinated Bean Salad (VE) Served with Salsa (VE)	<b>Chicken Tender Wrap</b>  Broccoli Salad (V)	<b>Italian Veggie Grab &amp; Go Salad (VE)</b>  Italian Marinated Cucumber Salad (VE)
15	16	17	18	19
<b>Assorted Cold Vegetarian Option (V)</b>  Balsamic Chickpea Salad (V)	<b>Crispy Chicken Grab and Go Salad</b>  Asian Red Cabbage Slaw (V)	<b>Chicken Caesar Wrap</b>  Lemon Arugula Salad (V)	<b>Chicken Salad Hoagie</b>  Basil Corn Salad (V) Crunchy Carrot Sticks (VE)	<b>Mediterranean Chickpea Wrap (VE)</b>  Fresh Tomato Salad (V) Served with Salsa (VE)
22	23	24	25	26
<b>Assorted Cold Vegetarian Option (V)</b>  Crunchy Carrot Sticks (VE)	<b>Chimichurri Chicken Wrap</b>  Classic Potato Salad (VE)	<b>Asian Sesame Crispy Chicken Grab &amp; Go Salad</b>  Marinated Bean Salad (VE) Served with Salsa (VE)	<b>Chicken Tender Wrap</b>  Broccoli Salad (V)	<b>Italian Veggie Grab &amp; Go Salad (VE)</b>  Italian Marinated Cucumber Salad (VE)
29	30	31		
<b>Assorted Cold Vegetarian Option (V)</b>  Balsamic Chickpea Salad (V)	<b>Crispy Chicken Grab and Go Salad</b>  Asian Red Cabbage Slaw (V)	<b>Chicken Caesar Wrap</b>  Lemon Arugula Salad (V)	  WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	
<b>Monday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	<b>Tuesday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	<b>Wednesday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	<b>Thursday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	<b>Friday</b> • Peanut Butter and/or Sunflower Seed Butter & Jelly (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)

<p style="text-align: center;"><b>Milk</b></p> <p>1% Low fat (V)                      Fat Free (V)                      Fat Free Chocolate (V)                      Alternative options are available upon request</p>	<p style="text-align: center;"><b>ATTENTION:</b></p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p style="text-align: center;">OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="text-align: center;"><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>	<p style="text-align: center; color: yellow;">OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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\* 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



