



OCTOBER 2020: Pre-K - 8 Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Daily Lunch Specials <ul style="list-style-type: none"> • Peanut Butter & Jelly* (V) • Cheese Sandwich (V) • Hummus Grab & Go (V) 		EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Assorted Chicken Wraps Chickpea Salad Fresh New York Apples	Assorted Cold Sandwiches Ranch Carrot Snacker Marinated Green Beans
5	6	7	8	9
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Hartzels	Assorted Grab and Go Salads Frito-Lay® Baked Scoops® Served with Salsa Cup	Assorted Cold Sandwiches Confetti Corn Salad	Assorted Chicken Wraps Chickpea Salad Fresh New York Apples	Assorted Cold Sandwiches Ranch Carrot Snacker Marinated Green Beans
Indigenous Peoples' Day 12	13	14	15	16
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Hartzels	Assorted Grab and Go Salads Frito-Lay® Baked Scoops® Served with Salsa Cup	Assorted Cold Sandwiches Confetti Corn Salad	Assorted Chicken Wraps Chickpea Salad Fresh New York Apples	Assorted Cold Sandwiches Ranch Carrot Snacker Marinated Green Beans
19	20	21	22	23
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Hartzels	Assorted Grab and Go Salads Frito-Lay® Baked Scoops® Served with Salsa Cup	Assorted Cold Sandwiches Confetti Corn Salad	Assorted Chicken Wraps Chickpea Salad Fresh New York Apples	Assorted Cold Sandwiches Ranch Carrot Snacker Marinated Green Beans
26	27	28	29	30
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Hartzels	Assorted Grab and Go Salads Frito-Lay® Baked Scoops® Served with Salsa Cup	Assorted Cold Sandwiches Confetti Corn Salad	Assorted Chicken Wraps Chickpea Salad Fresh New York Apples	Assorted Cold Sandwiches Ranch Carrot Snacker Marinated Green Beans

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

ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK