

SEPTEMBER 2021: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<i>Loaf Assortment</i> Honey Corn (V) Apple Cinnamon (V) <i>Muffin Assortment</i> Banana (V) Blueberry (V)	Breakfast on Wednesday, Thursday and Friday May Be Served Warm EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Whole Grain Bagel served with Cream Cheese & Jelly Seasonal Fresh Fruit	Yogurt Parfait Fresh New York Apples	Assorted Loaves and Muffins Seasonal Fresh Fruit
Labor Day 6	Rosh Hashanah 7	Rosh Hashanah 8	9	10
Apple Cinnamon Cheerios® Graham Crackers (V) Seasonal Fresh Fruit	Pillsbury® Mini Maple Pancakes Seasonal Fresh Fruit	Whole Grain Bagel served with Cream Cheese & Jelly Raisins Seasonal Fresh Fruit	Organic Stonyfield® Yogurt Assorted Granola Fresh New York Apples	Sweet Potato Oatmeal Muffin Seasonal Fresh Fruit
First Day of Classes 13	14	15	Yom Kippur 16	17
Fruity Cheerios® (VE) Graham Crackers (V) Seasonal Fresh Fruit (VE)	Yogurt Parfait (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Fresh Nectarines (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Fresh New York Apples (VE)	Assorted Loaves and Muffins (V) Seasonal Fresh Fruit (VE)
20	21	22	23	24
Apple Cinnamon Cheerios® (VE) Graham Crackers (V) Seasonal Fresh Fruit (VE)	Upstate Farms® Yogurt Choice (V) Assorted Granola (V) Craisins (VE) Fresh Peaches (VE)	Pillsbury® Mini Blueberry Waffles (V) Seasonal Fresh Fruit (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Fresh New York Apples (VE)	Zucchini Loaf (V) Fresh Bananas (VE)
27	28	29	30	OCTOBER 1
Sun Butter Cup (VE) Graham Crackers (V) Grape Jelly (VE) Seasonal Fresh Fruit (VE)	Upstate Farms® Yogurt Choice (V) Assorted Granola (V) Raisins (VE) Fresh Oranges (VE)	Pillsbury® Mini Maple Pancakes (V) Fresh Plums (VE)	Whole Grain Bagel (VE) served with Cream Cheese (V) & Jelly (VE) Fresh New York Apples (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)

<p>Milk* 1% Low-fat Fat Free Fat Free Chocolate</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>Fruit may be substituted with 100% Fruit juice depending on availability</p>	<p>OFFERED DAILY</p> <p>Cold Cereal Choices Frosted Mini Wheats Cinnamon Flakes Multi-Grain Cheerios Toasty-Oats Cheerios®</p>	<p>Seasonal Fresh Fruit</p> <p>Apples, Apple Slices, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, Bananas, and Watermelon</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at: schools.nyc.gov/nutritioninformation</p> <p>(V) Indicates Vegetarian (VE) Indicates Vegan</p>
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ATTENTION:
All Pre-K Students CANNOT be Offered CHOCOLATE MILK

SEPTEMBER 2021: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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<p><i>Daily Lunch Specials</i></p> <ul style="list-style-type: none"> • Peanut Butter & Jelly* (VE) • Cheese Sandwich (V) • Hummus Grab & Go (VE) 	 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Corn, Peas and Carrots</p> <p>Chickpea Salad</p>	<p>Assorted Grab and Go Salads</p> <p>Rold Gold® Heartzels</p> <p>Fresh New York Apples</p>	<p>Vegetarian Wrap (V)</p> <p>Fresh Tomato Salad</p>
Labor Day 6	Rosh Hashanah 7	Rosh Hashanah 8	9	10
<p>Green Garden Salad</p> <p>Southwest Burrito (V)</p> <p>Confetti Corn Salad</p>	<p>Assorted Grab and Go Salads</p> <p>Black Bean Salad</p> <p>Frito-Lay® Baked Scoops® Served with Salsa Cup</p>	<p>Assorted Cold Sandwiches</p> <p>Broccoli Cranberry Salad</p>	<p>Chicken Caesar Wrap</p> <p>Green Bean Salad</p> <p>Fresh New York Apples</p>	<p>Superhero Spinach Wrap (V)</p> <p>Crunchy Carrot Sticks</p>
First Day of Classes 13	14	15	Yom Kippur 16	17
<p>Green Garden Salad (VE)</p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p>	<p>Chicken Salad Sandwich</p> <p>Potato Salad (V)</p> <p>Pickle Chips (VE)</p>	<p>Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Corn, Peas and Carrots (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Red, White and Green Pannini (V)</p> <p>Fresh Tomato Salad (VE)</p> <p>Rold Gold® Heartzels (V)</p>
20	21	22	23	24
<p>Green Garden Salad (VE)</p> <p>Chickpea Wrap (V)</p> <p>Confetti Corn Salad (VE)</p>	<p>Mediterranean Chicken Pasta Salads</p> <p>Balsamic Chickpeas (V)</p>	<p>Assorted Cold Sandwiches</p> <p>Broccoli Cranberry Salad (VE)</p>	<p>Chicken Caesar Wrap</p> <p>Italian Green Bean Salad (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Superhero Spinach Wrap (V)</p> <p>Crunchy Carrot Sticks (VE)</p>
27	28	29	30	OCTOBER 1
<p>Green Garden Salad (VE)</p> <p>Tomato, Lettuce, Cheese Wrap (V)</p> <p>Ranch Carrot Sticks (V)</p>	<p>Chicken Salad Sandwich</p> <p>Potato Salad (V)</p> <p>Pickle Chips (VE)</p>	<p>Assorted Grab and Go Salads</p> <p>Black Bean Salad (V)</p> <p>Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)</p>	<p>Chicken Tender Wrap Dipping Sauce</p> <p>Corn, Peas and Carrots (VE)</p> <p>Fresh New York Apples (VE)</p>	<p>Red, White and Green Pannini (V)</p> <p>Fresh Tomato Salad (VE)</p> <p>Rold Gold® Heartzels (V)</p>

OFFERED DAILY

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

OFNS Menus 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: schools.nyc.gov/nutritioninformation

*Alternative options are available upon request.

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ATTENTION:

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