



# PS 221 June 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
School Hours: 8:30 am - 2:50 pm		May 31 5 <sup>th</sup> Grade Senior Trip Camp Coleman	1 MS67 Student Orientation 9:30 am Ms67 Virtual Parent Orientation 6 pm	2 Sunset Ballroom Dancing Grade 5 Families 5pm – 6:30pm 	3 Student Council Superhero Spirit Day	4
5	6 NYC Science Assessment Grade 4	7 NO SCHOOL Clerical Day	8 Safety Town Hall 111 <sup>th</sup> Precinct 10 am Harmony of HeART Parent & Child workshop Creative Art Project 3 pm in schoolyard 	9 NO SCHOOL Anniversary Day & Chancellor's Day	10 Student Council Emoji Spirit Day  NATIONAL FLIP FLOP DAY	11
12	13 "PARENT PICK Managing Emotions" Workshop-- Floating Hospital 5:30 pm	14 PreK Orientation 10 am Virtual PTA Mtg 6 pm	15	16 Kindergarten Orientation 10 am Virtual	17 3K& PreK SteppingUp 	18
19 Father's Day 	20 NO SCHOOL Juneteenth Observed	21 Kindergarten Stepping Up	22	23 GRADUATION Grade 5 	24 221 Spirit Day	25
26	27 Last Day of School!!	28 <b>RELAX</b>	29 <b>RENEW</b>	30 <b>RECHARGE!</b>	JULY 1	2







## JUNE 2022: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<b>CHEF CHOICE</b> or <b>Crispy Chicken Tenders</b> With Dipping Sauce  Superhero Spinach (VE)  Sweet Potato Waffle Fries (VE)  Garlic Knot (V)  <i>Salad Bar</i> Celery and Apple Salad (V)	<b>CHEF CHOICE</b> or <b>Chicken Dumplings</b>  Garlic Teriyaki Green Beans (VE)  New York Apples Slices (VE)  New York Cookie Treat (V)  <i>Salad Bar</i> Asian Slaw (VE)	<b>CHEF CHOICE</b> or <b>Mediterranean Chickpeas (VE)</b> Served With Rice or Pasta (VE)  Roasted Broccoli and Cauliflower (VE)  <i>Salad Bar</i> Spinach and Cranberry Salad (VE)
6	7	8	Anniversary Day 9	10
<b>CHEF CHOICE</b> or <b>Mozzarella Sticks (V)</b> with marinara sauce (VE)  Chef Choice Bean Salad (V)  <i>Salad Bar</i> Italian Green Bean Salad (VE)	<b>CHEF CHOICE</b> or <b>Chicken and Broccoli</b>  Vegetable Ginger Soy Rice (VE)  Roasted Baby Carrots (V)  <i>Salad Bar</i> Asian Slaw (VE)	<b>CHEF CHOICE</b> or <b>Roasted Chicken</b>  Roasted Zucchini (VE)  Buttermilk Biscuit (V)  <i>Salad Bar</i> Greek Zucchini Salad (VE)	<b>CHEF CHOICE</b> or <b>Crispy Chicken Sandwich</b>  Baked French Fries (VE)  New York Apples Slices (VE)  <i>Salad Bar</i> Pickles, Lettuce and Tomato (VE)	<b>CHEF CHOICE</b> or <b>Black Bean and Plantain Power Bowl (VE)</b> with Vegetable Rice (VE) and Pico de Gallo (VE)  Green Garden Salad (VE)  Frozen Fruit Cup (VE)  <i>Salad Bar</i> Carrot and Lemon Salad (VE)
13	14	15	16	17

## SUMMER MENU KICKOFF

<b>Classic Cheese Pizza (V)</b>  Chef Choice Bean Salad (V)	<b>Roasted Chicken</b>  Baked Sweet Potato Waffle Fries (VE)  Buttermilk Biscuit (V)  Crispy Tortilla (VE) Salsa (VE)	<b>Manicotti (V)</b> with marinara sauce (VE)  Broccoli with Garlic and Oil (V)  Garlic Knot (V)	<b>Hamburgers &amp; Cheeseburgers</b> Lettuce and Tomato  Healthy Cole Slaw (V)  Baked French Fries (VE)  New York Apples Slices (VE)	<b>White Bean and Pasta Primavera (VE)</b>  Frozen Fruit Cup (VE)  Southwest Burrito (V)
Juneteenth 20	21	22	23	24
<b>(V) Baked Mozzarella Sticks</b> with marinara sauce (VE)  Chef Choice Bean Salad (V)	<b>Turkey Burger or Southwest Fish Sandwich</b> Lettuce and Tomato  Baked French Fries (VE)	<b>Roasted Chicken</b>  Summer Squash (VE)  Dinner Roll (VE)	<b>Chicken Dumplings</b>  Roasted Carrots (V)  New York Apples Slices (VE)  New York Cookie Treat (V)	<b>Black Bean and Plantain Power Bowl (VE)</b> with Vegetable Rice (VE) and Pico de Gallo (VE)  Green Garden Salad (VE)  Frozen Fruit Cup (VE)  Southwest Burrito (V)
Last Day of Classes 27	28	29	30	
<b>Classic Cheese Pizza (V)</b>  Chef Choice Bean Salad (V)	<b>Roasted Chicken</b>  Summer Squash (VE)  Buttermilk Biscuit (V)  Crispy Tortilla (VE) Salsa (VE)	<b>Manicotti (V)</b> with marinara sauce (VE)  Broccoli with Garlic and Oil (V)  Garlic Knot (V)	<b>Hamburgers &amp; Cheeseburgers</b> Lettuce and Tomato  Healthy Cole Slaw (V)  Baked French Fries (VE)  New York Apples Slices (VE)	  WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN
<b>Monday</b> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Assorted Vegetarian Wraps (V)	<b>Tuesday</b> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich	<b>Wednesday</b> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich	<b>Thursday</b> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Hot or Cold Cheese Sandwich (V) • Tuna or Turkey Sandwich	<b>Friday</b> • Peanut Butter & Jelly* (VE) • Hummus Grab & Go (V) • Assorted Vegan Wraps (VE) • Hot or Cold Cheese Sandwich (V)

<p style="text-align: center;"><b>Milk*</b></p> <p style="text-align: center;">1% Low-fat Fat Free Fat Free Chocolate</p> <p style="font-size: small;">*Alternative options are available upon request</p>	<p style="text-align: center;">OFNS Menu Support Seasonal Fresh Fruit and Vegetables when available</p>	<p style="text-align: center;">Assorted Dressings</p>	<p style="text-align: center;"><b>Seasonal Fresh Fruit</b></p> <p style="font-size: small;">Apples, Apple Slices, Bananas, Blueberries, Oranges, Pears, Grapes, Peaches, Plums, Nectarines, Cantaloupes, Honeydew, and Watermelon</p>
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OFNS has an extensive Prohibitive Ingredients List available at:



**ATTENTION:**

- All Pre-K Students CANNOT be Offered CHOCOLATE MILK or CHICKEN with Bones
- 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



## JUNE 2022: Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><i>Breakfast Muffin</i> <i>Bread Assortment</i> Honey Corn (V) Apple Cinnamon (V)</p> <p><i>Muffin Assortment</i> Banana (V) Blueberry (V)</p>		<p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Parfait (V)</p> <p>Sunflower Seeds (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
6	7	8	Anniversary Day 9	10
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Breakfast Muffin Bread (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
13	14	15	16	17
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Muffins (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Parfait (V)</p> <p>Sunflower Seeds (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
Juneteenth 20	21	22	23	24
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Raisins (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Breakfast Muffin Bread (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Cinnamon Burst Pancakes (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Sweet Potato Oatmeal Muffin (V)</p> <p>New York Apples Slices (VE)</p>	<p>Whole Grain Bagel (VE) served with Cream Cheese (V) &amp; Jelly (VE)</p> <p>Seasonal Fresh Fruit (VE)</p>
Last Day of Classes 27	28	29	30	
<p>New York Yogurt Choice (V)</p> <p>Assorted Granola (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Assorted Muffins (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Mini Blueberry Waffles (V)</p> <p>Seasonal Fresh Fruit (VE)</p>	<p>Yogurt Parfait (V)</p> <p>Sunflower Seeds (V)</p> <p>New York Apples Slices (VE)</p>	 <p>WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>

### OFFERED DAILY

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

\*Alternative options are available upon request

Breakfast After the Bell  
Grab and Go

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

Options may vary  
by location

#### Cold Cereal Choices

Shredded Wheat  
Multi-Grain Oats (VE)  
Toasted Oats (VE)  
Oat Circles (VE)

#### Seasonal Fresh Fruit

Apples, Apple Slices,  
Bananas, Blueberries,  
Oranges, Pears, Grapes,  
Peaches, Plums,  
Nectarines, Cantaloupes,  
Honeydew, and Watermelon

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- Vegetarian Item (V): A food that consist of whole grains, vegetables, legumes, nuts, fruit, eggs and/or dairy; excludes animal products