



JULY 2023: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	Independence Day 4	5	6	7
<p>Honey Cheerios (V)</p> <p>Honey Grahams or Animal Crackers (V)</p> <p>Applesauce (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
10	11	12	13	14
<p>Honey Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Raisins (VE)</p>	<p>Whole Grain Croissant (V)</p> <p>served with Jelly (VE)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Frosted Mini Wheats</p> <p>Honey Graham Cracker (V)</p> <p>Strawberry Banana Applesauce (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
17	18	19	20	21
<p>Honey Cheerios (V)</p> <p>Honey Grahams or Animal Crackers (V)</p> <p>Applesauce (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
24	25	26	27	28
<p>Honey Scooters (V)</p> <p>Blueberry Granola (V)</p> <p>Raisins (VE)</p>	<p>Whole Grain Croissant (V)</p> <p>served with Jelly (VE)</p> <p>Mozzarella Cheese Stick (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Frosted Mini Wheats</p> <p>Honey Graham Cracker (V)</p> <p>Strawberry Banana Applesauce (VE)</p>	<p>Whole Grain NY Bagel (VE)</p> <p>served with Cream Cheese (V) & Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
31				
<p>Honey Cheerios (V)</p> <p>Honey Grahams or Animal Crackers (V)</p> <p>Applesauce (VE)</p>			<p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	

<p>Milk*</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>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p>	<p>OFFERED DAILY</p> <p>Options may vary by location</p> <p>Cold Cereal Choices</p> <p>Shredded Wheat</p> <p>Multi-Grain Oats (VE)</p> <p>Toasted Oats (VE)</p> <p>Oat Circles (VE)</p> <p>Cinnamon Flakes (VE)</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Pears, Plums, Mandarins, Bananas, Strawberries, and Watermelon (VE)</p> <p>Condiments</p> <p>Syrup (VE)</p>
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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 2023: Summer Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	Independence Day 4	5	6	7
<p style="text-align: center;">Assorted Cold Vegetarian Option (V)</p> <p style="text-align: center;">Crispy Tortillas (VE) Salsa (VE)</p> <p style="text-align: center;">Ranch Carrot Snackers (V)</p>	<p style="text-align: center;">BBQ Crispy Chicken Grab and Go Salad</p> <p style="text-align: center;">Marinated White Beans (VE)</p>	<p style="text-align: center;">Chicken Tender Wrap Dipping Sauce</p> <p style="text-align: center;">Classic Potato Salad (V)</p>	<p style="text-align: center;">Sesame Noodle Bowl</p> <p style="text-align: center;">Broccoli Salad (V)</p> <p style="text-align: center;">New York Apples Slices (VE)</p>	<p style="text-align: center;">Italian Veggie Grab & Go Salad (VE)</p> <p style="text-align: center;">Italian Marinated Cucumber Salad (VE)</p> <p style="text-align: center;">Cheese Sandwich (V)</p>
10	11	12	13	14
<p style="text-align: center;">Assorted Cold Vegetarian Option (V)</p> <p style="text-align: center;">Carrot Sticks (VE)</p>	<p style="text-align: center;">Chimichurri Chicken Wrap or Chimichurri Veggie Nugget Wrap Dipping Sauce</p> <p style="text-align: center;">Pinto Bean Salad (VE)</p> <p style="text-align: center;">Green Garden Salad (V)</p> <p style="text-align: center;">New York Cookie Treat (V)</p>	<p style="text-align: center;">Crispy Chicken Grab and Go Salad</p> <p style="text-align: center;">Confetti Corn Salad (VE)</p>	<p style="text-align: center;">Chicken Salad Hoagie</p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center;">New York Apples Slices (VE)</p>	<p style="text-align: center;">Black Bean Wrap (VE)</p> <p style="text-align: center;">Fresh Tomato Salad (V)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;">Cheese Sandwich (V)</p>
17	18	19	20	21
<p style="text-align: center;">Assorted Cold Vegetarian Option (V)</p> <p style="text-align: center;">Crispy Tortillas (VE) Salsa (VE)</p> <p style="text-align: center;">Ranch Carrot Snackers (V)</p>	<p style="text-align: center;">BBQ Crispy Chicken Grab and Go Salad</p> <p style="text-align: center;">Marinated White Beans (VE)</p>	<p style="text-align: center;">Chicken Tender Wrap Dipping Sauce</p> <p style="text-align: center;">Classic Potato Salad (V)</p>	<p style="text-align: center;">Sesame Noodle Bowl</p> <p style="text-align: center;">Broccoli Salad (V)</p> <p style="text-align: center;">New York Apples Slices (VE)</p>	<p style="text-align: center;">Italian Veggie Grab & Go Salad (VE)</p> <p style="text-align: center;">Italian Marinated Cucumber Salad (VE)</p> <p style="text-align: center;">Cheese Sandwich (V)</p>
24	25	26	27	28
<p style="text-align: center;">Assorted Cold Vegetarian Option (V)</p> <p style="text-align: center;">Carrot Sticks (VE)</p>	<p style="text-align: center;">Chimichurri Chicken Wrap or Chimichurri Veggie Nugget Wrap Dipping Sauce</p> <p style="text-align: center;">Pinto Bean Salad (VE)</p> <p style="text-align: center;">Green Garden Salad (V)</p> <p style="text-align: center;">New York Cookie Treat (V)</p>	<p style="text-align: center;">Crispy Chicken Grab and Go Salad</p> <p style="text-align: center;">Confetti Corn Salad (VE)</p>	<p style="text-align: center;">Chicken Salad Hoagie</p> <p style="text-align: center;">Kid Friendly Kale Salad (V)</p> <p style="text-align: center;">New York Apples Slices (VE)</p>	<p style="text-align: center;">Black Bean Wrap (VE)</p> <p style="text-align: center;">Fresh Tomato Salad (V)</p> <p style="text-align: center;">Crispy Tortillas (VE) Served with Salsa (VE)</p> <p style="text-align: center;">Cheese Sandwich (V)</p>
31				
<p style="text-align: center;">Assorted Cold Vegetarian Option (V)</p> <p style="text-align: center;">Crispy Tortillas (VE) Salsa (VE)</p> <p style="text-align: center;">Ranch Carrot Snackers (V)</p>			 <p style="text-align: center; font-size: small;">WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	
<p style="text-align: center;"><u>Monday</u></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V) 	<p style="text-align: center;"><u>Tuesday</u></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich 	<p style="text-align: center;"><u>Wednesday</u></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich 	<p style="text-align: center;"><u>Thursday</u></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich 	<p style="text-align: center;"><u>Friday</u></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Cheese Sandwich (V)

