



SEPTEMBER 2020: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>Breakfast on Tuesday, Wednesday and Friday May Be Served Warm Based on Individual School Capabilities</p>	<p>Assorted Loaves</p> <p>Upstate Farms® Yogurt Choice</p> <p>Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly</p> <p>Fresh Fruit</p>	<p>Yogurt Parfait</p> <p>Fresh New York Apples</p>	<p>Pillsbury® Mini Blueberry Waffles Served with Syrup</p> <p>100% Fruit Juice</p> <p>Fresh Fruit</p>
Labor Day 7	8	9	First Day of School 10	11
<p>Fruity Cheerios®</p> <p>Graham Crackers</p> <p>100% Apple Juice</p>	<p>Zucchini Loaf</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly</p> <p>100% Fruit Juice</p>	<p>Yogurt Parfait</p> <p>Fresh New York Apples</p>	<p>Assorted Muffins</p> <p>Seasonal Fresh Fruit</p>
14	15	16	17	18
<p>Apple Cinnamon Cheerios®</p> <p>Graham Crackers</p> <p>100% Orange Tangerine Juice</p>	<p>Pillsbury® Mini Maple Pancakes</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly</p> <p>100% Fruit Juice</p>	<p>Upstate Farms® Yogurt Choice</p> <p>Assorted Cheese Sticks</p> <p>Fresh New York Apples</p>	<p>Sweet Potato Oatmeal Muffin</p> <p>Seasonal Fresh Fruit</p>
21	22	23	24	25
<p>Sun Butter Cup</p> <p>Graham Crackers</p> <p>Grape Jelly</p> <p>100% Fruit Juice</p>	<p>Cinnamon Burst Pancakes</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly</p> <p>100% Fruit Juice</p>	<p>Upstate Farms® Yogurt Choice</p> <p>Assorted Cheese Sticks</p> <p>Fresh New York Apples</p>	<p>Pillsbury® Mini Blueberry Waffles</p> <p>Seasonal Fresh Fruit</p>
Yom Kippur 28	29	30		
<p>Fruity Cheerios®</p> <p>Graham Crackers</p> <p>100% Apple Juice</p>	<p>Zucchini Loaf</p> <p>Seasonal Fresh Fruit</p>	<p>Whole Grain Bagel served with Cream Cheese & Jelly</p> <p>100% Fruit Juice</p>	<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</p>	

<p>Milk*</p> <p>1% Low-fat</p> <p>Fat Free</p> <p>Fat Free Chocolate</p> <p>*Alternative options are available upon request</p>	<p>OFFERED DAILY</p> <p>Breakfast After the Bell</p> <p>Grab and Go</p>	<p>Cold Cereal Choices</p> <p>Frosted Mini Wheats</p> <p>Cinnamon Flakes</p> <p>Multi-Grain Cheerios</p> <p>Toasty-Oats</p>	<p>100% Fruit Juice</p> <p>Apple, Fruit Punch, Grape, Orange</p>	<p>OFNS has an extensive Prohibitive Ingredients List available at: schools.nyc.gov/nutritioninformation</p>
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ATTENTION: All Pre-K Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS.



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Daily Lunch Specials • Peanut Butter & Jelly* (V) • Cheese Sandwich (V) • Hummus Grab & Go (V)	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
Labor Day 7	8	9	First Day of School 10	11
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Hertzels	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
14	15	16	17	18
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Hertzels	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
21	22	23	24	25
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Hertzels	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
Yom Kippur 28	29	30		
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Hertzels	Assorted Grab and Go Salads Frito-Lay® Baked Scoops® Served with Salsa Cup	Assorted Cold Sandwiches 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

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ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK