



## NOVEMBER 2020: High School Express Cold Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	Election Day 3	4	5	6
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Heartzels	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 Marinated Green Beans
9	10	Veterans Day 11	12	13
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Heartzels	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 Marinated Green Beans
16	17	18	19	20
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Heartzels	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 New York Cookie Treat	Assorted Cold Sandwiches Marinated Green Beans
23	24	25	Thanksgiving Recess 26	Thanksgiving Recess 27
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Heartzels	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 Marinated Green Beans
30				
Assorted Cold Vegetarian Option (V) Ranch Carrot Snacker Rold Gold® Heartzels		<b>Daily Lunch Specials</b> • 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	

### OFFERED DAILY

**Milk\***  
1% Low-fat  
Fat Free  
Fat Free Chocolate

Assorted Dressings

Seasonal Fresh Fruit

OFNS has an extensive Prohibitive Ingredients List available at: [schools.nyc.gov/nutritioninformation](https://schools.nyc.gov/nutritioninformation)

\*Alternative options are available upon request

(V) Indicates Vegetarian