Milk*

1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)

*Alternative options are available upon request

OFFERED DAILY

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Pears, Plums, Mandarins, Bananas, Strawberries, and Watermelon (VE)

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ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones
- 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



AUGUST 2023: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) New York Apples Slices (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
7	8	9	10	11
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	Whole Grain Croissant (V) served with Jelly (VE) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Frosted Mini Wheats Honey Graham Cracker (V) Strawberry Banana Applesauce (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
14	15	16	17	18
Honey Cheerios (V) Honey Grahams or Animal Crackers (V) Applesauce (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) New York Apples Slices (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
21	22	23	24	25
Honey Scooters (V) Blueberry Granola (V) Raisins (VE)	Whole Grain Croissant (V) served with Jelly (VE) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Frosted Mini Wheats Honey Graham Cracker (V) Strawberry Banana Applesauce (VE)	Whole Grain NY Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Seasonal Fresh Fruit (VE)
28	29	30	31	
Honey Cheerios (V) Honey Grahams or Animal Crackers (V) Applesauce (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	New York Yogurt Choice (V) Assorted Granola (V) Raisins (VE) New York Apples Slices (VE)	 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN

<p>Milk* 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V)</p> <p><small>*Alternative options are available upon request</small></p>	<p>Breakfast After the Bell Grab and Go</p> <p>Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)</p>	<p>OFFERED DAILY</p> <p>Options may vary by location</p> <p>Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE) Oat Circles (VE) Cinnamon Flakes (VE)</p>	<p>Seasonal Fresh Fruit Apples, Apple Slices, Blueberries, Grapefruit, Oranges, Peaches, Pears, Plums, Mandarins, Bananas, Strawberries, and Watermelon (VE)</p> <p>Condiments Syrup (VE)</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at:</p> 
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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



AUGUST 2023: Summer Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	BBQ Crispy Chicken Grab and Go Salad Marinated White Beans (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Sesame Noodle Bowl Broccoli Salad (V) New York Apples Slices (VE)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Cheese Sandwich (V)
7	8	9	10	11
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	Chimichurri Chicken Wrap or Chimichurri Veggie Nugget Wrap Dipping Sauce Pinto Bean Salad (VE) Green Garden Salad (V) New York Cookie Treat (V)	Crispy Chicken Grab and Go Salad Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) New York Apples Slices (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
14	15	16	17	18
Assorted Cold Vegetarian Option (V) Crispy Tortillas (VE) Salsa (VE) Ranch Carrot Snackers (V)	BBQ Crispy Chicken Grab and Go Salad Marinated White Beans (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Sesame Noodle Bowl Broccoli Salad (V) New York Apples Slices (VE)	Italian Veggie Grab & Go Salad (VE) Italian Marinated Cucumber Salad (VE) Cheese Sandwich (V)
21	22	23	24	25
Assorted Cold Vegetarian Option (V) Carrot Sticks (VE)	Chimichurri Chicken Wrap or Chimichurri Veggie Nugget Wrap Dipping Sauce Pinto Bean Salad (VE) Green Garden Salad (V) New York Cookie Treat (V)	Crispy Chicken Grab and Go Salad Confetti Corn Salad (VE)	Chicken Salad Hoagie Kid Friendly Kale Salad (V) New York Apples Slices (VE)	Black Bean Wrap (VE) Fresh Tomato Salad (V) Crispy Tortillas (VE) Served with Salsa (VE) Cheese Sandwich (V)
28	29	30	31	
Assorted Cold Vegetarian Option (V) Crispy Tortillas (VE) Salsa (VE) Ranch Carrot Snackers (V)	BBQ Crispy Chicken Grab and Go Salad Marinated White Beans (VE)	Chicken Tender Wrap Dipping Sauce Classic Potato Salad (V)	Sesame Noodle Bowl Broccoli Salad (V) New York Apples Slices (VE)	 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Cheese Sandwich (V) • Tuna Sandwich	Friday • Peanut Butter & Jelly* (VE) • Hummus Lunch Pack (VE) • Assorted Vegan Wraps (VE) • Cheese Sandwich (V)

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

*Alternative options are available upon request

OFFERED DAILY

Assorted Dressings

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

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