



## JULY 2021: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p><i>Daily Lunch Specials</i></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (V)</li> <li>• Cheese Sandwich (V)</li> <li>• Hummus Grab &amp; Go (V)</li> <li>• Tuna Fish is available on Tuesday, Wednesday and Thursday</li> </ul>	<p style="color: green; font-weight: bold;">EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>		<p style="text-align: center;"><b>Chicken Caesar Wrap</b></p> <p style="text-align: center;">Green Bean Salad</p> <p style="text-align: center; color: green;">Fresh New York Apples</p>	<p style="text-align: center;"><b>Superhero Spinach Wrap (V)</b></p> <p style="text-align: center;">Crunchy Carrot Sticks</p>
Independence Day (Ob) 5	6	7	8	9
<p style="text-align: center;"><b>Green Garden Salad</b></p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p style="text-align: center;">Ranch Carrot Sticks</p>	<p style="text-align: center;"><b>Assorted Cold Sandwiches</b></p> <p style="text-align: center;">Potato Salad</p> <p style="text-align: center;">Pickle Chips</p>	<p style="text-align: center;"><b>Chicken Tender Wrap</b></p> <p style="text-align: center;">Dipping Sauce</p> <p style="text-align: center;">Corn, Peas and Carrots</p> <p style="text-align: center;">Chickpea Salad</p>	<p style="text-align: center;"><b>Assorted Grab and Go Salads</b></p> <p style="text-align: center;">Rold Gold® Hartzels</p> <p style="text-align: center; color: green;">Fresh New York Apples</p>	<p style="text-align: center;"><b>Vegetarian Wrap (V)</b></p> <p style="text-align: center;">Fresh Tomato Salad</p>
12	13	14	15	16
<p style="text-align: center;"><b>Green Garden Salad</b></p> <p style="text-align: center;"><b>Southwest Burrito (V)</b></p> <p style="text-align: center;">Confetti Corn Salad</p>	<p style="text-align: center;"><b>Assorted Grab and Go Salads</b></p> <p style="text-align: center;">Black Bean Salad</p> <p style="text-align: center;">Frito-Lay® Baked Scoops® Served with Salsa Cup</p>	<p style="text-align: center;"><b>Assorted Cold Sandwiches</b></p> <p style="text-align: center;">Broccoli Cranberry Salad</p>	<p style="text-align: center;"><b>Chicken Caesar Wrap</b></p> <p style="text-align: center;">Green Bean Salad</p> <p style="text-align: center; color: green;">Fresh New York Apples</p>	<p style="text-align: center;"><b>Superhero Spinach Wrap (V)</b></p> <p style="text-align: center;">Crunchy Carrot Sticks</p>
19	Eid al-Adha 20	21	22	23
<p style="text-align: center;"><b>Green Garden Salad</b></p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p style="text-align: center;">Ranch Carrot Sticks</p>	<p style="text-align: center;"><b>Assorted Cold Sandwiches</b></p> <p style="text-align: center;">Potato Salad</p> <p style="text-align: center;">Pickle Chips</p>	<p style="text-align: center;"><b>Chicken Tender Wrap</b></p> <p style="text-align: center;">Dipping Sauce</p> <p style="text-align: center;">Corn, Peas and Carrots</p> <p style="text-align: center;">Chickpea Salad</p>	<p style="text-align: center;"><b>Assorted Grab and Go Salads</b></p> <p style="text-align: center;">Rold Gold® Hartzels</p> <p style="text-align: center; color: green;">Fresh New York Apples</p>	<p style="text-align: center;"><b>Vegetarian Wrap (V)</b></p> <p style="text-align: center;">Fresh Tomato Salad</p>
26	27	28	29	30
<p style="text-align: center;"><b>Green Garden Salad</b></p> <p style="text-align: center;"><b>Southwest Burrito (V)</b></p> <p style="text-align: center;">Confetti Corn Salad</p>	<p style="text-align: center;"><b>Assorted Grab and Go Salads</b></p> <p style="text-align: center;">Black Bean Salad</p> <p style="text-align: center;">Frito-Lay® Baked Scoops® Served with Salsa Cup</p>	<p style="text-align: center;"><b>Assorted Cold Sandwiches</b></p> <p style="text-align: center;">Broccoli Cranberry Salad</p>	<p style="text-align: center;"><b>Chicken Caesar Wrap</b></p> <p style="text-align: center;">Green Bean Salad</p> <p style="text-align: center; color: green;">Fresh New York Apples</p>	<p style="text-align: center;"><b>Superhero Spinach Wrap (V)</b></p> <p style="text-align: center;">Crunchy Carrot Sticks</p>

OFFERED DAILY

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

\*Alternative options are available upon request

(V) Indicates Vegetarian

Assorted Dressings

Seasonal Fresh Fruit

Featuring Watermelon, Grapes, Peaches, Plums, Nectarines, Cantaloupes, and Honeydews.  
Subject to availability

OFNS has an extensive Prohibitive Ingredients List available at: [schools.nyc.gov/nutritioninformation](https://schools.nyc.gov/nutritioninformation)

ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK