



## SEPTEMBER 2020: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>Daily Lunch Specials</b> • Peanut Butter & Jelly* (V) • Cheese Sandwich (V) • Hummus Grab & Go (V)	<b>Assorted Grab and Go Salads</b>  Frito-Lay® Baked Scoops® Served with Salsa Cup	<b>Assorted Cold Sandwiches</b>  Confetti Corn Salad	<b>Assorted Chicken Wraps</b>  Chickpea Salad  Fresh New York Apples	<b>Assorted Cold Sandwiches</b>  Ranch Carrot Snacker  Marinated Green Beans
Labor Day 7	8	9	First Day of School 10	11
<b>Assorted Cold Vegetarian Option (V)</b>  Ranch Carrot Snacker  Rold Gold® Hertzels	<b>Assorted Grab and Go Salads</b>  Frito-Lay® Baked Scoops® Served with Salsa Cup	<b>Assorted Cold Sandwiches</b>  Confetti Corn Salad	<b>Assorted Chicken Wraps</b>  Chickpea Salad  Fresh New York Apples	<b>Assorted Cold Sandwiches</b>  Ranch Carrot Snacker  Marinated Green Beans
14	15	16	17	18
<b>Assorted Cold Vegetarian Option (V)</b>  Ranch Carrot Snacker  Rold Gold® Hertzels	<b>Assorted Grab and Go Salads</b>  Frito-Lay® Baked Scoops® Served with Salsa Cup	<b>Assorted Cold Sandwiches</b>  Confetti Corn Salad	<b>Assorted Chicken Wraps</b>  Chickpea Salad  Fresh New York Apples	<b>Assorted Cold Sandwiches</b>  Ranch Carrot Snacker  Marinated Green Beans
21	22	23	24	25
<b>Assorted Cold Vegetarian Option (V)</b>  Ranch Carrot Snacker  Rold Gold® Hertzels	<b>Assorted Grab and Go Salads</b>  Frito-Lay® Baked Scoops® Served with Salsa Cup	<b>Assorted Cold Sandwiches</b>  Confetti Corn Salad	<b>Assorted Chicken Wraps</b>  Chickpea Salad  Fresh New York Apples	<b>Assorted Cold Sandwiches</b>  Ranch Carrot Snacker  Marinated Green Beans
Yom Kippur 28	29	30		
<b>Assorted Cold Vegetarian Option (V)</b>  Ranch Carrot Snacker  Rold Gold® Hertzels	<b>Assorted Grab and Go Salads</b>  Frito-Lay® Baked Scoops® Served with Salsa Cup	<b>Assorted Cold Sandwiches</b>  Confetti Corn Salad	EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	

### 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

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