

Office of Food & Nutrition Services NYC Public Schools				
JULY 2025: Summer Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	Fourth of July 4
<i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Cinnamon Apple Topping (VE) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
7	8	9	10	11
Banana Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Strawberry Topping (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Croissant (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Hashbrowns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
14	15	16	17	18
Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Cinnamon Apple Topping (VE) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
21	22	23	24	25
Banana Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Rise and Shine Waffles (V) Strawberry Topping (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Croissant (V) Seasonal Fresh Fruit (VE)	Buttermilk Pancakes (V) Blueberry Topping (VE) Hashbrowns (VE) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
28	29	30	31	
Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	Egg & Cheese on a Buttermilk Biscuit (V) Home Fries (V) Seasonal Fresh Fruit (VE)	French Toast Sticks (V) Cinnamon Apple Topping (VE) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Yogurt Choice (V) Seasonal Fresh Fruit (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.
Milk 1% Low-fat (V) Fat Free (V) Fat Free Chocolate (V) Alternative options are available upon request	Breakfast After the Bell Grab and Go Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)	OFFERED DAILY Options may vary by location Cold Cereal Choices Shredded Wheat Multi-Grain Oats (VE) Toasted Oats (VE)	Seasonal Fresh Fruit Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Strawberry, Watermelon (VE) Condiments Syrup (VE)	OFNS has an extensive Prohibitive Ingredients List available at: 
ATTENTION: • All Pre-K Students CANNOT be Offered CHOCOLATE MILK • Vegetarian Item (V): A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy. • Vegan Item (VE): A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.				
O.F.N.S. Office of Food & Nutrition Services THE FOOD ALLIANCE				Menu subject to change. Our menus are pork free.



JULY 2025: Summer Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	Fourth of July 4
<i>Fresh New York Bagel Assortment</i> Cinnamon Raisin (VE) Plain (VE)	Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	<i>Yogurt Choice (V)</i> Apple Cinnamon Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
7	8	9	10	11
Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)	Banana Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant (V) Cheese Cubes (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
14	15	16	17	18
Frosted Mini Wheats Honey Graham Cracker (V) Plain or <i>Strawberry Banana Applesauce (VE)</i>	Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	<i>Yogurt Choice (V)</i> Apple Cinnamon Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
21	22	23	24	25
Honey Cheerios (V) Honey Graham Cracker (V) or Animal Crackers (V) Applesauce (VE)	Banana Breakfast Bread (V) Mozzarella Cheese Stick (V) Seasonal Fresh Fruit (VE)	Whole Grain Croissant (V) Cheese Cubes (V) Seasonal Fresh Fruit (VE)	Cinnamon Burst Pancakes (V) Seasonal Fresh Fruit (VE)	Assorted Fresh NY Bagels (VE) served with Cream Cheese (V) Jelly (VE) & Peanut Butter (VE) Seasonal Fresh Fruit (VE)
28	29	30	31	
Frosted Mini Wheats Honey Graham Cracker (V) Plain or <i>Strawberry Banana Applesauce (VE)</i>	Blueberry Breakfast Bread (V) Colby Cheese Stick (V) Seasonal Fresh Fruit (VE)	<i>Yogurt Choice (V)</i> Apple Cinnamon Granola (V) Raisins (VE) Seasonal Fresh Fruit (VE)	Sweet Potato Oatmeal Muffin (V) Seasonal Fresh Fruit (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are available upon request

Breakfast After the Bell Grab and Go

Alternative Breakfast Grab and Go (Cereal, Fruit and Milk)

OFFERED DAILY


Options may vary by location

Cold Cereal Choices
Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Strawberry, Watermelon (VE)

Condiments
Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



JULY 2025: Summer Puree Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	Fourth of July 4
	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Applesauce (VE)	Croissant (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Diced Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Applesauce (VE)
7	8	9	10	11
Blueberry Breakfast Bread (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Sliced Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Applesauce (VE)	Croissant (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Diced Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Applesauce (VE)
14	15	16	17	18
Blueberry Breakfast Bread (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Sliced Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Applesauce (VE)	Croissant (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Diced Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Applesauce (VE)
21	22	23	24	25
Blueberry Breakfast Bread (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Sliced Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Applesauce (VE)	Croissant (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Diced Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	Banana Breakfast Bread (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Applesauce (VE)
28	29	30	31	
Blueberry Breakfast Bread (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Sliced Peaches (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Flavored Applesauce (VE)	Croissant (V) <i>Yogurt Choice (V)</i> Hot Oatmeal (V) <i>Fruit Offering</i> Diced Pears (VE)	Egg Omelet on a Soft Roll (V) Hot Oatmeal (V) <i>Fruit Offering</i> Bananas (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are available upon request

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Strawberry, Watermelon (VE)

Condiments
Syrup (VE)

OFFERED DAILY


Options may vary by location

Cold Cereal Choices
Shredded Wheat
Multi-Grain Oats (VE)
Toasted Oats (VE)

Assorted Yogurts

Other Fruits
Applesauce, Sliced Peaches, Diced Pears, Pineapples

OFNS has an extensive Prohibitive Ingredients List available at:



Available Daily Upon Request: Transitional, Thick Puree or Thin Puree

ATTENTION:

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK
- **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
- **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



JULY 2025: Summer Infant - Toddler Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	Fourth of July 4
	Egg & Cheese on a Soft Roll (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	French Toast Sticks (V) Cinnamon Apple Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
7	8	9	10	11
Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Rise and Shine Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit Flavored Applesauce (VE) Milk (V)	Egg & Cheese on a Croissant (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
14	15	16	17	18
Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Egg & Cheese on a Soft Roll (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	French Toast Sticks (V) Cinnamon Apple Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
21	22	23	24	25
Sweet Potato Oatmeal Muffin (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Rise and Shine Waffles (V) Hot Oatmeal (V) Seasonal Fresh Fruit Flavored Applesauce (VE) Milk (V)	Egg & Cheese on a Croissant (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Buttermilk Pancakes (V) Blueberry Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	Fresh NY Bagel Half (VE) served with Cream Cheese (V) & Jelly (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pears (VE) Milk (V)
28	29	30	31	
Zucchini Carrot Breakfast Bread (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Diced Pineapples (VE) Milk (V)	Egg & Cheese on a Soft Roll (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Flavored Applesauce (VE) Milk (V)	French Toast Sticks (V) Cinnamon Apple Topping (VE) Hot Oatmeal (V) Seasonal Fresh Fruit or Sliced Peaches (VE) Milk (V)	Yogurt Choice (V) Hot Oatmeal (V) Seasonal Fresh Fruit or Applesauce (VE) Milk (V)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

Milk

Whole Milk (V)

Alternative options are available upon request

(V) Indicates Vegetarian
(VE) Indicates Vegan

Seasonal Fresh Fruit

Apple Slices, Bananas, Blueberries, Cantaloupe, Honeydew, Nectarines, Oranges, Peaches, Plums, Strawberry, Watermelon (VE)

Other Fruits

Applesauce, Sliced Peaches, Diced Pears, Pineapples

OFFERED DAILY

Cold Cereal Choices

Multi-Grain Oats (VE)
Toasted Oats (VE)

Options may vary by location

Assorted Yogurts

Condiments

Syrup (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.

PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 24 months. Formula is to be provided by the parent.



JULY 2025: Summer Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	Fourth of July 4
	Chicken Tenders with Dipping Sauce Garlic Knot (V) Confetti Corn (VE)	Mozzarella Sticks (V) with Herbed Marinara (VE) Green Garden Salad (VE)	Chicken Cheese Steak on Ciabatta Sweet Potato Waffle Fries (VE)	Homemade Grilled Cheese (V) Falafel (VE) With Tzatziki (V) Flat Bread (VE) Summer Squash (VE)
7	8	9	10	11
Personal Pizza (V) Roasted Carrot Coins (VE) Frozen Fruit Cup (VE)	BBQ Veggie Nuggets (VE)* BBQ Chicken Bites* Mac & Cheese (V) Baked Beans (VE)	Veggie Burgers (VE) Whole Wheat Bun Hamburgers and Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE)	Spicy Crispy Chicken Sandwich Fish Sticks with Dipping Sauce Fresh Tomato Salad (V)	<i>Plastic Free Lunch Day</i> Empanada (V) Rainbow Wrap (VE) Fresh Broccoli Florets (VE) With Chipotle Ranch Dipping Sauce (V)
14	15	16	17	18
Pizza Slice (V) Corn, Peas, Carrots (VE) Frozen Fruit Cup (VE)	Chicken Tenders with Dipping Sauce Garlic Knot (V) Confetti Corn (VE)	Mozzarella Sticks (V) with Herbed Marinara (VE) Green Garden Salad (VE)	Chicken Cheese Steak on Ciabatta Sweet Potato Waffle Fries (VE)	Homemade Grilled Cheese (V) Falafel (VE) With Tzatziki (V) Flat Bread (VE) Summer Squash (VE)
21	22	23	24	25
Personal Pizza (V) Roasted Carrot Coins (VE) Frozen Fruit Cup (VE)	BBQ Veggie Nuggets (VE)* BBQ Chicken Bites* Mac & Cheese (V) Baked Beans (VE)	Veggie Burgers (VE) Whole Wheat Bun Hamburgers and Cheeseburgers Whole Wheat Bun Seasoned Wedge Fries (VE)	Spicy Crispy Chicken Sandwich Fish Sticks with Dipping Sauce Fresh Tomato Salad (V)	<i>Plastic Free Lunch Day</i> Empanada (V) Rainbow Wrap (VE) Fresh Broccoli Florets (VE) With Chipotle Ranch Dipping Sauce (V)
28	29	30	31	
Pizza Slice (V) Corn, Peas, Carrots (VE) Frozen Fruit Cup (VE)	Chicken Tenders with Dipping Sauce Garlic Knot (V) Confetti Corn (VE)	Mozzarella Sticks (V) with Herbed Marinara (VE) Green Garden Salad (VE)	Chicken Cheese Steak on Ciabatta Sweet Potato Waffle Fries (VE)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

DAILY OFFERINGS				
<u>Monday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)	<u>Tuesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<u>Wednesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<u>Thursday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V) • Tuna Sandwich	<u>Friday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Hot or Cold Cheese Sandwich (V)

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are
available upon request

ATTENTION:

All Pre-K Students CANNOT be
Offered Chocolate Milk or
Cookies

OFNS Menus Support
Seasonal Fresh Fruit and
Vegetables
when available

Seasonal Fresh Fruit
Apples, Apple Slices,
Bananas, Blueberries,
Cantaloupe, Grapefruit,
Grapes, Honeydew,
Nectarines, Oranges,
Peaches, Pears,
Plums, Strawberry,
Watermelon (VE)

OFNS has an extensive
Prohibitive Ingredients List
available at:



* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



JULY 2025: Summer Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	Fourth of July 4
	Chipotle Chicken Wrap Confetti Corn Salad (VE)	Mediterranean Chicken Grab & Go Pasta Salad Green Garden Salad (VE)	Chicken Caesar Wrap Ranch Carrot Sticks (V)	Falafel Grab & Go Salad (V) Greek Zucchini Salad (VE)
7	8	9	10	11
Red White and Green Panini (V) Crunchy Carrot Sticks (VE)	BBQ Crispy Chicken Wrap Pinto Bean Salad (VE)	Chicken Salad Hoagie Marinated Potato Salad (VE)	Classic Tuna Wrap Fresh Tomato Salad (V)	Hummus Grab & Go Salad (VE) Broccoli Salad (V)
14	15	16	17	18
Super Hero Spinach Wrap (V) Colorful Green Bean Salad (VE)*	Chipotle Chicken Wrap Confetti Corn Salad (VE)	Mediterranean Chicken Grab & Go Pasta Salad Green Garden Salad (VE)	Chicken Caesar Wrap Ranch Carrot Sticks (V)	Falafel Grab & Go Salad (V) Greek Zucchini Salad (VE)
21	22	23	24	25
Red White and Green Panini (V) Crunchy Carrot Sticks (VE)	BBQ Crispy Chicken Wrap Pinto Bean Salad (VE)	Chicken Salad Hoagie Marinated Potato Salad (VE)	Classic Tuna Wrap Fresh Tomato Salad (V)	Hummus Grab & Go Salad (VE) Broccoli Salad (V)
28	29	30	31	
Super Hero Spinach Wrap (V) Colorful Green Bean Salad (VE)*	Chipotle Chicken Wrap Confetti Corn Salad (VE)	Mediterranean Chicken Grab & Go Pasta Salad Green Garden Salad (VE)	Chicken Caesar Wrap Ranch Carrot Sticks (V)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

DAILY OFFERINGS

<u>Monday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	<u>Tuesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	<u>Wednesday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	<u>Thursday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)	<u>Friday</u> • Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE) • Hummus and Crackers (V) • Cheese Sandwich (V)
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Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Strawberry, Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



JULY 2025: Summer Puree Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	Fourth of July 4
<div>Daily Lunch Specials</div> <div><ul style="list-style-type: none">• Hummus and Soft Roll (VE)• 8 oz. Yogurt (V)• Tuna</div>	<div>Taco Seasoned Turkey</div> <div>Sweet Plantains (VE)</div> <div>Soft Roll (VE)</div> <div>Fruit Offering</div> <div>Diced Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Whole Wheat Bun</div> <div>Steamed Carrots (VE)</div> <div>Fruit Offering</div> <div>Sliced Peaches (VE)</div>	<div>Ranch Chicken Tenders</div> <div>Pasta (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering</div> <div>Applesauce (VE)</div>	<div>Manicotti (V)</div> <div>Marinated White Beans (VE)</div> <div>Fruit Offering</div> <div>Bananas (VE)</div>
7	8	9	10	11
<div>Fish and Cheese Sandwich</div> <div>Broccoli</div> <div>With Roasted Garlic (VE)</div> <div>Fruit Offering</div> <div>Flavored Applesauce (VE)</div>	<div>Taco Seasoned Turkey</div> <div>Sweet Plantains (VE)</div> <div>Soft Roll (VE)</div> <div>Fruit Offering</div> <div>Diced Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Whole Wheat Bun</div> <div>Steamed Carrots (VE)</div> <div>Fruit Offering</div> <div>Sliced Peaches (VE)</div>	<div>Italian Chicken Tenders</div> <div>Pasta (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering</div> <div>Applesauce (VE)</div>	<div>Manicotti (V)</div> <div>Marinated White Beans (VE)</div> <div>Fruit Offering</div> <div>Bananas (VE)</div>
14	15	16	17	18
<div>Braised Tuna with Tomato Sauce</div> <div>Broccoli</div> <div>With Roasted Garlic (VE)</div> <div>Soft Roll (VE)</div> <div>Fruit Offering</div> <div>Flavored Applesauce (VE)</div>	<div>Taco Seasoned Turkey</div> <div>Sweet Plantains (VE)</div> <div>Soft Roll (VE)</div> <div>Fruit Offering</div> <div>Diced Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Whole Wheat Bun</div> <div>Steamed Carrots (VE)</div> <div>Fruit Offering</div> <div>Sliced Peaches (VE)</div>	<div>Ranch Chicken Tenders</div> <div>Pasta (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering</div> <div>Applesauce (VE)</div>	<div>Manicotti (V)</div> <div>Marinated White Beans (VE)</div> <div>Fruit Offering</div> <div>Bananas (VE)</div>
21	22	23	24	25
<div>Fish and Cheese Sandwich</div> <div>Broccoli</div> <div>With Roasted Garlic (VE)</div> <div>Fruit Offering</div> <div>Flavored Applesauce (VE)</div>	<div>Taco Seasoned Turkey</div> <div>Sweet Plantains (VE)</div> <div>Soft Roll (VE)</div> <div>Fruit Offering</div> <div>Diced Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Whole Wheat Bun</div> <div>Steamed Carrots (VE)</div> <div>Fruit Offering</div> <div>Sliced Peaches (VE)</div>	<div>Italian Chicken Tenders</div> <div>Pasta (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering</div> <div>Applesauce (VE)</div>	<div>Manicotti (V)</div> <div>Marinated White Beans (VE)</div> <div>Fruit Offering</div> <div>Bananas (VE)</div>
28	29	30	31	
<div>Braised Tuna with Tomato Sauce</div> <div>Broccoli</div> <div>With Roasted Garlic (VE)</div> <div>Soft Roll (VE)</div> <div>Fruit Offering</div> <div>Flavored Applesauce (VE)</div>	<div>Taco Seasoned Turkey</div> <div>Sweet Plantains (VE)</div> <div>Soft Roll (VE)</div> <div>Fruit Offering</div> <div>Diced Pears (VE)</div>	<div>100% Beef Hamburgers & Cheeseburgers</div> <div>Whole Wheat Bun</div> <div>Steamed Carrots (VE)</div> <div>Fruit Offering</div> <div>Sliced Peaches (VE)</div>	<div>Ranch Chicken Tenders</div> <div>Pasta (VE)</div> <div>Roasted Cauliflower (VE)</div> <div>Fruit Offering</div> <div>Applesauce (VE)</div>	<div>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</div>

Milk

1% Low-fat (V)

Fat Free (V)

Fat Free Chocolate (V)

Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

(V) Indicates Vegetarian

(VE) Indicates Vegan

Options may vary by location

Assorted Dressings

Seasonal Fresh Fruit

Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Strawberry, Watermelon (VE)

Other Fruits

Applesauce, Sliced Peaches, Diced Pears, Pineapples

OFNS has an extensive Prohibitive Ingredients List available at:

• Vegetarian Item (V): A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• Vegan Item (VE): A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.

Available Daily Upon Request: Transitional, Thick Puree or Thin Puree

O.F.N.S.

Office of Food & Nutrition Services

NYC

Public Schools

FOOD

ALLIANCE

Menu subject to change.
Our menus are pork free.



JULY 2025: Summer Infant - Toddler Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	Fourth of July 4
<div><div>Daily Lunch Specials</div><div><div>• Hot or Cold Cheese Sandwich (V)</div><div>• Hummus and Soft Roll (VE)</div><div>• 4 oz. Yogurt (V)</div><div>• Tuna Sandwich</div></div></div>	<div><div>Chicken Tenders</div><div>with Dipping Sauce</div><div>Lemon & Chive Peas (VE)</div><div>Seasonal Fresh Fruit or Diced Pears (VE)</div><div>Milk (V)</div></div>	<div><div>Mozzarella Sticks (V)</div><div>with Herbed Marinara (VE)</div><div>Super Hero Spinach (VE)</div><div>Seasonal Fresh Fruit or Diced Pineapples (VE)</div><div>Milk (V)</div></div>	<div><div>Three Cheese Grilled Cheese (V)</div><div>Sweet Potato Waffle Fries (VE)</div><div>Seasonal Fresh Fruit or Sliced Peaches (VE)</div><div>Milk (V)</div></div>	<div><div>Falafel (VE)</div><div>With Tzatziki (V)</div><div>Flat Bread (VE)</div><div>Summer Squash (VE)</div><div>Seasonal Fresh Fruit or Flavored Applesauce (VE)</div><div>Milk (V)</div></div>
7	8	9	10	11
<div><div>Personal Pizza (V)</div><div>Steamed Carrot Coins (VE)</div><div>Seasonal Fresh Fruit or Applesauce (VE)</div><div>Milk (V)</div></div>	<div><div>Veggie Nuggets (VE)</div><div>with Dipping Sauce</div><div>Baked Beans (VE)</div><div>Seasonal Fresh Fruit or Diced Pears (VE)</div><div>Milk (V)</div></div>	<div><div>Hamburgers and Cheeseburgers</div><div>Whole Wheat Bun</div><div>Seasoned Wedge Fries (VE)</div><div>Seasonal Fresh Fruit or Diced Pineapples (VE)</div><div>Milk (V)</div></div>	<div><div>Fish Sticks</div><div>with Dipping Sauce</div><div>Diced Fresh Tomatoes (VE)</div><div>Seasonal Fresh Fruit or Sliced Peaches (VE)</div><div>Milk (V)</div></div>	<div><div>Empanada (V)</div><div>Steamed Broccoli (VE)</div><div>Seasonal Fresh Fruit or Flavored Applesauce (VE)</div><div>Milk (V)</div></div>
14	15	16	17	18
<div><div>Pizza Slice (V)</div><div>Steamed Green Beans (VE)</div><div>Seasonal Fresh Fruit or Applesauce (VE)</div><div>Milk (V)</div></div>	<div><div>Chicken Tenders</div><div>with Dipping Sauce</div><div>Lemon & Chive Peas (VE)</div><div>Seasonal Fresh Fruit or Diced Pears (VE)</div><div>Milk (V)</div></div>	<div><div>Mozzarella Sticks (V)</div><div>with Herbed Marinara (VE)</div><div>Super Hero Spinach (VE)</div><div>Seasonal Fresh Fruit or Diced Pineapples (VE)</div><div>Milk (V)</div></div>	<div><div>Three Cheese Grilled Cheese (V)</div><div>Sweet Potato Waffle Fries (VE)</div><div>Seasonal Fresh Fruit or Sliced Peaches (VE)</div><div>Milk (V)</div></div>	<div><div>Falafel (VE)</div><div>With Tzatziki (V)</div><div>Flat Bread (VE)</div><div>Summer Squash (VE)</div><div>Seasonal Fresh Fruit or Flavored Applesauce (VE)</div><div>Milk (V)</div></div>
21	22	23	24	25
<div><div>Personal Pizza (V)</div><div>Steamed Carrot Coins (VE)</div><div>Seasonal Fresh Fruit or Applesauce (VE)</div><div>Milk (V)</div></div>	<div><div>Veggie Nuggets (VE)</div><div>with Dipping Sauce</div><div>Baked Beans (VE)</div><div>Seasonal Fresh Fruit or Diced Pears (VE)</div><div>Milk (V)</div></div>	<div><div>Hamburgers and Cheeseburgers</div><div>Whole Wheat Bun</div><div>Seasoned Wedge Fries (VE)</div><div>Seasonal Fresh Fruit or Diced Pineapples (VE)</div><div>Milk (V)</div></div>	<div><div>Fish Sticks</div><div>with Dipping Sauce</div><div>Diced Fresh Tomatoes (VE)</div><div>Seasonal Fresh Fruit or Sliced Peaches (VE)</div><div>Milk (V)</div></div>	<div><div>Empanada (V)</div><div>Steamed Broccoli (VE)</div><div>Seasonal Fresh Fruit or Flavored Applesauce (VE)</div><div>Milk (V)</div></div>
28	29	30	31	
<div><div>Pizza Slice (V)</div><div>Steamed Green Beans (VE)</div><div>Seasonal Fresh Fruit or Applesauce (VE)</div><div>Milk (V)</div></div>	<div><div>Chicken Tenders</div><div>with Dipping Sauce</div><div>Lemon & Chive Peas (VE)</div><div>Seasonal Fresh Fruit or Diced Pears (VE)</div><div>Milk (V)</div></div>	<div><div>Mozzarella Sticks (V)</div><div>with Herbed Marinara (VE)</div><div>Super Hero Spinach (VE)</div><div>Seasonal Fresh Fruit or Diced Pineapples (VE)</div><div>Milk (V)</div></div>	<div><div>Three Cheese Grilled Cheese (V)</div><div>Sweet Potato Waffle Fries (VE)</div><div>Seasonal Fresh Fruit or Sliced Peaches (VE)</div><div>Milk (V)</div></div>	<div><div>WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.</div></div>

Milk*

Whole Milk (V)

*Alternative options are available upon request

ATTENTION:

All Pre-K Students CANNOT be Offered Chocolate Milk or Cookies

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

Seasonal Fresh Fruit

Apple Slices, Bananas, Blueberries, Cantaloupe, Honeydew, Nectarines, Oranges, Peaches, Plums, Strawberry, Watermelon (VE)

Other Fruits

Applesauce, Sliced Peaches, Diced Pears, Pineapples

OFNS has an extensive Prohibitive Ingredients List available at:

PLEASE NOTE: 1 % and Fat Free Milk is available to students 2 years and over. Whole Milk is available to children 12 to 24 months. Formula is to be provided by the parent.
Consistencies upon request: puree, mashed and finely chopped.

* Recipes created in collaboration with OFNS and Wellness In The Schools

• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.
• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.

O.F.N.S.

Office of Food & Nutrition Services

URBAN SCHOOL

FOOD ALLIANCE

Menu subject to change.
Our menus are pork free.



JULY 2025: Summer Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	Fourth of July 4
	Honey Graham Biscuits (V) Milk (V)	Apple Slices (VE) Peanut Butter (VE)	Animal Crackers (V) Milk (V)	Crunchy Carrot Sticks (VE) Hummus Cup (VE)
7	8	9	10	11
Colby Jack Cheese Cubes (V) Fresh Fruit (VE)	Mini Wheats Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Croissant (V) with Jelly (VE) Milk (V)
14	15	16	17	18
Yogurt Choice (V) Blueberry Granola (V)	Honey Graham Biscuits (V) Milk (V)	Apple Slices (VE) Peanut Butter (VE)	Animal Crackers (V) Milk (V)	Crunchy Carrot Sticks (VE) Hummus Cup (VE)
21	22	23	24	25
Colby Jack Cheese Cubes (V) Fresh Fruit (VE)	Mini Wheats Milk (V)	Crispy Tortilla (VE) Salsa (VE)	Mozzarella Cheese Stick (V) Fresh Fruit (VE)	Croissant (V) with Jelly (VE) Milk (V)
28	29	30	31	
Yogurt Choice (V) Blueberry Granola (V)	Honey Graham Biscuits (V) Milk (V)	Apple Slices (VE) Peanut Butter (VE)	Animal Crackers (V) Milk (V)	WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

Milk
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)
Alternative options are available upon request

OFNS Menus Support Seasonal Fresh Fruit and Vegetables when available

All Fruit Offerings are 1 cup

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Strawberry, Watermelon (VE)

OFNS has an extensive Prohibitive Ingredients List available at:



• **Vegetarian Item (V):** A food that excludes meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, fruit, eggs, and/or dairy.

• **Vegan Item (VE):** A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.