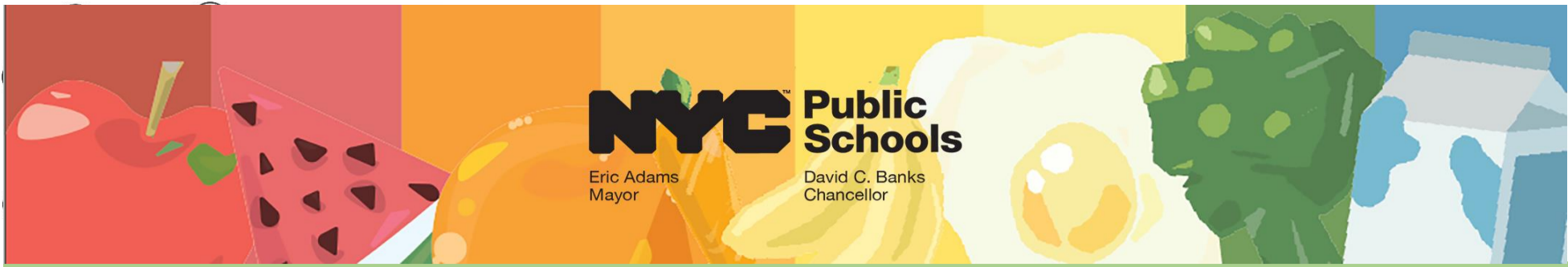


## JULY 2024: Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Independence Day 4	5
<b>Fish &amp; Cheese Sandwich</b> Broccoli With Garlic & Oil (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	<b>Crispy Chicken Sandwich</b> Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	<b>100% Beef Hamburgers &amp; Cheeseburgers</b> Honey Butternut Squash (V) <i>Fruit Offering</i> Peaches (VE)	<b>Italian Chicken Tenders</b> Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	<b>Manicotti (V)</b> Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
8	9	10	11	12
<b>Braised Tuna with Tomato Sauce</b> Broccoli With Garlic & Oil (VE) Soft Roll (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	<b>Crispy Chicken Sandwich</b> Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	<b>100% Beef Hamburgers &amp; Cheeseburgers</b> Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	<b>Ranch Chicken Tenders</b> Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	<b>Manicotti (V)</b> Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
15	16	17	18	19
<b>Fish &amp; Cheese Sandwich</b> Broccoli With Garlic & Oil (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	<b>Crispy Chicken Sandwich</b> Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	<b>100% Beef Hamburgers &amp; Cheeseburgers</b> Honey Butternut Squash (V) <i>Fruit Offering</i> Peaches (VE)	<b>Italian Chicken Tenders</b> Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	<b>Manicotti (V)</b> Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
22	23	24	25	26
<b>Braised Tuna with Tomato Sauce</b> Broccoli With Garlic & Oil (VE) Soft Roll (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	<b>Crispy Chicken Sandwich</b> Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	<b>100% Beef Hamburgers &amp; Cheeseburgers</b> Carrots (VE) <i>Fruit Offering</i> Peaches (VE)	<b>Ranch Chicken Tenders</b> Soft Cooked Penne (VE) Roasted Cauliflower (VE) <i>Fruit Offering</i> Apple Sauce (VE)	<b>Manicotti (V)</b> Marinated White Beans (VE) <i>Fruit Offering</i> Bananas (VE)
29	30	31	 WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.	
<b>Fish &amp; Cheese Sandwich</b> Broccoli With Garlic & Oil (VE) <i>Fruit Offering</i> Flavored Apple Sauce (VE)	<b>Crispy Chicken Sandwich</b> Sweet Plantains (VE) <i>Fruit Offering</i> Pears (VE)	<b>100% Beef Hamburgers &amp; Cheeseburgers</b> Honey Butternut Squash (V) <i>Fruit Offering</i> Peaches (VE)	<b>Daily Lunch Specials</b> <ul style="list-style-type: none"> <li>• Hummus and Soft Roll (VE)</li> <li>• 8 oz. Yogurt (V)</li> <li>• Tuna</li> </ul> Options may vary by location	

<p><b>Milk</b>                      1% Low fat (V)                      Fat Free (V)                      Fat Free Chocolate (V)                      Alternative options are available upon request</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available                      (V) Indicates Vegetarian                      (VE) Indicates Vegan</p>	<p><b>Assorted Dressings</b></p>	<p><b>Seasonal Fresh Fruit</b>                      Apples, Apple Slices, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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Available Daily Upon Request: Other Transitional, Thick Puree or Thin Puree



## JULY 2024: Infant - Toddler 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>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p><b>Crispy Chicken Bites</b> with Dipping Sauce</p> <p><b>Sweet Potato Wedge Fries (VE)</b></p> <p><b>Dinner Roll (V)</b></p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p><b>Cheesy Garlic Pizza (V)</b> with marinara sauce (VE)</p> <p>Super Hero Spinach (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p><b>Hamburger or Cheeseburger</b> <b>Whole Wheat Bun</b></p> <p>Seasoned Wedge Fries (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p><b>Homemade Grilled Cheese (VE)</b></p> <p>Steamed Cauliflower (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
8	9	10	11	12
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Garlicky Green Bean (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p><b>Chicken Tenders</b> with Dipping Sauce</p> <p>Steamed Cauliflower (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Steamed Broccoli (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p><b>Turkey Burger</b> <b>Whole Wheat Bun</b></p> <p>Steamed Carrot Coins (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p><b>Veggie Burger (V)</b></p> <p>Summer Squash (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
15	16	17	18	19
<p><b>Pizza by the Slice (V)</b></p> <p>Italian Green Beans (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p><b>Crispy Chicken Bites</b> with Dipping Sauce</p> <p><b>Sweet Potato Wedge Fries (VE)</b></p> <p><b>Dinner Roll (V)</b></p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p><b>Cheesy Garlic Pizza (V)</b> with marinara sauce (VE)</p> <p>Super Hero Spinach (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p><b>Hamburger or Cheeseburger</b> <b>Whole Wheat Bun</b></p> <p>Seasoned Wedge Fries (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p><b>Homemade Grilled Cheese (VE)</b></p> <p>Steamed Cauliflower (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
22	23	24	25	26
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Garlicky Green Bean (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p><b>Chicken Tenders</b> with Dipping Sauce</p> <p>Steamed Cauliflower (VE)</p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Steamed Broccoli (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	<p><b>Turkey Burger</b> <b>Whole Wheat Bun</b></p> <p>Steamed Carrot Coins (VE)</p> <p>Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)</p>	<p><b>Veggie Burger (V)</b></p> <p>Summer Squash (VE)</p> <p>Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)</p>
29	30	31		
<p><b>Pizza by the Slice (V)</b></p> <p>Italian Green Beans (VE)</p> <p>Seasonal Fresh Fruit or Applesauce (VE) Milk (V)</p>	<p><b>Crispy Chicken Bites</b> with Dipping Sauce</p> <p><b>Sweet Potato Wedge Fries (VE)</b></p> <p><b>Dinner Roll (V)</b></p> <p>Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)</p>	<p><b>Cheesy Garlic Pizza (V)</b> with marinara sauce (VE)</p> <p>Super Hero Spinach (VE)</p> <p>Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)</p>	 <p><b>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</b></p>	<p><b>Daily Lunch Specials</b></p> <ul style="list-style-type: none"> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Hummus and Crackers (VE)</li> <li>• 4 oz. Yogurt (V)</li> <li>• Tuna Sandwich</li> </ul> <p>Options may vary by location</p>

