

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Turkey Sausage Patty Grape Jelly Fruit, Juice and Milk	2 Pancakes Cereal Yogurt Parfait with Strawberries Pancake Syrup Fruit, Juice and Milk	3 Egg Frittata with Potatoes and Peas Cereal Veggie Sausage Patty Fruit, Juice and Milk	4 CENTER CLOSED - INDEPENDENCE DAY	5 Cheddar and Potato Bake Mini Croissant Cereal Fruit, Juice and Milk
8 Egg a la Mexicana Home Fries Oatmeal WW Tortilla Fresh Tomato Salsa Fruit, Juice and Milk	9 Cinnamon WW French Toast Cereal Yogurt Parfait with Strawberries Fruit, Juice and Milk	10 Eggs Benedict Home Fries with Peppers and Onions Cereal Lettuce and Tomato Fruit, Juice and Milk	11 Bran Muffin Pancakes Yogurt Parfait with Peaches Fruit, Juice and Milk	12 Cheese Blintzes Cinnamon Raisin Bagel Farina Berry Sauce Fruit, Juice and Milk
15 Cereal Scrambled Eggs Veggie Sausage Patty WW Mini Bagel Fruit, Juice and Milk	16 Oatmeal Tropical Waffles w/ Mangoes & Whipped Cream Pancake Syrup Cottage Cheese Fruit, Juice and Milk	17 Home Fries Cereal Shakshuka WW Pita Fruit, Juice and Milk	18 Cinnamon WW French Toast Cereal Yogurt Parfait with Blueberries Pancake Syrup Fruit, Juice and Milk	19 WW Grilled Mozzarella and Tomato Sandwich Oatmeal Fruit, Juice and Milk
22 Cinnamon Raisin Bagel Hard Boiled Egg Oatmeal Turkey Sausage Patty Grape Jelly Fruit, Juice and Milk	23 Blueberry Pancakes Cereal Yogurt Parfait with Strawberries Pancake Syrup Fruit, Juice and Milk	24 Egg Frittata with Potatoes and Peas Cereal Veggie Sausage Patty Fruit, Juice and Milk	25 Cereal Tropical Waffles with Mangoes and Whipped Cream Pancake Syrup Cottage Cheese	26 Cheddar and Potato Bake Mini Croissant Cereal Fruit, Juice and Milk
29 Egg a la Mexicana Home Fries Oatmeal WW Tortilla Fresh Tomato Salsa Fruit, Juice and Milk	30 Cinnamon WW French Toast Cereal Yogurt Parfait with Strawberries Fruit, Juice and Milk	31 Eggs Benedict Home Fries with Peppers and Onions Cereal Lettuce and Tomato Fruit, Juice and Milk		

Meal Information: In Person Breakfast | Monday – Friday | 9:00 AM – 10:00 AM | 2nd FL. Dining Room
 Seating starts @8:30AM. Last ticket sold @9:55AM to sit down and eat. Everyone must finish eating by 10:30AM*
 Address: 331 East 12th Street, New York NY 10003, Contact: email sirovich@14streety.org or call 646-395-4534

MEAL KEY: WW= Whole Wheat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 California Veggie Burger WW Hamburger Bun French Fries Tossed Salad with Dressing Fruit and Milk	2 General Tso's Chicken Yellow Rice Steamed Broccoli Fruit and Milk	3 Turkey Meatloaf w/Gravy WW Dinner Roll California Blend Vegetables Mashed Potatoes Fruit and Milk	4 CENTER CLOSED - INDEPENDENCE DAY	5 Salmon in Garlic Butter Sauce Challah Bread Beet Salad with Yogurt Dressing Cauliflower Rice Fruit and Milk
8 Meaty Mushroom and Cauliflower Bolognese WW Bread Arugula Salad with Balsamic Vinaigrette Fruit and Milk	9 Chicken Parmesan WW Pasta California Blend Vegetables Fruit and Milk	10 Beef Stir Fry with Broccoli and Carrots White Rice Asian Style Cucumber Salad Fruit and Milk	11 Pork Roast with Mango Chutney WW Dinner Roll Cauliflower and Potato Mash Fruit and Milk	12 Baked Salmon with Cilantro Citrus Sauce Black Beans and Rice Baby Carrots with Parsley Fruit and Milk
15 Vegetarian Three Bean Chili Brown Rice WW Bread Garden Salad Fruit and Milk	16 BBQ Chicken Leg Baked Macaroni and Cheese WW Dinner Roll Cali Blend Vegetables Fruit and Milk	17 Beef Hamburger WW Hamburger Bun Cole Slaw French Fries Fruit and Milk	18 Sweet and Sour Pork with Pineapple Brown Rice Broccoli with Toasted Garlic Fruit and Milk	19 Citrus Sesame Crusted Salmon Couscous with Peas and Lemon Baked Sweet Potato Fruit and Milk
22 California Veggie Burger WW Hamburger Bun French Fries Tossed Salad with Dressing Fruit and Milk	23 General Tso's Chicken Yellow Rice Steamed Broccoli Orange Fruit and Milk	24 Turkey Meatloaf w/Gravy WW Dinner Roll California Blend Vegetables Mashed Potatoes Fruit and Milk	25 BBQ Pulled Pork WW Hamburger Bun Cole Slaw Southern Style Baked Navy Beans Fruit and Milk	26 Salmon in Garlic Butter Sauce Challah Bread Beet Salad with Yogurt Dressing Cauliflower Rice Fruit and Milk
29 Meaty Mushroom and Cauliflower Bolognese WW Bread Arugula Salad with Balsamic Vinaigrette Fruit and Milk	30 Chicken Parmesan WW Pasta California Blend Vegetables Fruit and Milk	31 Beef Stir Fry with Broccoli and Carrots White Rice Asian Style Cucumber Salad Fruit and Milk		

Meal Information: Lunch | Monday – Friday | 12:00 PM – 1:00 APM | 2nd FL. Dining Room

MEAL KEY: WW= Whole Wheat

Seating starts @11:00AM. Last ticket sold @12:55PM to sit down and eat. Everyone must finish eating by 1:30PM*

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