JULY 2025: Summer Truck Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	Fourth of July 4	5
		Chipotle Chicken Wrap Confetti Corn Salad (VE) Fresh Fruit (VE)	Mediterranean Chicken Grab & Go Pasta Salad Lemon Arugula Salad (V) Fresh Fruit (VE)	Chicken Caesar Wrap Ranch Carrot Sticks (V) Fresh Fruit (VE)	Falafel Grab & Go Salad (V) Greek Zucchini Salad (VE) Fresh Fruit (VE)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V) Fresh Fruit (VE)
6	7	8	9	10	11	12
Chicken Salad Hoagie Italian Marinated Cucumber Salad (VE) Fresh Fruit (VE)	Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Fresh Fruit (VE)	BBQ Crispy Chicken Wrap (VE) Pinto Bean Salad (VE) Fresh Fruit (VE)	Chicken Salad Hoagie Marinated Potato Salad (VE) Fresh Fruit (VE)	Classic Tuna Wrap Fresh Tomato Salad (V) Fresh Fruit (VE)	Hummus Grab & Go Salad (VE) Broccoli Salad (V) Fresh Fruit (VE)	Chicken Tender Wrap Ranch Carrot Sticks (V) Fresh Fruit (VE)
13	14	15	16	17	18	19
Chicken Salad Hoagie Balsamic Chickpea Salad (V) Fresh Fruit (VE)	Assorted Cold Vegetarian Option (V) Colorful Green Bean Salad (VE)* Fresh Fruit (VE)	Chipotle Chicken Wrap Confetti Corn Salad (VE) Fresh Fruit (VE)	Mediterranean Chicken Grab & Go Pasta Salad Lemon Arugula Salad (V) Fresh Fruit (VE)	Chicken Caesar Wrap Ranch Carrot Sticks (V) Fresh Fruit (VE)	Falafel Grab & Go Salad (V) Greek Zucchini Salad (VE) Fresh Fruit (VE)	Crispy Chicken Grab and Go Salad Asian Red Cabbage Slaw (V) Fresh Fruit (VE)
20	21	22	23	24	25	26
Chicken Salad Hoagie Italian Marinated Cucumber Salad (VE) Fresh Fruit (VE)	Assorted Cold Vegetarian Option (V) Crunchy Carrot Sticks (VE) Fresh Fruit (VE)	BBQ Crispy Chicken Wrap (VE) Pinto Bean Salad (VE) Fresh Fruit (VE)	Chicken Salad Hoagie Marinated Potato Salad (VE) Fresh Fruit (VE)	Classic Tuna Wrap Fresh Tomato Salad (V) Fresh Fruit (VE)	Hummus Grab & Go Salad (VE) Broccoli Salad (V) Fresh Fruit (VE)	Chicken Tender Wrap Ranch Carrot Sticks (V) Fresh Fruit (VE)
27	28	29	30	31		
Chicken Salad Hoagie Balsamic Chickpea Salad (V) Fresh Fruit (VE)	Assorted Cold Vegetarian Option (V) Colorful Green Bean Salad (VE)* Fresh Fruit (VE)	Chipotle Chicken Wrap Confetti Corn Salad (VE) Fresh Fruit (VE)	Mediterranean Chicken Grab & Go Pasta Salad Lemon Arugula Salad (V) Fresh Fruit (VE)	Chicken Caesar Wrap Ranch Carrot Sticks (V) Fresh Fruit (VE)		WE PROUDLY SUPPORT LOCALLY SOURCED, GROWN, HARVESTED OR PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.

Milk*
1% Low-fat (V)
Fat Free (V)
Fat Free Chocolate (V)

*Alternative options are available upon request

Seasonal Fresh Fruit
Apples, Apple Slices, Bananas, Blueberries, Cantaloupe, Grapefruit, Grapes, Honeydew, Nectarines, Oranges, Peaches, Pears, Plums, Strawberry, Watermelon (VE)

Daily Offerings

- Peanut Butter and/or Sunflower Seed Butter & Jelly Sandwich (VE)
- Cheese Sandwich (V)
- Hummus and Crackers Grab & Go (V)

Condiments

Mustard
Mayonnaise

ATTENTION:

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- Vegan Item (VE): A food that excludes animal products, such as eggs, dairy, and meat; it may include, but is not limited to, whole grains, vegetables, legumes, nuts, and/or fruit.