



JULY 2022: Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			 WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	1
Independence Day 4	5	6	7	8
(V) Baked Mozzarella Sticks with marinara sauce (VE) Chef Choice Bean Salad (V)	Turkey Burger or Southwest Fish Sandwich Lettuce and Tomato Baked French Fries (VE)	Roasted Chicken Summer Squash (VE) Dinner Roll (VE)	Chicken Dumplings Roasted Carrots (V) New York Apples Slices (VE) New York Cookie Treat (V)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Frozen Fruit Cup (VE) Southwest Burrito (V)
11	12	13	14	15
Classic Cheese Pizza (V) Chef Choice Bean Salad (V)	Roasted Chicken Baked Sweet Potato Waffle Fries (VE) Buttermilk Biscuit (V) Crispy Tortilla (VE) Salsa (VE)	Manicotti (V) with marinara sauce (VE) Broccoli with Garlic and Oil (V) Garlic Knot (V)	Hamburgers & Cheeseburgers Lettuce and Tomato Healthy Cole Slaw (V) Baked French Fries (VE) New York Apples Slices (VE)	White Bean and Pasta Primavera (VE) Frozen Fruit Cup (VE) Southwest Burrito (V)
18	19	20	21	22
(V) Baked Mozzarella Sticks with marinara sauce (VE) Chef Choice Bean Salad (V)	Turkey Burger or Southwest Fish Sandwich Lettuce and Tomato Baked French Fries (VE)	Roasted Chicken Summer Squash (VE) Dinner Roll (VE)	Chicken Dumplings Roasted Carrots (V) New York Apples Slices (VE) New York Cookie Treat (V)	Black Bean and Plantain Power Bowl (VE) with Vegetable Rice (VE) and Pico de Gallo (VE) Green Garden Salad (VE) Frozen Fruit Cup (VE) Southwest Burrito (V)
25	26	27	28	29
Classic Cheese Pizza (V) Chef Choice Bean Salad (V)	Roasted Chicken Baked Sweet Potato Waffle Fries (VE) Buttermilk Biscuit (V) Crispy Tortilla (VE) Salsa (VE)	Manicotti (V) with marinara sauce (VE) Broccoli with Garlic and Oil (V) Garlic Knot (V)	Hamburgers & Cheeseburgers Lettuce and Tomato Healthy Cole Slaw (V) Baked French Fries (VE) New York Apples Slices (VE)	White Bean and Pasta Primavera (VE) Frozen Fruit Cup (VE) Southwest Burrito (V)
Monday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	Tuesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Wednesday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Thursday • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	Friday • Peanut Butter & Jelly* (VE) • Hummus and Pretzels Grab & Go (VE) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V)

Milk*

1% Low-fat
Fat Free
Fat Free Chocolate

*Alternative options are available upon request

OFFERED DAILY


OFNS Menu Support
Seasonal Fresh Fruit and Vegetables when available

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:



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