



## JULY 2024: Summer Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	Independence Day 4	5
<p><b>Pizza by the Slice (V)</b></p> <p>Italian Green Beans (VE)</p> <p>Frozen Fruit Cup (VE)</p>	<p><b>Crispy Chicken Bites</b> with Dipping Sauce</p> <p>Sweet Potato Wedge Fries (VE)</p> <p style="color: green;">Dinner Roll (V)</p>	<p><b>Garlic and Tomato Panini (V)</b></p> <p>Lemon Arugula Salad (V)</p> <p>Marinara Sauce (VE)</p>	<p><b>Fish and Cheese Sandwich</b> Whole Wheat Bun</p> <p><b>Hamburger or Cheeseburger</b> Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p><b>Mediterranean Chickpea Wrap (VE)</b></p> <p>Southwest Burrito (V)</p> <p>Green Garden Salad (VE)</p>
8	9	10	11	12
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Garlicky Green Bean (VE)</p> <p>Seasoned Chickpeas (VE)</p> <p>Frozen Fruit Cup (VE)</p>	<p><b>Chicken Tenders</b> Dipping Sauce</p> <p><b>Veggie Nuggets (VE)</b> Dipping Sauce</p> <p>Hot Confetti Corn (VE)</p> <p>Bread Stick (V)</p>	<p style="color: red; text-align: center;"><b><u>Plastic Free Lunch Day</u></b></p> <p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Fresh Broccoli Florets (VE)</p> <p style="color: green;">Garlic Knot (V)</p>	<p><b>Turkey Burger</b> with Salsa and Monterey Jack Cheese</p> <p>Fresh Tomato Salad (V)</p>	<p><b>White Bean and Pasta Primavera (VE)</b></p> <p>Three Cheese Grilled Cheese (V)</p> <p>Summer Squash (VE)</p>
15	16	17	18	19
<p><b>Pizza by the Slice (V)</b></p> <p>Italian Green Beans (VE)</p> <p>Frozen Fruit Cup (VE)</p>	<p><b>Crispy Chicken Bites</b> with Dipping Sauce</p> <p>Sweet Potato Wedge Fries (VE)</p> <p style="color: green;">Dinner Roll (V)</p>	<p><b>Garlic and Tomato Panini (V)</b></p> <p>Lemon Arugula Salad (V)</p> <p>Marinara Sauce (VE)</p>	<p><b>Fish and Cheese Sandwich</b> Whole Wheat Bun</p> <p><b>Hamburger or Cheeseburger</b> Whole Wheat Bun</p> <p>Seasoned Wedge Fries (VE)</p>	<p><b>Mediterranean Chickpea Wrap (VE)</b></p> <p>Southwest Burrito (V)</p> <p>Green Garden Salad (VE)</p>
22	23	24	25	26
<p><b>Sicilian Slice Pizza (V)</b></p> <p>Garlicky Green Bean (VE)</p> <p>Seasoned Chickpeas (VE)</p> <p>Frozen Fruit Cup (VE)</p>	<p><b>Chicken Tenders</b> Dipping Sauce</p> <p><b>Veggie Nuggets (VE)</b> Dipping Sauce</p> <p>Hot Confetti Corn (VE)</p> <p>Bread Stick (V)</p>	<p style="color: red; text-align: center;"><b><u>Plastic Free Lunch Day</u></b></p> <p><b>Mozzarella Sticks (V)</b> with marinara sauce (VE)</p> <p>Fresh Broccoli Florets (VE)</p> <p style="color: green;">Garlic Knot (V)</p>	<p><b>Turkey Burger</b> with Salsa and Monterey Jack Cheese</p> <p>Fresh Tomato Salad (V)</p>	<p><b>White Bean and Pasta Primavera (VE)</b></p> <p>Three Cheese Grilled Cheese (V)</p> <p>Summer Squash (VE)</p>
29	30	31		
<p><b>Pizza by the Slice (V)</b></p> <p>Italian Green Beans (VE)</p> <p>Frozen Fruit Cup (VE)</p>	<p><b>Crispy Chicken Bites</b> with Dipping Sauce</p> <p>Sweet Potato Wedge Fries (VE)</p> <p style="color: green;">Dinner Roll (V)</p>	<p><b>Garlic and Tomato Panini (V)</b></p> <p>Lemon Arugula Salad (V)</p> <p>Marinara Sauce (VE)</p>	<div style="text-align: center;">  <p><b>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</b></p> </div>	
<p><b>Monday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>	<p><b>Tuesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Wednesday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Thursday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> <li>• Tuna Sandwich</li> </ul>	<p><b>Friday</b></p> <ul style="list-style-type: none"> <li>• Peanut Butter and/or Sunflower Seed Butter &amp; Jelly (VE)</li> <li>• Hummus and Crackers (V)</li> <li>• Hot or Cold Cheese Sandwich (V)</li> </ul>

<p><b>Milk</b></p> <p>1% Low fat (V)</p> <p>Fat Free (V)</p> <p>Fat Free Chocolate (V)</p> <p><small>Alternative options are available upon request</small></p>	<p><b>ATTENTION:</b></p> <p>All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies</p>	<p>OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available</p>	<p><b>Seasonal Fresh Fruit</b></p> <p>Apples, Apple Slices, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Bananas, Watermelon, and Strawberries (VE)</p>
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**OFNS has an extensive Prohibitive Ingredients List available at:**



\* Recipes created in collaboration with OFNS and the Chef Council

- **Vegan Item (VE):** A plant based food that consist of whole grains, vegetables, legumes, nuts, and/or fruit; and excludes any eggs, dairy and animal products. Vegan also excludes honey
- **Vegetarian Item (V):** A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products