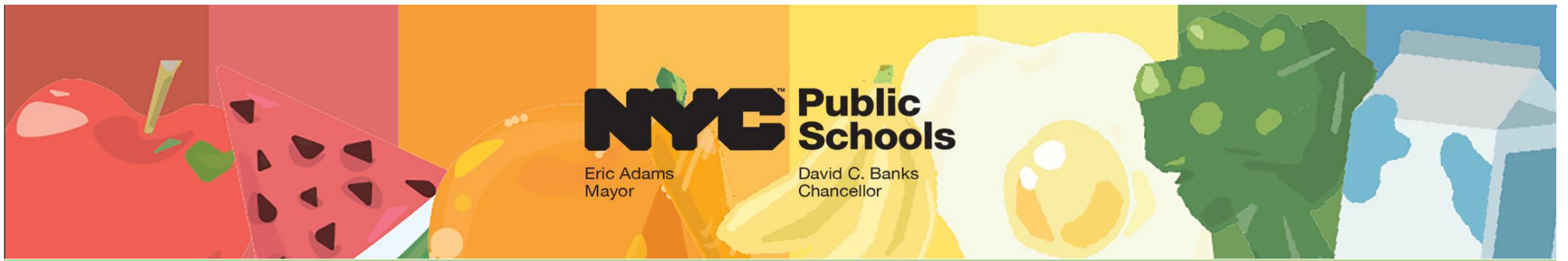
<p><b>Milk*</b> <b>Whole Milk (V)</b></p> <p><small>*Alternative options are available upon request</small></p>	<p><b>ATTENTION:</b></p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p><b>Seasonal Fresh Fruit</b> Apples, Apple Slices, Oranges, Pears, Bananas, and Strawberries (VE)</p> <p><b>Other Fruits</b> Apple Sauce, Sliced Peaches, Diced Pears, Pineapples</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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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.

**\* 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





## JULY 2024: After School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Independence Day 4	5
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cinnamon Flakes (VE) Milk (V)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)
8	9	10	11	12
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
15	16	17	18	19
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cinnamon Flakes (VE) Milk (V)	Animal Crackers (V) Milk (V)	Colby Cheese Stick (V) Fresh Fruit (VE)	Honey Roasted Sunflower Seeds (V) Fresh Fruit (VE)
22	23	24	25	26
Honey Graham Crackers (V) Milk (V)	Assorted Granola (V) Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Cheddar Cheese Stick (V) Fresh Fruit (VE)	Heart Shaped Pretzels (VE) Hummus Cup (VE)
29	30	31		
Heart Shaped Pretzels (VE) Hummus Cup (VE)	Cinnamon Flakes (VE) Milk (V)	Animal Crackers (V) Milk (V)	<p style="text-align: center; font-size: small;">WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	

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

OFNS Menus Support  
Seasonal Fresh Fruit and  
Vegetables  
when available

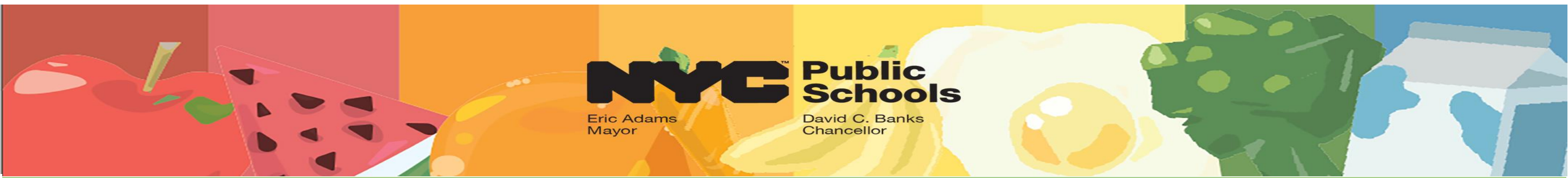
**All Fruit**  
Offerings are 1 cup

**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:



- **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 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