

# FREE SUMMER MEALS

All children 18 years old and under can enjoy a **FREE** breakfast and lunch every weekday.

August 2010

Served 8:00 a.m. to 9:15 a.m.

Monday	Trayless Tuesdays	Wednesday	Thursday	Friday
2 Breakfast Sausage Roll	3 Pancake served with syrup	4 HOT STUFFED SANDWICH Egg Omelet on a Whole Wheat Bun Canadian Bacon	5 Bagel served with Cream Cheese choice	6 French Toast served with syrup
9 Cream Cheese Bagel-fuls	10 Whole Grain Banana Bread	11 Cinnamon Burst Pancakes served with syrup	12 HOT STUFFED SANDWICH Egg Omelet on a Whole Wheat Bun	13 Waffle served with syrup
16 Pancake served with syrup	17 Corn Muffin served with jelly	18 French Toast served with syrup	19 Breakfast Sausage Roll	20 HOT STUFFED SANDWICH Egg Omelet on a Whole Wheat Bun Canadian Bacon
23 Whole Grain Apple Loaf	24 Turkey Sausage Patty on a Buttermilk Biscuit	25 Breakfast Bruschetta	26 HOT STUFFED SANDWICH Egg Omelet on a Soft Croissant	27 Whole Grain Blueberry Square

Offered daily: assorted milk, fruit choice or 100% fruit juice, and cold cereal.

# Breakfast

August 2010

Served 11:00 a.m. to 1:15 p.m.

Pizza Monday	Trayless Tuesdays	Winning Wednesdays	On-The-Go Thursdays	Fun Fridays
2 New York City Pizza Slice SchoolFood Green Salad	3 Hamburger or Cheeseburger on a Whole Wheat Bun Straight Cut Potatoes	4 Roasted Chicken served with dipping sauce Rachael Ray's Yum-o! Cheesy Mac and Trees Steamed Broccoli Fruit Juice Ice	5 SALAD CREATIONS Chef Salad served with Mixed Greens and dressing Baked! Tostitos® Scoops!®	6 Mozzarella Sticks served with tomato sauce Steamed Broccoli
9 French Bread Pizza SchoolFood Very Vegetable Salad	10 Hamburger on a Whole Wheat Bun Wedge Cut Potatoes	11 Crispy Chicken Tenders served with dipping sauce Stir Fry Vegetables Fruit Juice Ice	12 Turkey and Swiss Wrap served with lettuce and tomato Bean Trio Salad	13 Beef Taco Boat with assorted fixings SchoolFood Black Bean and Corn Salad
16 New York City Pizza Slice SchoolFood Green Salad	17 Hamburger or Cheeseburger on a Whole Wheat Bun Straight Cut Potatoes	18 BBQ Roasted Chicken Harvest Rice Medley Steamed Spinach Sweet Plantains Fruit Juice Ice	19 SALAD CREATIONS Tender Chicken Salad served with Mixed Greens and dressing Frito-Lay® SunChips®	20 Mozzarella Sticks served with tomato sauce Spinach with Sautéed Garlic
23 French Bread Pizza SchoolFood Very Vegetable Salad	24 Hamburger on a Whole Wheat Bun Wedge Cut Potatoes	25 Crispy Chicken Tenders served with dipping sauce French Cut Green Beans Fruit Juice Ice	26 Ham and Swiss Wrap served with lettuce, tomato, honey mustard dressing, or jalapeño mayonnaise SchoolFood Healthy Cole Slaw	27 Toasted Cheese Sandwich Steamed Broccoli

Offered daily: assorted milk, fruit choice, peanut butter and jelly sandwiches.

Dipping sauce choices: ketchup, mustard, duck sauce, honey mustard, BBQ, tomato, tartar, salsa.

SchoolFood serves Pride of New York products.



# Lunch

Children do not need to show registration, documentation, or an ID to receive their meals. Menus subject to change.



Joel I. Klein  
Chancellor

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