



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

Monday	Tuesday	Wednesday	Thursday	Friday
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<p><b>Daily Lunch Specials</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter &amp; Jelly* (VE)</li> <li>• Cheese Sandwich (V)</li> <li>• Hummus Grab &amp; Go (VE)</li> </ul>				
			 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Red, White and Green Pannini (V)  Fresh Tomato Salad (VE)  Rold Gold® Heartzels (V)
4	5	6	7	8
Green Garden Salad (VE)  Chickpea Wrap (V)  Confetti Corn Salad (VE)	Mediterranean Chicken Pasta Salads  Balsamic Chickpeas (V)	Assorted Cold Sandwiches  Broccoli Cranberry Salad (VE)	Chicken Caesar Wrap  Italian Green Bean Salad (VE)  <i>Fresh New York Apples (VE)</i>	Superhero Spinach Wrap (V)  Crunchy Carrot Sticks (VE)
Indigenous Peoples' Day 11	12	13	14	15
Green Garden Salad (VE)  Tomato, Lettuce, Cheese Wrap (V)  Ranch Carrot Sticks (V)	Chicken Salad Sandwich  Potato Salad (V)  Pickle Chips (VE)	Assorted Grab and Go Salads  Black Bean Salad (V)  Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)	Chicken Tender Wrap Dipping Sauce  Corn, Peas and Carrots (VE)  <i>Fresh New York Apples (VE)</i>	Red, White and Green Pannini (V)  Fresh Tomato Salad (VE)  Rold Gold® Heartzels (V)
18	19	20	21	22
Green Garden Salad (VE)  Chickpea Wrap (V)  Confetti Corn Salad (VE)	Mediterranean Chicken Pasta Salads  Balsamic Chickpeas (V)	Assorted Cold Sandwiches  Broccoli Cranberry Salad (VE)	Chicken Caesar Wrap  Italian Green Bean Salad (VE)  <i>Fresh New York Apples (VE)</i>	Superhero Spinach Wrap (V)  Crunchy Carrot Sticks (VE)
25	26	27	28	29
Green Garden Salad (VE)  Tomato, Lettuce, Cheese Wrap (V)  Ranch Carrot Sticks (V)	Chicken Salad Sandwich  Potato Salad (V)  Pickle Chips (VE)	Assorted Grab and Go Salads  Black Bean Salad (V)  Frito-Lay® Baked Scoops® (VE) Served with Salsa Cup (VE)	Chicken Tender Wrap Dipping Sauce  Corn, Peas and Carrots (VE)  <i>Fresh New York Apples (VE)</i>	Red, White and Green Pannini (V)  Fresh Tomato Salad (VE)  Rold Gold® Heartzels (V)

### OFFERED DAILY

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

\*Alternative options are available upon request

OFNS Menu Support  
Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian  
(VE) Indicates Vegan

Assorted Dressings

### Seasonal Fresh Fruit

Apples, Apple Slices, 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